

Clinical trial

MyCyFAPP starts the clinical trial of the APP to personalize the treatment of Cystic Fibrosis patients

- Patients will have, for the first time, a scientifically validated tool to calculate the optimal pancreatic enzyme dosage they need
- MyCyFAPP Project, funded under the Horizon2020 framework, aims to improve the general wellbeing through eHealth tools

Around 250 children with cystic fibrosis from six European units start the clinical trial of an APP designed to help them calculate the optimal dosage of Pancreatic Enzyme Replacement Therapy for a good digestion of food.

For patients with cystic fibrosis this APP represents a big step in their treatment as for the first time, patients will have a scientifically validated tool to calculate the optimal pancreatic enzyme dosage.

"The inaccuracy of the pancreatic enzymes doses due to the lack of tools causes, on many occasions, malnutrition and growth problems" explains dr. Ribes, project coordinator. For this reason, this clinical trial represents a big step towards the management of pancreatic insufficiency and for improving their nutritional condition.

Many patients with cystic fibrosis have to follow a pancreatic enzyme replacement therapy to help their bodies absorb the foods' nutrients. However, up to now, determining the exact doses of pancreatic enzymes was very difficult as it depends on the type and the amount of fat ingested in each meal.

The multicentre study takes places simultaneously in Spain (Hospital Universitari i Politècnic La Fe and hospital Ramón y Cajal), Italy (Hospedale Maggiore Policlinico di Milano), Portugal (Hospital de Santa Maria, Lisbon), Belgium (Uz Leuven) and The Netherlands (University Medical Center Rotterdam).

A complete digital ecosystem

The MyCyFAPP Consortium has developed a complete digital ecosystem to provide support to Cystic Fibrosis patients for the self-management of their disease with the supervision of healthcare professionals.

This system comprises a webtool that enables healthcare professionals to do an online check of the symptoms, nutritional intake and adherence to the PERT advice. Doctors, nurses and nutritionists can send recommendations and avoid certain problems to worse off.



www.mycyfapp.eu



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The Project has also developed educative tools in order to promote an active role of patients. Patients participating in the clinical trial have an extensive nutritional guide and a game APP for children under 12 years old.

Horizon2020

This APP is integrated in an European project, My Cystic Fibrosis Application, funded by the European Union in the Horizon2020 framework. Thanks to this European Framework, children with cystic fibrosis will benefit from a better control and treatment of their digestive pathology, improving their nutritional status, their quality of life and their medical prognosis.