



Patient engagement tools, including online/application-based systems to promote education, compliance, and patient-reported outcomes are recommended.

Class (Strength) of Recommendation	Class IIa (Moderate)
Level (Quality) of Evidence	Level C-LD (Limited Data)

Main Points

- Numerous e-health innovations have emerged aimed at increasing patient engagement and improving surgical care.
- These innovations engage, educate, activate, and allow for patient reported outcomes (PRO's) to be captured.
- Patient activation denotes a willingness to obtain preventive care or engage in regular physical exercise.
- Less activated patients are three times as likely to have unmet medical needs and twice as likely to delay medical care.
- ERAS pilots in cardiac surgery have demonstrated effectiveness of an e-health platform in increasing patient activation.

Key References

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