The handle http://hdl.handle.net/1887/55806 holds various files of this Leiden University dissertation.

**Author:** Talboom-Kamp, E.P.W.A.
**Title:** E-Health in primary care : from chronic disease management to person-centered e-Health : the necessity for blended care
**Issue Date:** 2017-11-21
1. Blended care, where digital health and usual care are integrated, is necessary for chronic patients to increase the use of online programs and to improve long-term health status. (this thesis)

2. Use of a self-management platform is higher when chronic patients receive adequate personal assistance about how to use the platform and when patients experience high practical value in day to day life. (this thesis)

3. For motivated chronic patients self-management is a safe and reliable way to improve healthcare with appropriate and sound training through e-learning or group training. (this thesis)

4. The need to educate and coach healthcare professionals to take a coaching role, is of great importance to change healthcare into person-centered care supported by eHealth. (this thesis)

5. Self-management has the potential to reduce the burden of chronic disease — but it needs to be integrated into the health system. (Stanton Newman, Medical Journal of Australia, 189(10 SUP), S7-S8)

6. If we do not explicitly address the complexity of patients’ lives, the result will likely be care plans that are not followed, behavior change efforts that fail, and the use of health care when social care might suffice. (Jim Bellows, Perm J 2014 Winter; 18(1): 90-91)

7. It is essential to think thoroughly about the effective components of eHealth and the selection of appropriate patients before implementation and scaling up of eHealth apps. (Niels Chavannes ea, Ned Tijdschr Geneeskd. 2012;156: A5345)

8. In a broader sense, the term eHealth characterizes not only a technical development, but also a state-of-mind, a way of thinking, an attitude, and a commitment for networked, global thinking, to improve health care locally, regionally, and worldwide by using information and communication technology. (Eysenbach, JMIR 2001; 3(2): e20)

9. Exploration is really the essence of the human spirit. (Frank Borman, NASA Johnson Space Centre 1968)

10. Werken en feesten vormt schoone geesten. (Johanna Westerdijk, first female professor in The Netherlands)

11. Als een vrouw in het land onrecht werd aangedaan omdat zij een vrouw was, heb ik dat gevoeld als een persoonlijke belediging. (Aletta Jacobs, first female PhD and general practitioner in The Netherlands)

12. We cannot reach any higher if we can’t deal with ordinary love. (U2, Ordinary love)