

“ The raison d’etre of this project is the need to develop an evidence based tool to tackle the existing gap on the adapted-to-patients method to adjust enzyme replacement therapy ”

The multidisciplinary approach of MyCyFAPP guarantees the patients’ adherence to the treatment and the best outcome of the nutritional intervention



MyCyFAPP

The management of Cystic Fibrosis in your hand

Innovative approach for self-management and social welfare of Cystic Fibrosis patients in Europe

MyCyFAPP Consortium



You can find us also on

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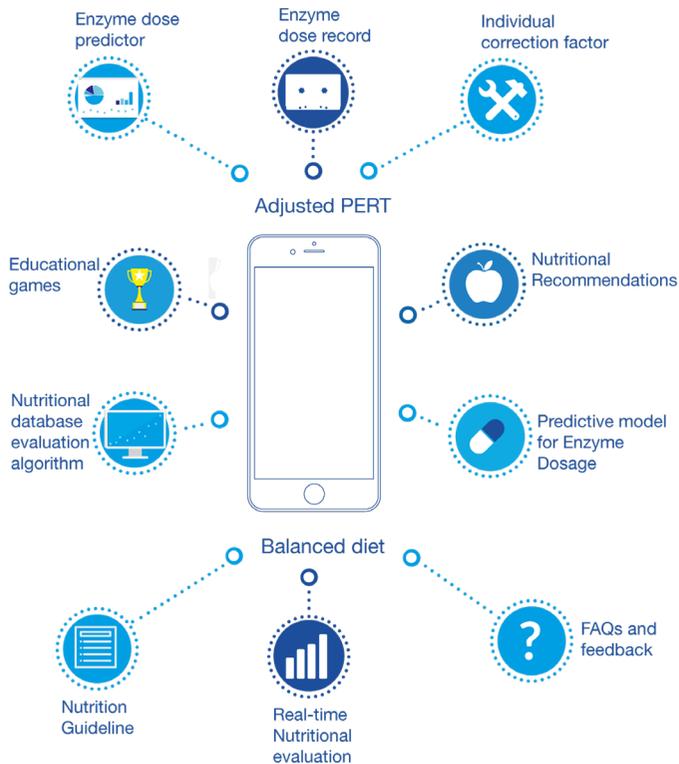


MyCyFAPP is a project funded by the European Commission under the Research and Innovation Framework Programme “Horizon 2020”

What is the Project about?

An accurate Pancreatic Enzyme Replacement Therapy (PERT) arises as an early nutritional intervention to provide a better nutritional status and patients' welfare from early stages, avoiding complications associated to the development of the disease.

MyCyFAPP builds on the gap of the personalized PERT adjustment by means of a co-developed self-management mobile APP.



A complete Digital Ecosystem

MyCyFAPP has developed a complete digital ecosystem to help patients to improve the management of Cystic Fibrosis. It includes digital tools for an automatic calculation of the optimal dose of pancreatic enzyme and educational resources.

The Project aims at promoting a healthy lifestyle, intertwining patient empowerment, educating and training on food intake habits and prevention of Cystic Fibrosis complications. The multidisciplinary approach intends to increase patients' adherence to the treatment and to achieve the best outcome of the nutritional intervention.

The self-management APP

- ✓ Is a mobile application for nutrition management and enzyme optimal dose automatic calculation
- ✓ Includes charts, reports and reminders featuring a complete nutritional database
- ✓ Co - designed with patients from different countries, adapted to different nutritional styles

Professional Web Tool

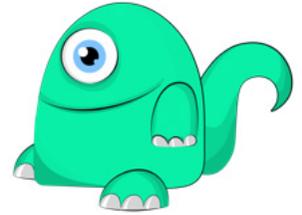
- ✓ Linked to the self-management APP
- ✓ Supports follow-up and messaging with the patient
- ✓ Monitors nutritional status, symptoms, medications and adherence



Educational Resources

The Game

- ✓ A mobile game app with CF specific nutritional contents, specifically developed for children
- ✓ Players have to take care of PAT, the game character living on an island by monitoring its health status in terms of food intake, hydration, fatigue and well-being
- ✓ Patients and health professionals from several European countries were involved in the development process through interviews, co-design workshops and several testing iterations



Nutritional Recommendations Handbook

- ✓ Created on the basis of the scientific evidence and taking into account the results of the nutritional habits study performed in MyCyFAPP Project
- ✓ Practical examples and applicable recommendations, written in a plain language, including images, infographics and layouts
- ✓ Reviewed and approved by CF patients and experts from Cystic Fibrosis Europe