



School of Medicine

ANNUAL REPORT

2019–2020

ANNEX III – Executive Report P5

University of Minho

EXECUTIVE REPORT | 2019

Overview

ACMP5 is a private, non-profit association, inserted and aligned with the coalition dynamics of the Cluster of the School of Medicine (EM) of the University of Minho (UMinho), in Braga, Portugal. It resulted from a partnership between the School of Medicine of University of Minho and the Association *Alumni Medicina* and has its headquarters at the School of Medicine of University of Minho (EM-UMinho).

ACMP5 main goal is to provide activities with little expression in the National Health System (SNS), such as behavior change programs, by the use of digital technology. At ACMP5, it is intended to increase the proximity between patient and healthcare providers, by promoting a “P5” medicine (i.e. predictive, preventive, personalized, participatory and close healthcare). The use of technology will allow obtaining, in real time, information that enables personalized and more sustainable and effective care.

Activities in 2019

In 2019, ACMP5 activities were mainly focused on building the infrastructure and on recruitment the necessary human resources to ACMP5 activity. The main activities of 2019 were:

- Recruitment of 1 certified psychologist, 1 junior psychologist, 2 nurses, 1 data protection officer, 1 accounting officer and 1 statutory auditor. The team is completed with physicians associated to the School of Medicine of University of Minho;
- ACMP5 inauguration ceremony;
- Acquisition and development of digital platforms from Klinik (for symptom checker), Amicomed (for hypertension monitoring and health habits and routines promotion), Oviva (for diabetes monitoring and promotion of adequate behaviors towards food and exercise) and iCognitus (integrative P5 platform);

- Definition of the quality procedures and manual;
- Development of a communication strategy: P5 website development and dissemination/promotion of the services;
- Participation in the Hackathon Heart Bits;
- Establishment of a protocol with the University of Minho for healthcare provision to the Academic Community and their family and friends;
- Establishment of a protocol with the Portuguese Psychologists Board;
- Collaboration in the application to a EU grant with the project "SmartHealth4All";
- Partnership with ICVS for the development of scientific projects;
- Publication of an article in an international magazine.

Highlights in 2019

In 2019, ACMP5 signed a protocol with the University of Minho to provide clinical counseling through the use of the symptom checker within the academic community, its family and friends. Another important aspect was the publication of an article in an international magazine presenting ACMP5 and the work being developed. The invitation to be present at the Hackathon Heart Bits should also be highlighted.

Key activities for 2020

The main steps for 2020 are:

- Increasing P5 team - hiring of a data analyst, a software developer and a researcher responsible for health economics studies;
- Establish a healthcare provision protocol with Paredes de Coura and Guimarães Municipalities;
- Establish an appropriate response for COVID-19 pandemic;
- Increase the number of studies (by P5 or in collaboration with other research entities);
- Develop a validation study for the symptom checker;
- Launch the Hypertension Platform;

- Launch the P5 App for symptom checker;
- Consolidate quality procedures;
- Develop an adequate communication strategy for P5.