Developing a Health Education E-Learning System for Weight-loss Program

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Abstract

The purpose of this research is to develop a support system for people who may need consulting to learn how to lose weight. This system is created based on family physicians' professional perspectives. By connecting to Hospital Information System (HIS), this system can help healthcare professionals to establish and maintain weight-loss patients' profiles. This system can also provide patients to trace their weight-loss process. Patients are able to use this e-learning system to get more health information related to weight loss and log into the e-learning system to view their weight-loss chart, physician's order, dietary suggestion, laboratory test data, information of food calories. Daily food intake and exercise performance can be recorded as physicians' reference. Outpatients can leave their messages on the message board to interact with physicians or discuss with other patients.