Using digital technologies to enhance the effectiveness and impact of chronic disease self-management in Australia

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One in two Australian adults have a chronic physical and/or mental disorder. Coronary heart disease, type 2 diabetes mellitus and depression are amongst the most common and debilitating. Australia's health system remains ill equipped to provide ongoing, 24/7 support to the number of people with chronic disease(s). Given the importance of citizens becoming more engaged with their own health and the advent of digital devices (e.g. mobile phones, tablets), this presentation will discuss how to improve outcomes for those with chronic disease(s) using every day technologies.

Dr Adrienne O'Neil is a Senior Research Fellow, NHMRC Early Career Fellow and Deputy Director of the Non Communicable Disease Unit at MSPGH. Dr O'Neil's research program combines her expertise in cardiovascular and psychiatric epidemiology, chronic disease prevention and management as well as digital health intervention research. In 2014, Dr O'Neil undertook a fellowship at Stanford University to gain expertise in the burgeoning field of digital public health.