Project idea form - small projects

Version 2.1

Registration no. (filled in by MA/JS only) _____

Project Idea Form

Date of submission 05/06/2025

1. Project idea identification

Project idea name	Developing digital health solutions for patients with skin disease
Short name of the project	DigiSkin
Previous calls	yes ◯ no ◉
Seed money support	yes ◯ no ◉

2. Programme priority

	1. Innovative societies

3. Programme objective

	1.2. Responsive public services

4. Potential lead applicant

Name of the organisation (original)	Turun ammattikorkeakoulu
Name of the organisation (English)	Turku University of Applied Sciences
Website	https://www.turkuamk.fi/
Country	FI

Type of Partner	Higher education and research institution

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Which organisation(s) in the planned partnership take part in a project within the Interreg Baltic Sea Region Programme for the first time? Please list the respective partners.

The wellbeing services county of Southwest Finland, Turku University Hospital / FI; The Finnish Allergy, Skin and Asthma Federation / FI; University of Gävle / SE; Eesti Allegialiit / EE. These partners will be confirmed.

5.1 Specific challenge to be adressed

Skin diseases are very common health issue. For example 30–50 % of adolescents and adults have acne needed to treat in health care, and from atopic eczema are suffering nearly a third of adult population and 10–20 % of children. Many of skin diseases are chronic, and the patients need health care services for a long time. Having a chronic skin disease, the risk of other health problems increases. In addition, many chronic skin diseases cause pain, lack of sleep, and, in general, affect negatively quality of life in many ways. Also, the patients need to take care themselves, usually for years or a lifetime. By widening the opportunity to care skin diseases with a help of digital platform content, it offers support for both health care organizations and for patients.

Digital solutions offer easy access to information regardless of time and place. With digital solutions monitoring and self-care gets easier by helping patients monitor their own treatment and symptoms. Digital solutions have been found to be useful to remotely monitor patients because they can make use of the visual element involving digital images or videos.

Today organizations have economic challenges while patients still need to be cared. With digital

solutions health organizations stay capable of taking care the increased volume of patient. Also, patients expect more often to have access to digital services. The patient's role is more active, and the digital solution allows for both professional and patient to follow the progress of the treatment. Patients' role with chronic skin disease is especially important to gain good care results.

The digital solution allows for quick contact with the healthcare staff without the patient does not have to travel. This will increase accessibility and equity, especially in rural areas where services are a long distance away and public transport is not available. By developing health services to digital solution, the services will be reached better to people living in a rural area.

Surprisingly, there is still lack of digital content that supports patients by giving information and visualizing the structure of their care. This project idea offers benefits especially people living in rural area with long distances. Without the development of digital health services, there is a risk that the quality of care for this patient group will not be equal compared to those who live close to the services. This may increase costs of healthcare in the long run.

5.2 Focus of the call

Health equity is enhanced via this project. By widening the digital solution, we can help more patients to access services and be more active in their own care process. The main beneficiary patient group are people living in rural areas, people speaking different languages and people suffering from different disabilities like deafness. In the rural areas the digital solution may be the only access to services, as the traditional services can be offered from hours away and may not be reached by the public transportation.

From patients, the treatment a chronic skin disease often requires following daily care routines and commitment. The digital care solution and content support patients' care balance which decreases risk for mental health problems, higher level need of care and supports patients to live their life as normally and health ways as possible: i.e. working, studying, having a social live, meeting friends, eating and sleeping normally, and join activities.

Digital care pathways also can visualize the structure of the care: streamline treatment processes and reduce unnecessary hospital visits. This also helps health care professionals to co-operate with primary and special heath care together.

Using a digital solution for self-care and taking a contact from distance to healthcare provider decreases CO2 emission because need to driving an own and need of products of medicine industry may decrease.

6. Transnational relevance

Enhancing digital healthcare can provide better access to diagnosis and treatment, especially in remote or underserved areas. Digital platform content can help standardize care protocols across countries, ensuring consistent and high-quality treatment regardless of location. Transnational collaborations allow for the sharing of best practices, expertise and resources. By collaboration, we can

we combine this knowledge to develop more effective solutions. In addition, working together ensures that advancements in digital healthcare reach underserved and remote populations, promoting health equity.

In this project developed content can be easily shared with partners in different languages by using technological solutions. This answers to the idea of need of developing the whole Baltic Sea Region.

7. Specific aims to be adressed

Building trust that could lead to further cooperation initiatives
N/A

Initiating and keeping networks that are important for the BSR
The consortium set up for this small project is new. We have launched this network to test new good practices and develop digital healthcare that will benefit partner countries. We also want to involve NGOs that improve the care of patients with skin diseases in healthcare services.

Bringing the Programme closer to the citizens
The project will promote digital services for the benefit of citizens and healthcare staff. The content will be developed in close relation with target group. In addition, digital content can be offered service in different languages easier compared to traditional visits care at health care organizations.

Allowing a swift response to unpredictable and urgent challenges
N/A

8. Target groups

The health care professionals and people with skin disease are the target groups. Both groups are involved in the development process.

This project takes in account that people need care not depending on their living place or what kind of disability they have. Also, the development process takes different health care professionals closer to each other which help them to work more efficiency to receive better care results for patients. Also, it allows them to work in a different way i.e. on remote, that maintain wellbeing at work.

People with skin disease are also involved in the creation of the digital solution content from the very beginning. The user experience is important and can be developed in the project by utilizing the service design.

	Please use the drop-down list to define up to five target groups that you will involve through your project's activities.	Please define a field of responsibility or an economic sector of the selected target group	Specify the countries and regions that the representatives of this target group come from.
1.	Hospital and medical centre	Hospitals and health centres treating patients with skin diseases	Finland, Southwest Finland, Turku Sweden, Gävle, Estonia
2.	NGO	Patient organisations working for people with skin diseases	NGO from all participating countries.

9. Contribution to the EU Strategy for the Baltic Sea Region

Please indicate if your project idea has the potential to contribute to the implementation of the Action Plan of the EU Strategy for the Baltic Sea Region (https://eusbsr.eu/implementation/).

yes ◉ no ◯

Please select which policy area(s) of the EUSBSR your project idea contributes to most.

PA Health

The MA/JS may share your project idea form with the respective policy area coordinator(s) of the EUSBSR. You can find contacts of PACs at the EUSBSR website (https://eusbsr.eu/contact-us/).

☐ If you disagree, please tick here.

10. Partnership

Turku University of Applied Sciences (FI) as the Lead Partner of the project will oversee the overall development of the solution.

Two universities (Turku University of Applied Sciences/FI and University of Gävle/SE will participate in developing the content of the digital care pathway and implementing it in their region.

One university hospital (Turku University Hospital/FI) and two local hospitals (in Sweden and in Estonia), as associated organisations, are engaged in piloting the digital care pathway with their patient. In addition, they have an active role in the development phase and in the transfer of project results. All hospital partners have not yet been confirmed at this stage.

Non-governmental organizations, that improve the care of patient with skin disease in healthcare services, are involved as associated organizations. They bring their expertise to the content development of the digital solution. In addition, they have an active role in the transfer of project results. The NGO partners have not yet been confirmed at this stage.

11. Workplan

A1 Developing the digital care pathway
A1.1. Survey for patients with skin disease about their needs and wishes regarding the functions and content of the digital care pathway
A1.2. Planning and creating the content of the digital care pathway together with the hospital staff from the associated partner hospitals and with the NGOs
As an outcome of activity 1 is a digital care pathway for patients with specific skin diseases.
A2. Piloting and evaluating
A2.1. The digital care pathway will be piloted with patients in associated partner hospitals
A2.2. Evaluation of the digital care pathway will be carried out by recruiting patients and hospital staff who participated in the piloting phase.

12. Planned budget

ERDF budget (planned expenditure of partners from the EU)	EUR 350,000.00
Norwegian budget (planned expenditure of partners from Norway)	EUR 0.00
Total budget (including preparatory costs)	**EUR 350,000.00**

13. Project consultation

Please indicate if you wish to have a consultation (online meeting) with the MA/JS to discuss your project idea

yes ◉ no ◯

14. Questions to the MA/JS

Questions related to the content of the planned project	*(max.1.000 characters incl. spaces)*

Questions related to budgeting and expenditure	*(max.1.000 characters incl. spaces)*

Any other questions	*(max. 1.000 characters incl. spaces)*

15. Additional information

(max. 1.000 characters incl. spaces)

Your account in BAMOS+

Please remember that to officially submit your application you need to access our electronic data exchange system BAMOS+. More information about the process of applying for your account in BAMOS+ you will find here:
https://interreg-baltic.eu/gateway/bamos-account