

# **Telemedicine in Denmark DK improved care while relieving care providers**

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Senior Digital Health Advisor

***Patients with type 2 diabetes felt empowered and preferred telehealth for self-management***

***Reduction in 30-day hospital readmission rates***

# Stay home.

***Patients using remote glucose monitors reported improved engagement and satisfaction***

***Reduction in hospital stay by 4 days without increasing readmission***



# Telemedicine is more than “Zoom” with a doctor...

*“Telemedicine is the use of electronic information and communications technologies to **provide and support health care when distance separates the participants.**”*

## Real-Time (Synchronous) Interaction

Live, immediate communication between patient and provider:

- Phone, Video, Chat etc.

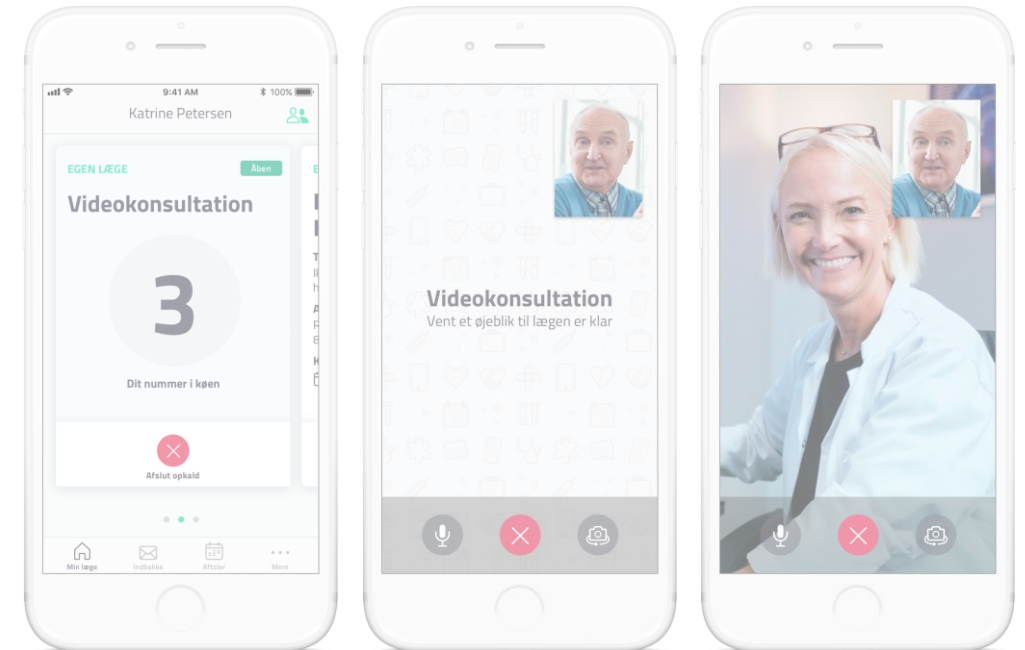
## Store-and-Forward (Asynchronous Communication)

Information is captured and sent for later review:

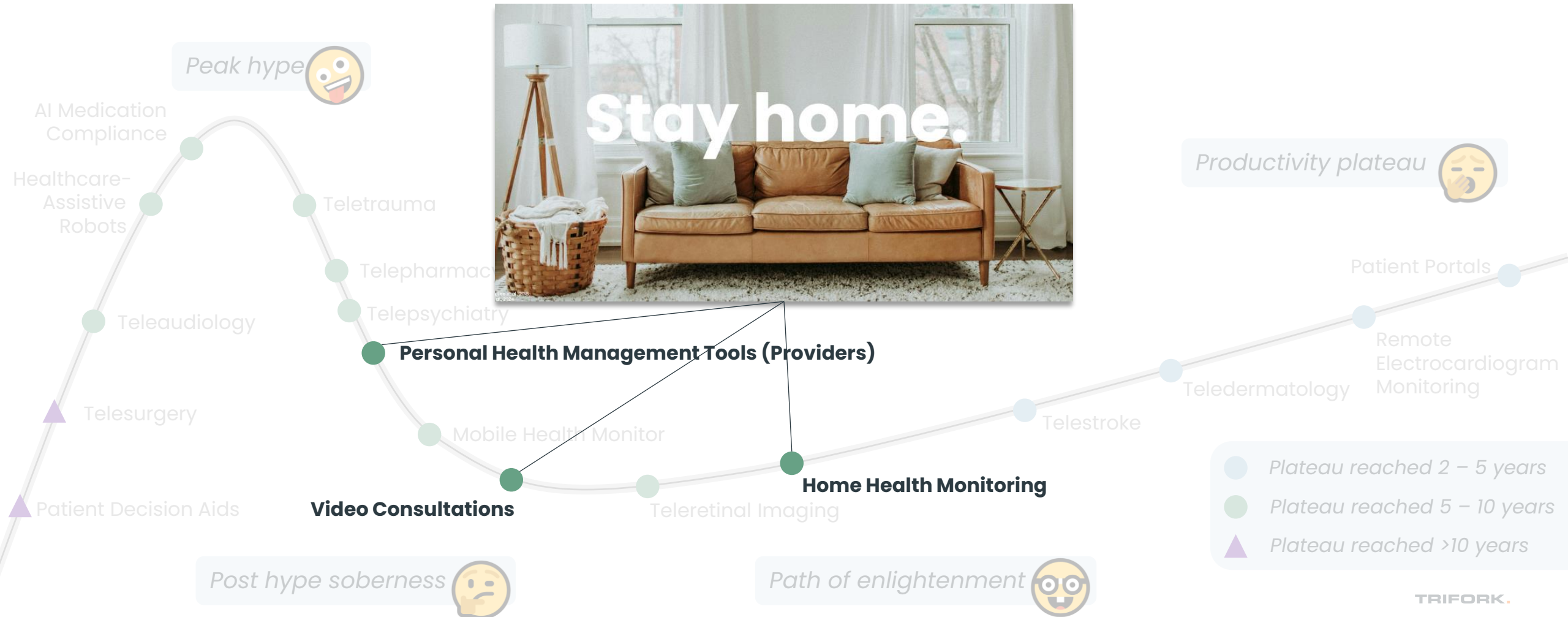
- Image capture (e.g., wound imaging)
- Review of laboratory results etc.

## Continuous Remote Patient Monitoring (RPM)

Automated & continuous transmission of health data to care teams for chronic disease management; Connected devices. E.g. glucose monitors, blood pressure cuffs, weight scales, etc.)



# Telemedicine solutions on the Hypecycle



# Trifork's impact on Denmark's digitalization

**2010**

Start of national vaccination register

**2016**

Development of national telemedicine infrastructure (FUT)

**2018**

Start of clinical decision support (CDSS), nationwide from 2022

**2023/2024**

COPD Telehealth platform nationwide. Launch of national pregnancy app

Steady evolution

Persistence

Cooperation

Drive to innovate

**Since 1995**

National strategies for the digitalization of the health system are published

**2012**

Introduction of the shared medication record

**2018**

«My Doctor» App launched

**2021**

Pharmacy app and «Pandemic» app launched

## Examples of current focus topics

- Health care at home using digital solutions
- Cross-sectoral collaboration on the patient pathway

# ... and deep experience in telemedicine.

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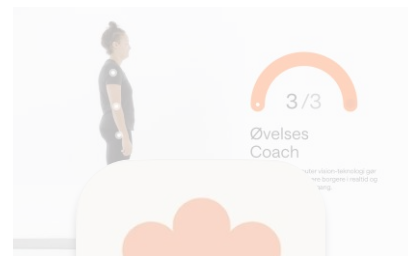
Spectrum

TRIFORK

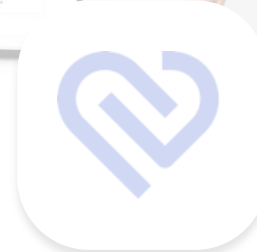
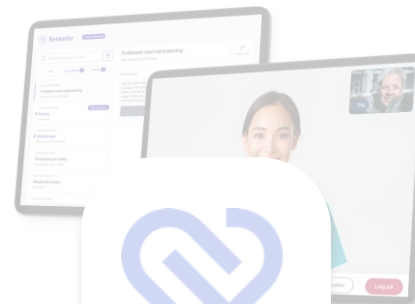


Min  
Læge

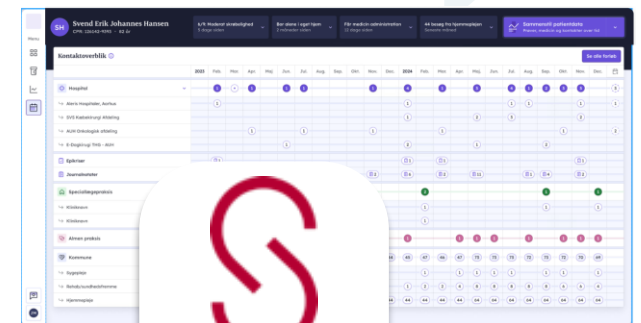
My Doctor



Coco Care



Telma



STENO

Indblik / Samblik

# The Steno Diabetes Center(s)



**Founded  
2017**

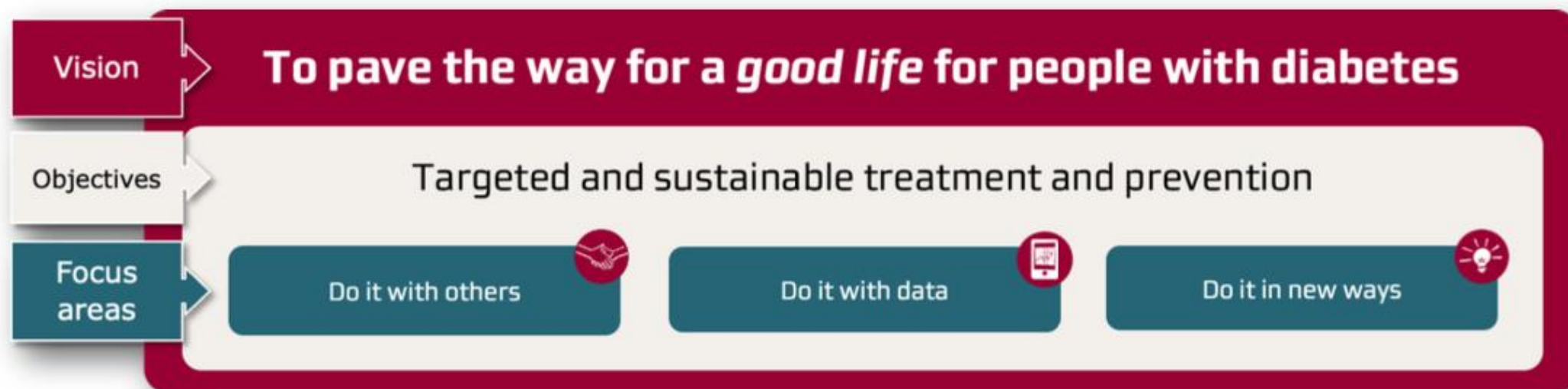
**11,000  
patients  
p.a.**

Steno Diabetes Centers are specialized clinics that provide integrated, personalized care for diabetes patients by combining **outpatient treatment, patient education**, and cutting-edge **translational research**.

→ Steno bridges clinical practice and innovation to improve outcomes and reduce the long-term burden of diabetes.

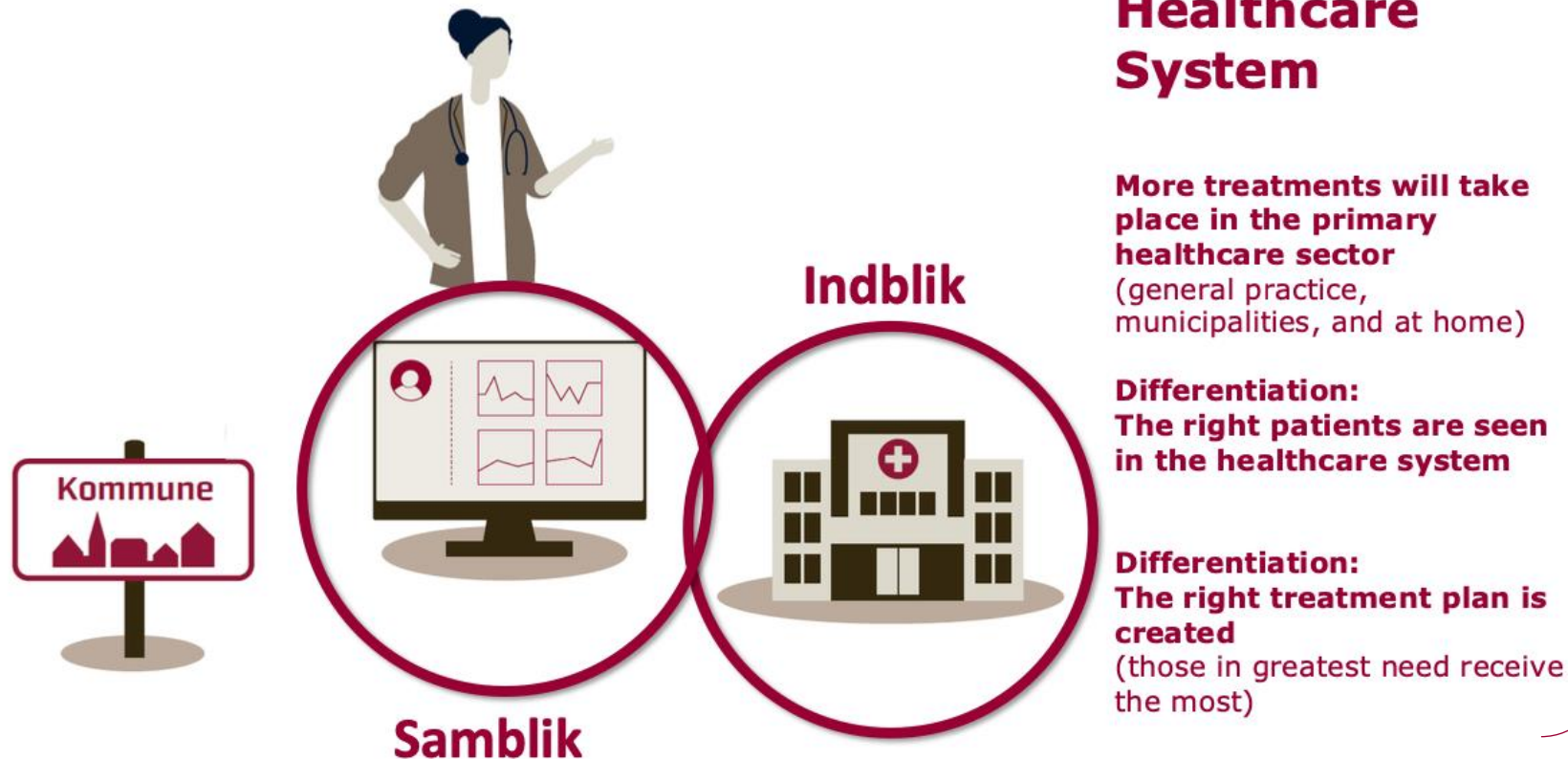


# Steno's modus operandi



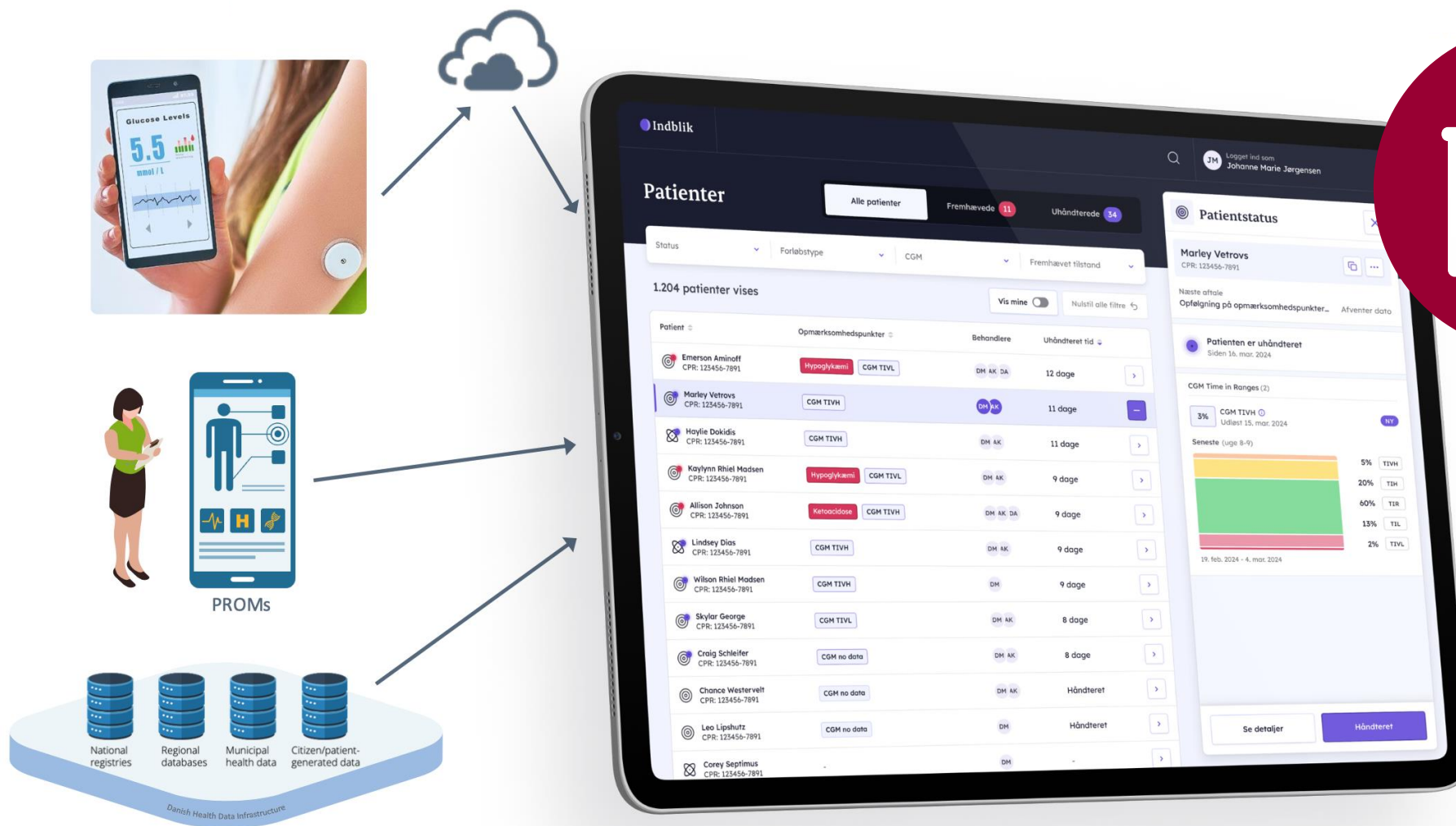


# Indblik and Samblik – Built for the future





# Indblik – Deep insight for RPM





# Indblik Results

> [Diabetes Care](#). 2021 Jul 22;dc203083. doi: 10.2337/dc20-3083. Online ahead of print.

## Effects of Patient-Initiated Visits on Patient Satisfaction and Clinical Outcomes in a Type 1 Diabetes Outpatient Clinic: A 2-Year Randomized Controlled Study

[Nina Drøjdahl Ryg](#)<sup>1 2</sup>, [Jeppe Gram](#)<sup>3 4</sup>, [Maryam Haghighi](#)<sup>3</sup>, [Claus Bogh Juhl](#)<sup>3 2 4 5</sup>

Affiliations + expand

PMID: 34301734 DOI: [10.2337/dc20-3083](#)



**30% reduction in outpatient visits**



**>95% patient satisfaction maintained**

Received: 10 May 2021 | Accepted: 11 January 2022  
DOI: 10.1111/dme.14791

### RESEARCH ARTICLE



## Randomized controlled study to evaluate the impact of flexible patient-controlled visits in people with type 1 diabetes: The DiabetesFlex Trial

[Tinne Laurberg](#)<sup>1</sup> | [Liv Marit Valen Schougaard](#)<sup>2,3</sup> | [Niels Henrik Ingvar Hjollund](#)<sup>2,4,5</sup> | [Kirsten Elisabeth Lomborg](#)<sup>3,5,6</sup> | [Troels Krarup Hansen](#)<sup>1,5</sup> | [Annesofie Lunde Jensen](#)<sup>1,3,5</sup>

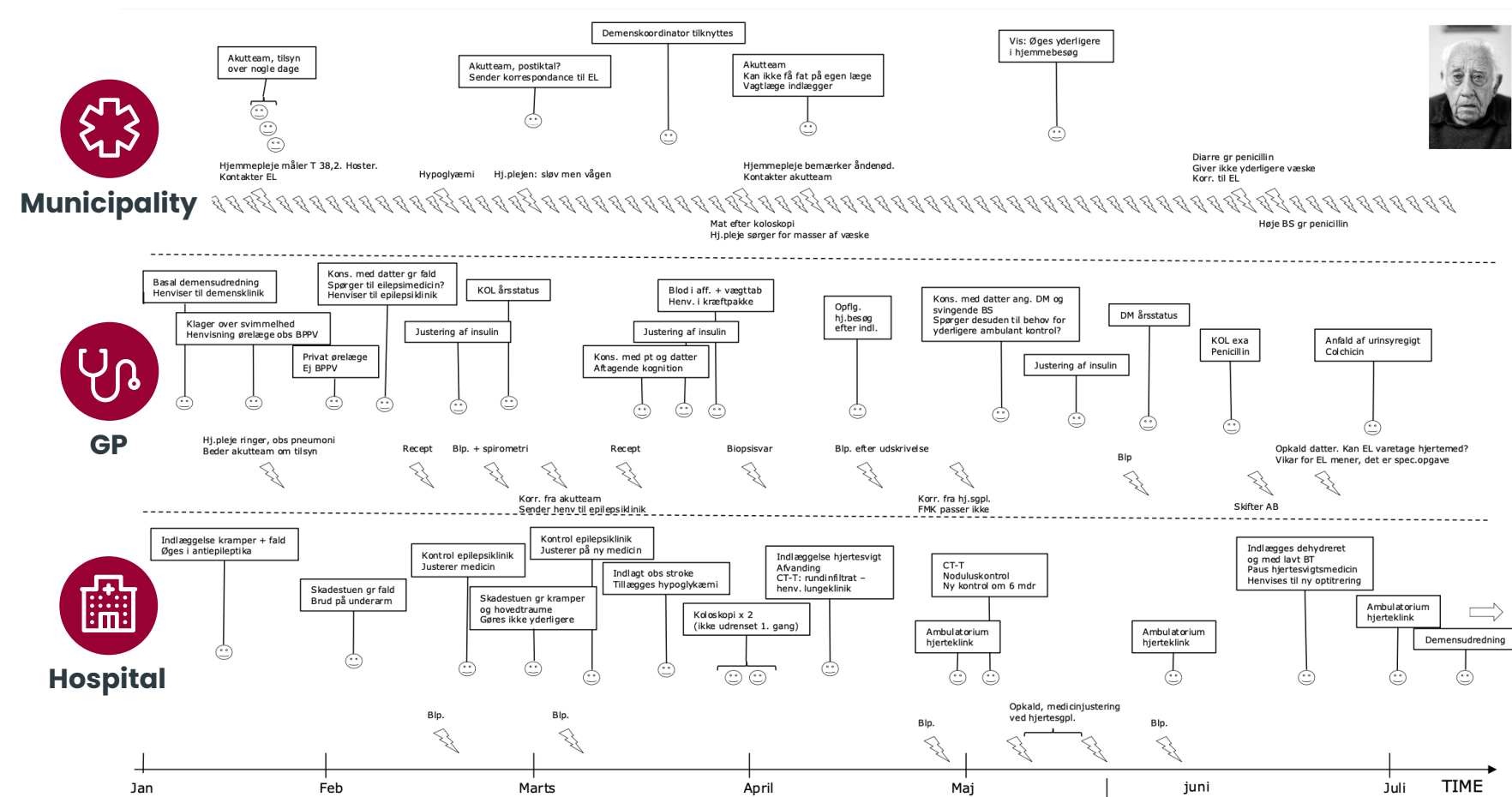


**94% chose to continue flexible care**

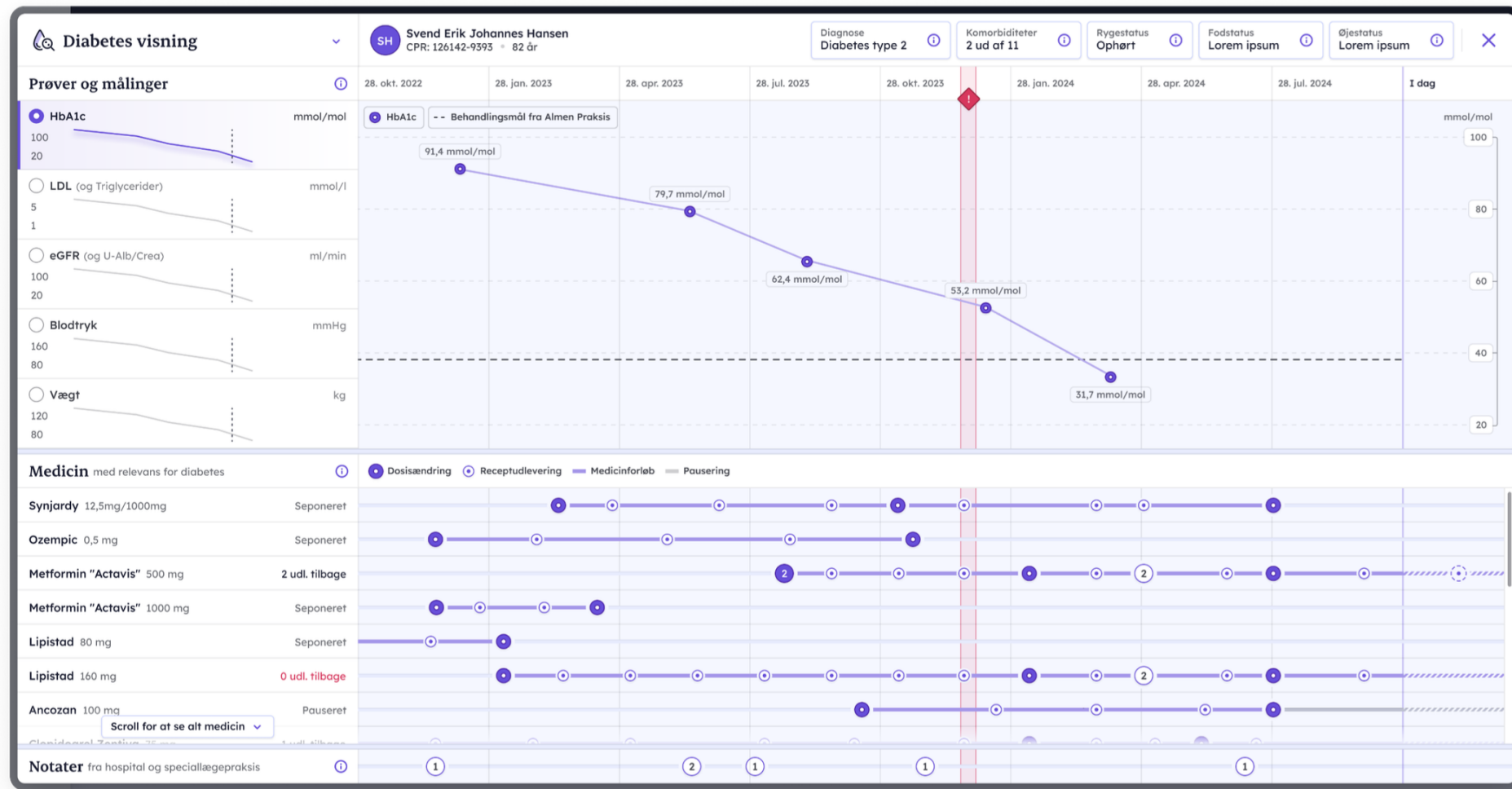


**Mental well-being improved by 4.5 points**

# Samblik – Collective Insights



# Samblik example view







# Samblik example view & stats

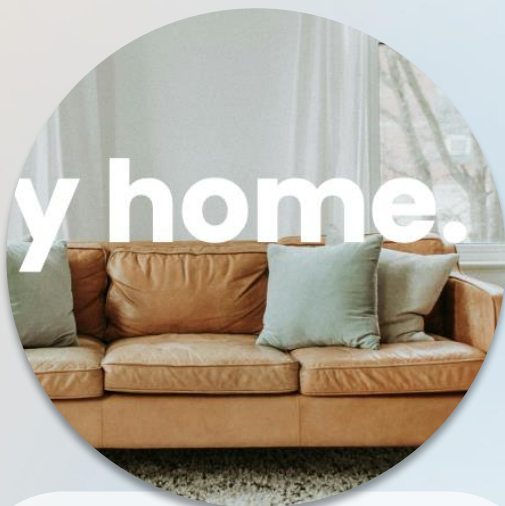


 **Clinicians reduced information retrieval time from 10–15 minutes to 10–15 seconds**

 **100% of clinicians reported better decision-making**

 **SAMBLIK helped uncover 2 critical medical issues**

# Getting telemedicine off the ground



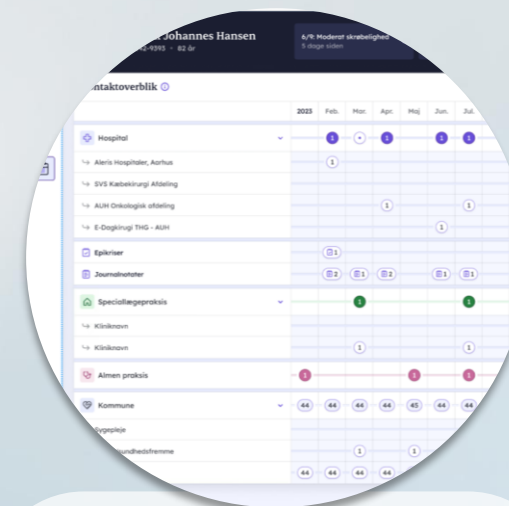
**Mindshift**



**Incentives,  
incentives, incentives**  
(on GP level but also on system  
level)



**Interoperability**



**Structured data**



# Where next?



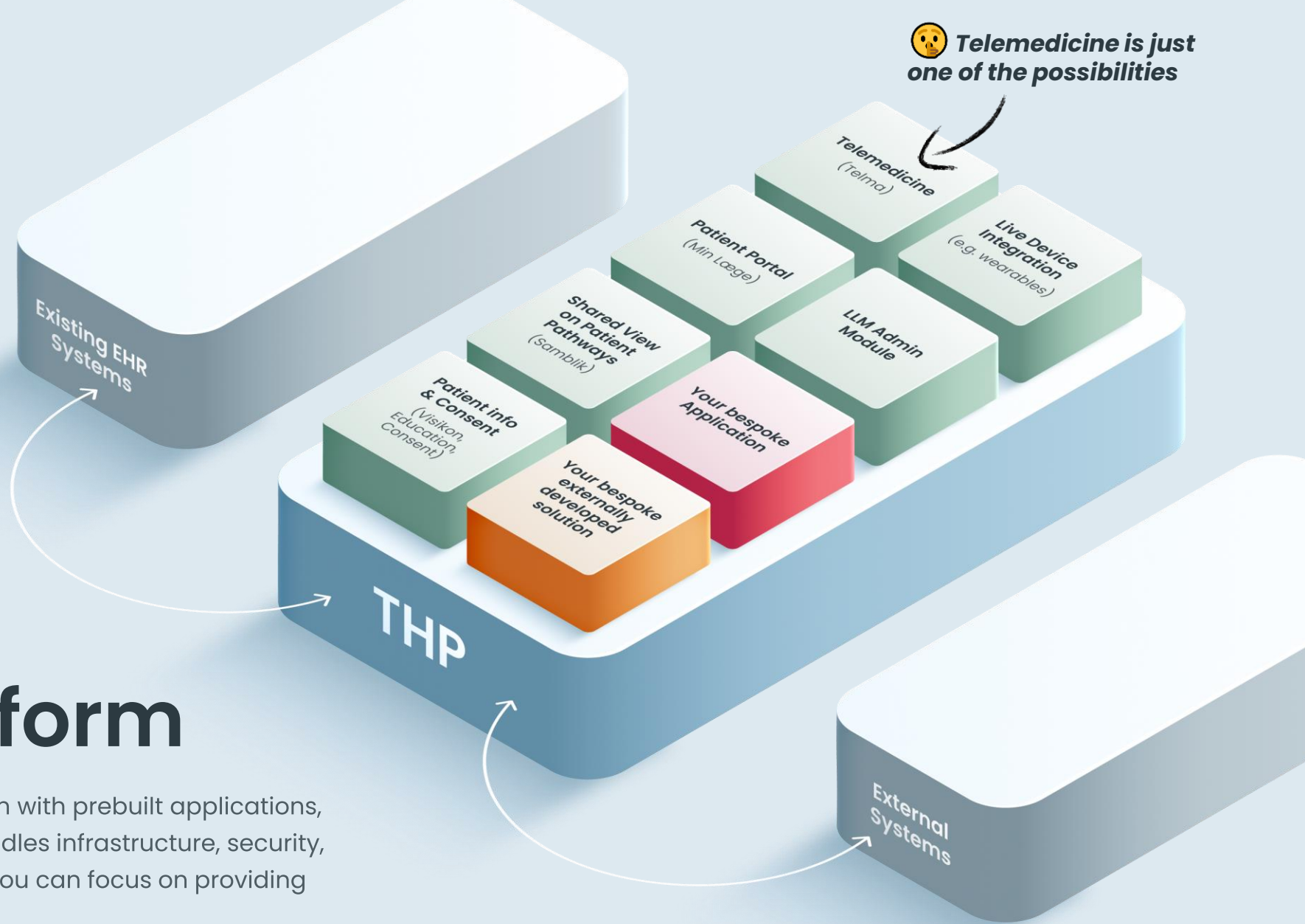


THP – Telemedicine enabler

🤖 Telemedicine is just one of the possibilities

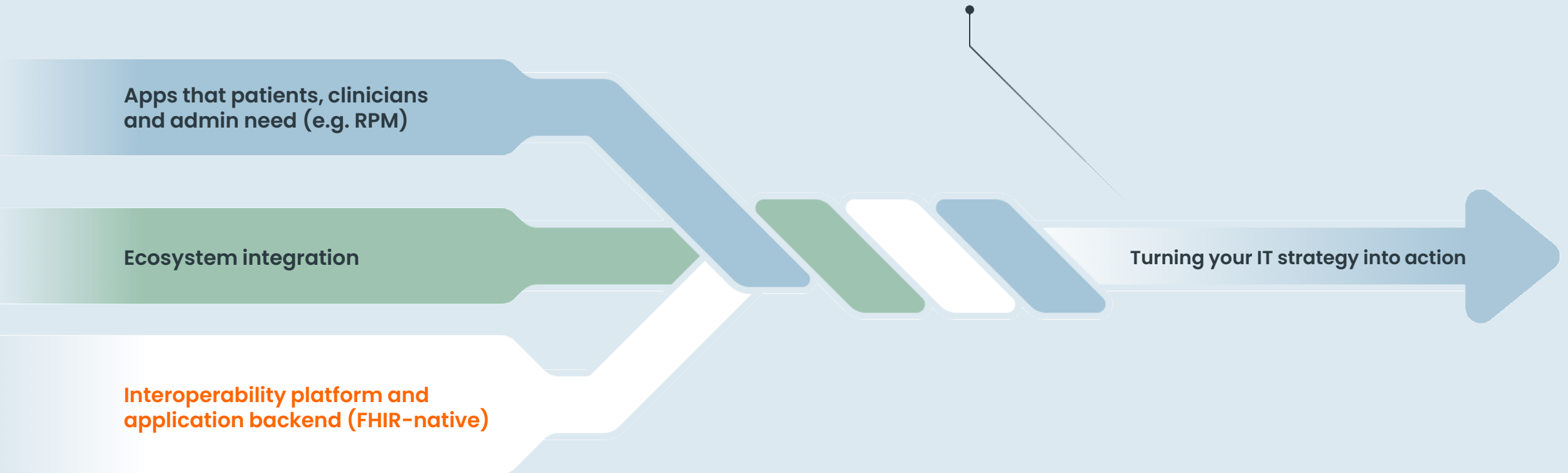
# The Trifork Health Platform

THP is a modular, FHIR-native platform with prebuilt applications, SDKs, and interoperability tools. It handles infrastructure, security, and compliance out-of-the-box, so you can focus on providing the services your ecosystem needs



# Enabling action

The THP enables you to launch digital health solutions fast, while meeting compliance and funding goals. You get a scalable & flexible technical foundation that adapts to your IT and process strategy.



**Thank you very much!**

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