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iPROLEPSIS

Horizon Europe-funded project developing a novel personalised digital care ecosystem for people with PsA

iPROLEPSIS project newsletter | Issue No. 8

April 2025

Welcome to the 8th edition of the iPROLEPSIS project newsletter!
In this issue, we bring you insights into ongoing participant recruitment, patient voices and reflections on key past events.

Inside this issue



PROLEPSIS-PDPID Study: Ongoing Participant Recruitment **Patient Voices:** **Elaine's Das Cheppo Journey with** **iPROLEPSIS Events**



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A Spotlight on iPROLEPSIS

PROLEPSIS-PDPID Study: Ongoing Participant Recruitment

The PsA digital phenotyping and inflammation drivers study (iPROLEPSIS-PDPID) is now actively enrolling participants across **four countries: the Netherlands, the UK, Portugal, and Greece.**

To date, **152 participants have been recruited**, with recruitment continuing to progress steadily across all sites as engagement grows.

The study combines smart devices and clinical data to support the development of **AI-driven models for personalised monitoring and flare prediction** in people with psoriatic arthritis (PsA). The goal is to create **affordable and unobtrusive digital biomarkers** that can help detect changes in disease activity and identify potential triggers.

Participants use the iPROLEPSIS smartphone app to track daily symptoms, activity, and self-reported flares, while a **Garmin Vivoactive 5 smartwatch** collects physiological data such as heart rate, sleep quality, and physical activity – all contributing to a richer understanding of PsA dynamics in daily life.

152

*participants have
been recruited*

**Garmin Vivoactive
5 smartwatch**

*heart rate, sleep quality,
and physical activity*



the Netherlands



the UK



Portugal



Greece



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A Spotlight on iPROLEPSIS

Patient Voices: Elaine's Das Cheppo Journey with iPROLEPSIS

"I struggled in the beginning to understand why I was experiencing so much joint pain. By participating in this study, I hope to help future generations get a diagnosis faster than I did."

Elaine Das Cheppo (the Netherlands) has been living with psoriatic arthritis for 25 years. Like many others, her diagnosis was delayed, making treatment more challenging in the early years. When her rheumatologist asked if she would like to take part in the iPROLEPSIS project, she did not hesitate.

"It's interesting to see how new technology is being used to improve diagnosis and treatment. These innovations could help people avoid unnecessary doctor visits and manage their condition more effectively."

Elaine is a patient partner in iPROLEPSIS, working alongside researchers to improve psoriatic arthritis care. She finds the **co-creation sessions** particularly insightful, offering her a behind-the-scenes look at how digital health solutions are developed.

"For someone who has been retired for quite some time, it's rewarding to have a new goal and interest in life. Being part of this project gives me a way to make a difference."

Watch Elaine's full story [here](#).

For Elaine, being part of iPROLEPSIS is not just about contributing to research – it's also about **personal fulfillment**.



Elaine Das Cheppo
iPROLEPSIS Patient partner

The Netherlands

I'm a psoriatic arthritis patient for 25 years,

Events

7th Panhellenic Multidisciplinary Congress of Autoimmune Diseases, Rheumatology & Clinical Immunology

28–30 March 2025

The 7th Panhellenic Multidisciplinary Congress of Autoimmune Diseases, Rheumatology & Clinical Immunology took place in Portaria, Greece (28–30 March 2025).

Maria Mytilinaïou, representing the Aristotle University of Thessaloniki (AUTH), presented an overview of the iPROLEPSIS and HIPPOCRATES projects and ongoing clinical studies. The congress brought together clinicians and researchers from across Greece, offering a valuable opportunity to share insights and strengthen collaboration.



Health Data Summit 2025

18-19 March 2025

The iPROLEPSIS project was presented in two distinct sessions during the **Health Data Summit 2025**, organised by the **European Institute for Innovation Through Health Data (i-HD)**. The event brought together key stakeholders in digital health to explore innovations in data quality, interoperability, and ethical AI.





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Events

Session 1

Trustworthy AI in Digital Health

In the session "**Trustworthy AI in Digital Health: From Guidelines to Practice**", **Dr Vasileios Charisis from the Signal Processing & Biomedical Technology Unit, AUTH**, presented the methodology behind iPROLEPSIS's Trustworthy AI (TAI) framework. The talk featured a case study on the Lifestyle Recommendation Engine, illustrating how the project integrates TAI principles into real-world applications. This session also included presentations from fellow Horizon Europe projects such as **AI-PROGNOSIS**, **TRUSTroke**, and **STRATIFYHF**, each showcasing their approaches to developing ethical and responsible AI in healthcare.

Session 2

Ensuring High-Quality Health Data

Thanos Vidakis from AINIGMA Technologies showcased iPROLEPSIS during the session titled "**Advanced Strategies and Tools for Ensuring High-Quality Data During Data Mapping**". The presentation focused on how the project leverages the OMOP Common Data Model (CDM) and OHDSI tools to harmonise heterogeneous health datasets. By implementing international coding standards such as SNOMED, iPROLEPSIS ensures both data consistency and interoperability across systems. The session also highlighted hands-on workshops involving data experts, where real-world datasets were mapped to the OMOP model and subjected to rigorous quality checks – essential steps toward producing analytics-ready health data.

▶▶▶ iPROLEPSIS Games Selected for HiTech 2025

18-19 March 2025

iPROLEPSIS Games, currently being developed by the iPROLEPSIS consortium partners from FMH/IST-ULisboa, **has been selected** as one of the 16 teams for the **HiTech 2025 Program**. HiTech 2025, organised by HiSeedTech, supports research teams in transforming deep tech innovations into market-ready solutions.

This selection represents a step forward for iPROLEPSIS Games, reflecting ongoing efforts to bridge the gap between scientific research and practical applications.



Read more about the program: [HiSeedTech: Programs](#)



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Upcoming Events

6th Plenary Meeting

3-14 May 2025
Oxford, UK



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