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Research profile

Does contactless sleep monitoring have the potential to detect exacerbations in COPD?

That is exactly the question I aim to answer through my research. I am investigating whether contactless monitoring of vital parameters during sleep has the potential to detect exacerbations among people with COPD. My research involves examining not only whether the technology can be used to identify exacerbations but also exploring users' experiences with the technology and conducting a usability evaluation of the web system connected to the sleep monitor. The usability evaluation consists of a heuristic evaluation and a retrospective think-aloud test using eye-tracking.

Qualifications

Master of Science in Clinical Science and Technology, Potential of Contactless Radar Technology-based Monitoring for Detection of Nocturnal Hypoglycemia in People with Type 1 diabetes

Award Date: 28 Jun 2022

Bachelor in Midwifery , University College of Northern Denmark

Award Date: 24 Jan 2019

Employment

PhD Fellow

PhD Fellow
Department of Health Science and Technology
The Faculty of Medicine
Gistrup, Denmark
1 Aug 2022 → 31 Dec 4712

PhD Fellow

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The Faculty of Medicine
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PhD Fellow

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Medical Informatics and Image Analysis
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Gistrup, Denmark
1 Aug 2022 → 31 Dec 4712

Research Assistant

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1 Aug 2022 → 30 Nov 2025

Research outputs

Impact of Telemonitoring With Exacerbation Prediction Algorithm Versus Telemonitoring Alone on Hospitalizations and Health-Related Quality of Life in Patients With COPD

Kronborg, T., Hangaard, S., Laursen, S. H., Hæsum, L. K. E., Egmos, J., Bender, C., Secher, P. H., Hejlesen, O. & Udsen, F. W., 7 Apr 2025, (E-pub ahead of print) In: *Respiratory Care*.

Contactless Sleep Monitoring for the Detection of Exacerbations in People With Chronic Obstructive Pulmonary Disease: Protocol for a Longitudinal Observational Study

Egmos, J., Kronborg, T., Hejlesen, O. & Hangaard, S., 14 Mar 2025, In: *JMIR Research Protocols*. 14, e63230.

Implementation of an algorithm for predicting exacerbations in telemonitoring: A multimethod study of patients' and clinicians' experiences

Laursen, S. H., Hæsum, L. K. E., Egmos, J., Kronborg, T., Udsen, F. W., Hejlesen, O. K. & Hangaard, S., Dec 2024, In: *International journal of nursing studies advances*. 7, 16 p., 100257.

Discordance Between Mealtimes Reported by Trial Participants with Type 2 Diabetes and Healthcare Professionals

Holt-Caspersen, N. S., Dethlefsen, C., Hejlesen, O., Vestergaard, P., Hangaard, S., Giese, I. E., Egmos, J. & Jensen, M. H., 22 Aug 2024, *Digital Health and Informatics Innovations for Sustainable Health Care Systems*. IOS Press, Vol. 316. p. 1849-1853 5 p. (Studies in Health Technology and Informatics , Vol. 316).

Evaluating the Usability of a Telehealth System for People with COPD: A Cross Sectional Study

Egmos, J., Laursen, S. H., Udsen, F. W., Hæsum, L. K. E., Kronborg, T., Hejlesen, O. & Hangaard, S., 22 Aug 2024, *Digital Health and Informatics Innovations for Sustainable Health Care Systems*. IOS Press, Vol. 316. p. 454-458 5 p. (Studies in Health Technology and Informatics , Vol. 316).

Usability Evaluation of a Web-Based Remote Patient Monitoring Application: An Ongoing Study

Secher, P. H., Egmos, J., Hejlesen, O. & Hangaard, S., 22 Aug 2024, *Digital Health and Informatics Innovations for Sustainable Health Care Systems*. IOS Press, Vol. 316. p. 125-126 2 p. (Studies in Health Technology and Informatics , Vol. 316).

Exploring the user-friendliness of a contactless monitoring system used for sleep monitoring: A usability study

Sørensen, K. H., Holm, T. F., Egmos, J., Hejlesen, O., Jensen, M. H. & Hangaard, S., Aug 2022, *Proceedings of the 18th Scandinavian Conference on Health Informatics*. Linköping University Electronic Press, p. 220-221 2 p. (Scandinavian conference on health informatics).

Exploring the validity of a contactless monitor used to measure vital parameters during sleep: A pilot study

Holm, T. F., Egmos, J., Sørensen, K. H., Hejlesen, O., Jensen, M. H. & Hangaard, S., Aug 2022, *Proceedings of the 18th Scandinavian Conference on Health Informatics*. Linköping University Electronic Press, p. 214-215 (Scandinavian conference on health informatics).

The Perceived Usefulness of a Contactless Sleep Monitor for Adults with Type 1 Diabetes: A Qualitative Study

Egmos, J., Sørensen, K. H., Holm, T. F., Hejlesen, O., Jensen, M. H. & Hangaard, S., Aug 2022, *Proceedings of the 18th Scandinavian Conference on Health Informatics*. Linköping University Electronic Press, p. 59-63 (Scandinavian conference on health informatics).

Which Diabetes App Features Improve Glycemic Control in Type 2 Diabetes? A Scoping Review

Egmos, J., Holm, T., Londorf, L., Hansen, M., Caspersen, L. K., Almskov, S. & Hangaard, S., Apr 2022, In: *Diabetes Technology & Therapeutics*. 24, Suppl. 1, p. 156