

## **ABLEFIT - DEVELOPMENT OF AN ADVANCED SYSTEM FOR REHABILITATION**

### **PROJECT TOTAL DURATION**

24 MONTHS (01.07.2021 — 30.06.2023)

### **PROJECT TOTAL GRANT**

€ 1 078 247,22

### **ESENF C PROJECT GRANT**

€ 286 479,32

### **COFUNDING**

COMPETE2020/PORTUGAL2020/FEDER  
POCI-01-0247-FEDER-047087



UNIÃO EUROPEIA  
Fundo Europeu  
de Desenvolvimento Regional

### **PRIORITY RESEARCH TOPIC**

INNOVATION IN NURSING CARE TECHNOLOGY

### **PROJECT OBJECTIVE**

THE ABLEFIT PROJECT COMPRISES THE INVESTIGATION AND DEVELOPMENT OF AN ADVANCED SYSTEM OF PHYSICAL REHABILITATION, FOR BEDRIDDEN PATIENTS AND WITH PROLONGED IMMOBILITY, CAPABLE OF: PREVENTING COMPLICATIONS ASSOCIATED WITH IMMOBILITY IN BED; INCREASE THE FUNCTIONAL CAPACITY; PROMOTE THE INTEGRATION OF PHYSICAL EXERCISE PROGRAMS APPROPRIATE TO THE CLINICAL CONDITION OF EACH PATIENT; IMPROVE THE PATIENT'S QUALITY OF LIFE.

THE NEW SOLUTION PROPOSED WILL BE SPECIALLY DESIGNED FOR BEDRIDDEN PATIENTS AND PATIENTS WITH PROLONGED IMMOBILITY, WHO REMAIN LONG PERIODS IN THE LYING DOWN OR SITTING POSITION. IT IS INTENDED THAT THIS DEVICE CAN BE USED IN SEVERAL CONTEXTS, NAMELY, ACUTE, CHRONIC CARE, REHABILITATION, HOME.

THE ABLEFIT SOLUTION WILL BE ABLE TO INTELLIGENTLY ADAPT THE PATIENT'S REHABILITATION PLAN THROUGHOUT THE REHABILITATION PROCESS, ALLOWING THE PROCESS TO OCCUR WITH GREATER THERAPEUTIC EFFECTIVENESS. ADDITIONALLY, THE ADVANCED CONTROL DEVICE THAT WILL BE DEVELOPED, WILL ALLOW THE PERFORMANCE ASSESSMENT OF THE PATIENT TO BE CARRIED OUT, HELPING HEALTH PROFESSIONALS TO HAVE AN INTEGRATED KNOWLEDGE OF THE PATIENT'S CONDITION.

### **APPLICANT ORGANIZATION**

\_ ORTHOS XXI, UNIPessoal LDA (BRAGA)

### **PARTICIPATING ORGANIZATIONS**

\_ UICISA: E/NURSING SCHOOL OF COIMBRA (ESENF C) (RESEARCHERS: ARMÉNIO CRUZ; PEDRO PARREIRA; HUGO NEVES; CARLOS ALBUQUERQUE; FERNANDO PETRONILHO)

\_ INSTITUTO POLITECNICO DE COIMBRA

\_ WISEWARE, LDA



Nursing School of  
Coimbra - Portugal

**FCT** Fundação  
para a Ciência  
e a Tecnologia