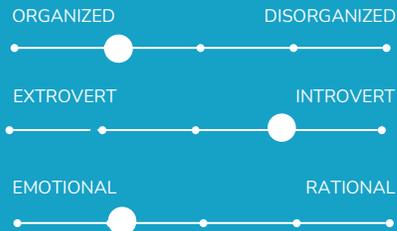




Pedro

Age: 42 years,
I live alone, single.
Electronics store salesperson
Smoker since the age of 20

Interests:
cultural events and concerts.
I enjoy mountain activities, skiing in winter and hiking the rest of the year.



Health Conditions

HIV (diagnosed with 38 years)
Depression
Irritable bowel syndrome (IBS)

Medication & Therapies

Prescribed by doctor

- Dolutegravir/Lamivudina
- Mirtazapine 15 mg
- Calcium
- Cinitapride 1mg

Additional (non prescribed)

- Collagen and magnesium supplements
- Vitamin c supplements
- Protein supplements

Diet (IBS)
Physical exercise (gym)

Care Professional Concerns

- Chronic disease, with potential complications
- I try to practice a moderate level of physical activity, because it has positive effects on my physical health but also emotional mood. Subscribed to gym

In the smoking cessation attempt phase

How I prefer to interact with Healthcare providers

- I have to pick up my HIV medication monthly at the Hospital Pharmacy. On some visits I have a follow up consultation with a pharmacist, to whom I pass on my doubts.
- Monographic internal medical consultancy: I would like to be able to have online consultations so that I can combine them with my work schedule.
- Primary Care doctor follow-up: once a year, to update the electronic prescription

Sharing my health information:

Sharing my health information

VERY WILLING vs VERY UNWILLING



Health routines

Medication list

I have the list in paper and in a file which I access through my mobile phone

Number of daily therapies: 6

2 at morning, 1 at night, 3 during the day (before main meals)

Frequency of routines (daily, weekly, monthly)

- Medication: daily
- Exercise: weekly
- Hospital pharmacy: monthly
- Psychology: monthly
- 2 times a year: Internal Medicine specialist + analytic
- 1 time a year: Psychiatric consultation, Primary care consultation :

Most time consuming or difficult activities

My most trusted advisors
Hospital Pharmacist
Internal medicine doctor

No of HCP that I interact with 5

Pain Points/Problems

Medical

Risk of potential interactions or complications when infection.

Social

Travel frequently
Be sure to have medication when travel

Psychological

«Recent» diagnosis, assuming chronic condition with chronic treatment
I go to a psychologist (private practice)

Patient Health Engagement Model - Status



Blackout



Arousal



Adhesion



Eudaimonic Project

Autonomy

Impairment

Self care ✓ Self management ✓ Mental impediment ✗

VERY INDEPENDENT vs VERY DEPENDENT

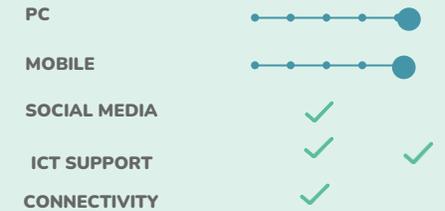


Health Literacy

VERY HEALTH LITERATE vs VERY HEALTH ILLITERATE



Digital Literacy



Support Network

I manage my own care
I rely on emotional support with friends, family.

In case of emergency

I save digitalized the medical reports in my phone

Use of a personal health navigation tool

Reliable information of potential interactions of HIV medication
Lifestyle (dietetic) recommendations for IBS

VERY WILLING vs VERY UNWILLING

