

DIG_IT: THE ASTHMA AND COPD PATIENT DIGITAL JOURNEY IN EUROPE



BELGIUM 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 Belgium, based on a national sample of 200 respondents (n=100 asthma + 100 COPD; 50% male, 50% female).



I was able to continue my treatment during the pandemic. I prefer the real thing, but it was better than nothing

— Asthma patient from Belgium

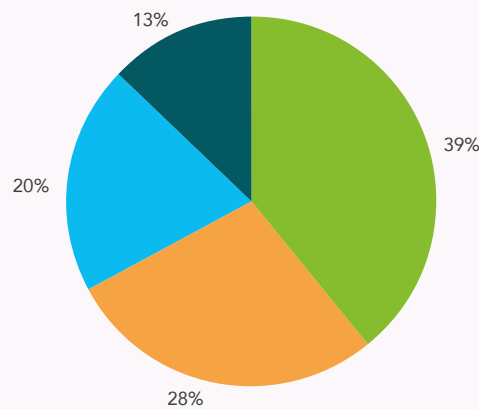


Summary of the DIG_IT questionnaire results in Belgium

Digital technologies seek to make healthcare more efficient, data-driven and patient-centred. Many of these tools are available in Belgium though uptake is mixed. Asthma and COPD patients in Belgium enjoy high levels of Internet access and relatively good access to eHealth and mHealth technologies. Awareness of, and accessibility to, digital support groups and social media is higher than average.

However, there is poor access to digital services provided by nurses, physiotherapists and medical centres. The use of online diagnostics and e-prescriptions is also lagging the European average, although the latter is rising following new rules introduced in September 2021. Like their peers across Europe, patients in Belgium have concerns about data privacy and security.

Asthma and COPD patients' in Belgium 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=200, asthma=100, COPD=100

EFA DIGITAL PATIENTS RECOMMENDATIONS FOR BELGIUM

- Increase accessibility of digital tools used in patient diagnosis and care
- Incentivise healthcare professionals for using high quality apps and devices and train them to support asthma and COPD patients in self-management
- Build on patients' positive experiences with online tools to raise awareness and uptake of advanced digital technologies



My doctor is quite traditional and doesn't suggest digital options

Asthma patient from Belgium



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

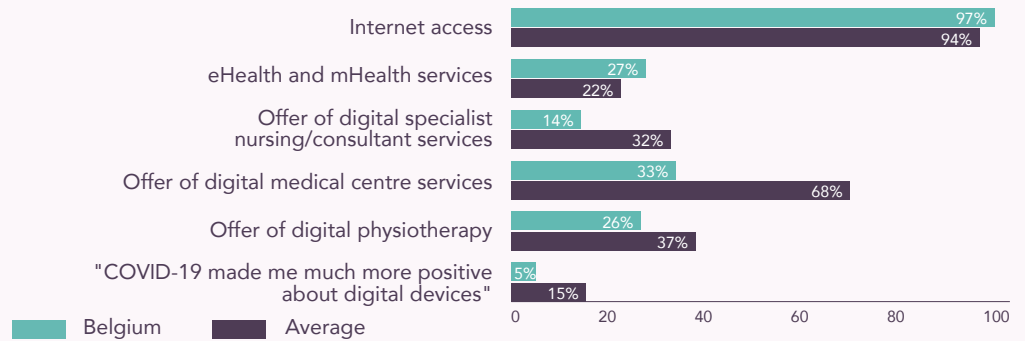


Astma en Allergiekoepel vzw
Staatsbaan 165, 3460 Bekkevoort
+32 800 843 21
info@astma-en-allergiekoepel.be
https://www.astma-en-allergiekoepel.be/

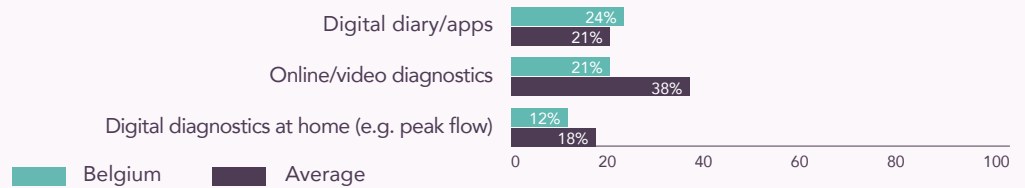


MORE INFORMATION ON THE DIG_IT PROJECT

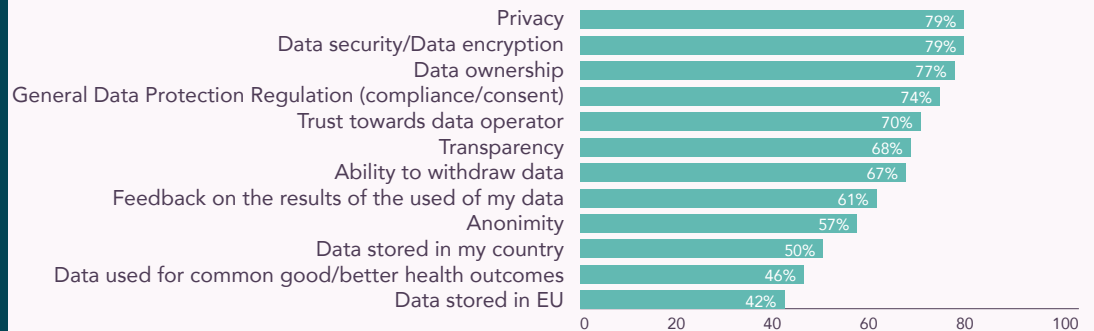
Good news of some online tools - but plenty of room to improve



Awareness of digital diagnostics is lower than the average

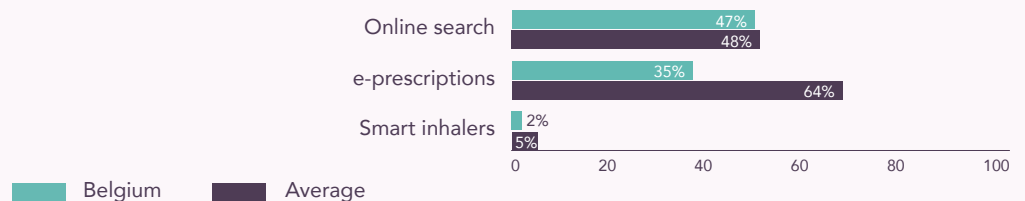


Asthma and COPD patients' in Belgium priorities when sharing data digitally

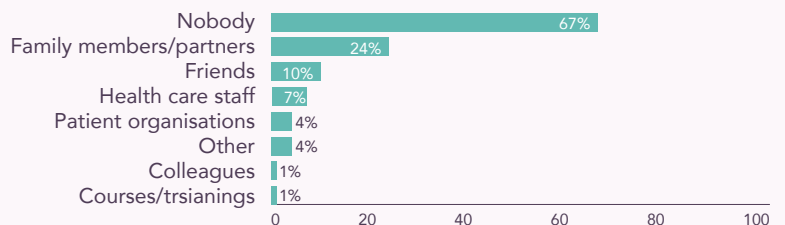


Question 35: How important are the following aspects to you when it comes to sharing data digitally?
Basis: Total n=200, asthma=100, COPD=100

Sources of support for use of digital tools for asthma and COPD treatment



Use of digital tools for asthma and COPD treatment



Question 42: In case someone supports/supported your use of digital tools, who did/does?
Basis: Total n=200, asthma=100, COPD=100