

DIG_IT: THE ASTHMA AND COPD PATIENT DIGITAL JOURNEY IN EUROPE



NORWAY FACTSHEET

The EFA DIG_IT project

In 2021, EFA conducted a survey with 970 asthma and chronic obstructive pulmonary disease (COPD) patients in five European countries to study how patients use digital health tools, their attitudes towards digital health, barriers to uptake, and needs in using new technologies. This country fact sheet highlights the survey results in Norway, based on a national sample of 170 respondents (n=95 asthma + 75 COPD; 41% male, 59% female).



The lack of information can be scary. I don't know where my personal confidential information is. I don't know where the sensitive information goes.

—
Asthma patient from Norway

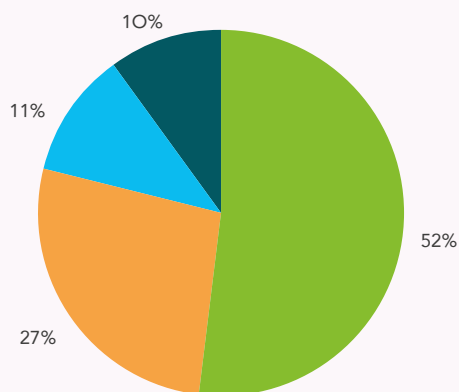


Summary of the DIG_IT questionnaire results in Ireland

Digital technologies promise to make healthcare more efficient, data-driven and patient-centred. Norway is a leader in the adoption of digital health and data. Norwegian asthma and COPD patients are early adopters of digital tools and view these technologies positively.

With above-average levels of access to the internet, widespread use of e-prescriptions and significantly higher use of eHealth and mHealth services, Norway's past investments paid dividends when some services moved online in response to the COVID-19 pandemic. However, this advantage is not enjoyed at all levels of the health system, including in specialist care where access to digital services is below average. While the use of digital diagnostics at home, such as peak flow devices, is higher than average, it remains low at 25%. As digital health policy develops, Norway is well-placed to avail of future innovations. However, like their peers across Europe, patients have concerns about data privacy and security.

Asthma and COPD patients' in Norway openness towards digital services and tools



Very open Somewhat open Somewhat sceptical Very sceptical

Question 19: In general, how open are you to using digital services and tools in the context of your asthma/COPD?
Basis: Total n=170, asthma=95, COPD=75

EFA DIGITAL PATIENTS RECOMMENDATIONS FOR NORWAY

- Healthcare professionals should be incentivised for using high quality apps and devices and must be trained to support patients in self-management
- Healthcare providers should increase accessibility of digital tools used in patient care
- Patient advocates should build on patients' positive experiences with online tools to raise awareness and uptake of advanced digital technologies

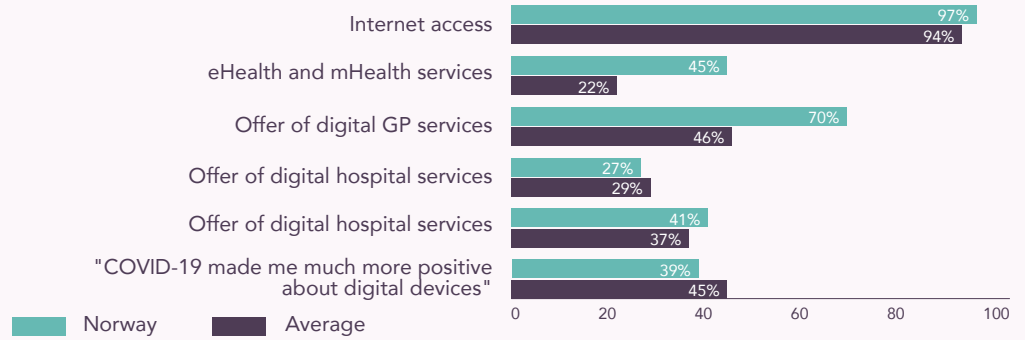


Thanks to digitalisation I can get access to expertise that is not available in my area

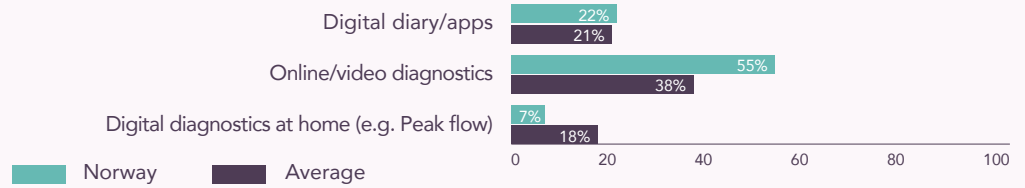
COPD patient from Norway



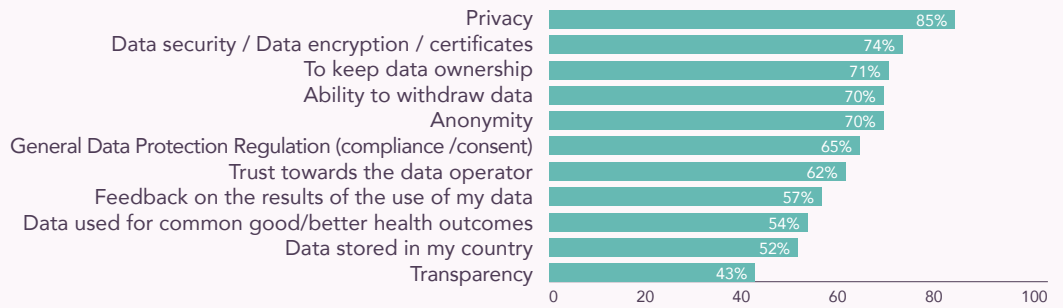
Excellent digital access – room to improve in specialist care



Awareness of digital diagnostics is lower than the average

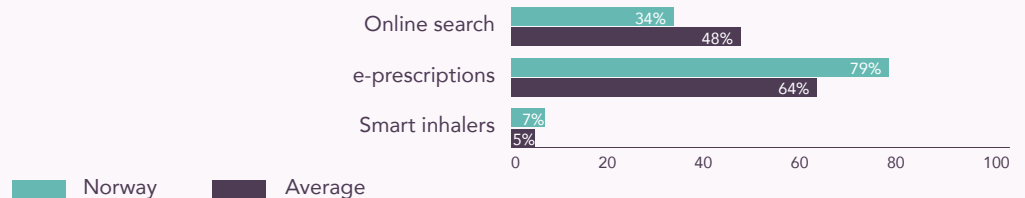


Asthma and COPD patients' in Norway priorities when sharing data digitally

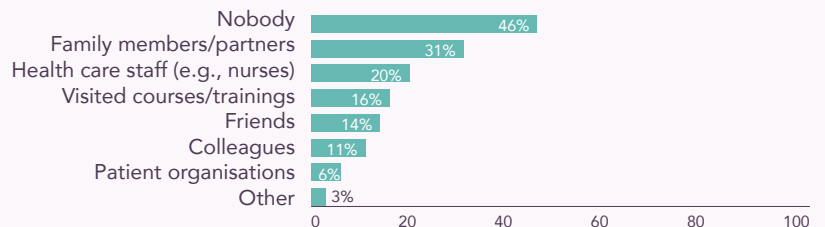


Question 35: How important are the following aspects to you when it comes to sharing data digitally?
Basis: Total n=170, asthma=95, COPD=75

Use of digital tools for asthma and COPD treatment



Asthma and COPD patients' in Ireland received support to use digital tools



Question 42: In case someone supports/supported your use of digital tools, who did/does?
Basis: Total n=170, asthma=95, COPD=75



European Federation of Allergy and Airways Diseases Patients' Associations (EFA)
35 Rue du Congrès
1000 Brussels, Belgium
+32 (0)2 227 2712
info@efanet.org / www.efanet.org
EU Transparency Register
Identification Number:
28473847513-94



Astma- og Allergiforbundet
PB 6764, St. Olavs plass
0130 Oslo, Norway
www.naaf.no



MORE INFORMATION ON THE DIG_IT PROJECT