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Living well with chronic kidney disease: ehealth interventions to support self-management in China

Shen, H.

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Stellingen behorende bij het proefschrift

**Living Well with Chronic Kidney Disease:
eHealth Interventions to Support Self-management in China**

1. In China, where around one fifth of the global burden of chronic kidney disease occurs, eHealth technologies are urgently needed to improve the health and well-being of patients with chronic kidney disease (*this thesis*).
2. Instead of a 'one-size-fits-all' approach for the implementation of eHealth self-management interventions, it is essential to map and thoroughly understand the local context-specific factors to facilitate implementation (*this thesis*).
3. The expected benefit of eHealth interventions is the partial replacing of existing care elements and delivering of added value to health care (*this thesis*).
4. Up-to-date eHealth and self-management education and tailored training are needed to facilitate implementation of eHealth interventions to support self-management of patients with chronic kidney disease (*this thesis*).
5. Stakeholder involvement via co-creation processes is critical to successful development and implementation of eHealth, the design of which should take vulnerable groups and eHealth illiteracy into account (*Rianne van der Kleij, European Journal of General Practice, 2019*).
6. Evidence-based implementation strategies are essential to improve [in this case, eHealth] implementation outcomes and optimize implementation success (*Cecilie Varsi, Journal of Medical Internet Research, 2019*).
7. The application of eHealth technologies is not the end, but rather the means to provide better care (*Niels Chavannes, oration eHealth in Disease management: goal or tool? Leiden University Medical Center, 2015*).
8. eHealth interventions can be best researched, connected, shared, and used by developing eHealth living labs and establishing close collaborations with national and international stakeholders within healthcare and technology (*Niels Chavannes, oration eHealth in Disease management: goal or tool? Leiden University Medical Center, 2015*).
9. Adapting measures to local conditions is similar to a Chinese PhD student eating (hard) bread during a science lunch as the Dutch do.
10. The question 'what's in it for me' is relevant not only for patients and health care providers, but also for PhD students.
11. Nobody ever figures out what life is all about, and it doesn't matter. Explore the world. Nearly everything is really interesting if you go into it deeply enough (*Richard Feynman, 1918-1988*). The power of curiosity may, as the Chinese say, 'create a sea of stars'.
12. When we see a man of virtue and talent, we should think of equaling them; when we see a man of a contrary character, we should turn inwards and examine ourselves (*Confucius, The Analects, 475-221 BC*). Self-examination and self-awareness result in creative research.