

Research profile

My research niche is the development and implementation of telemedicine solutions and digital health technologies that promote prevention and management of chronic diseases through co-creation. With a particular focus on collaboration with clinicians and patients, I aim to explore how technologies can be designed and adapted to enhance efficiency and patient empowerment. My research seeks to create solutions that give patients greater control over their own health and easier access to treatment, ultimately contributing to better disease prevention and health outcomes. More information: <https://www.linkedin.com/in/pernillesecher/>

Qualifications

University Pedagogy for Assistant Professors at Aalborg University, HOW TO FACILITATE AND MAINTAIN PROBLEM-BASED LEARNING IN CASE SESSIONS AT THE BACHELOR OF MEDICINE? AP REPORT, Department of Health Science and Technology

1 Jan 2019 → 19 Dec 2019

Award Date: 19 Dec 2019

Medical Informatics, PhD (Doctor of philosophy), Evaluation of a telehealthcare intervention for patients with COPD

(health- and patient-related evaluation of the Danish TeleCare North trial) , Department of Health Science and Technology

1 Mar 2013 → 26 Oct 2016

Award Date: 26 Oct 2016

Clinical Science and Technology, MSc (Master of Science), Stratification of patients with heart diseases to E-rehabilitations plan, Department of Health Science and Technology

1 Sept 2010 → 30 Jun 2012

Award Date: 30 Jun 2012

Nursing Education, Prof. bach. degree In Nursing , Being in the world with fibromyalgia - can we learn to live with it?, University College of Northern Denmark

1 Feb 2007 → 9 Jun 2010

Award Date: 30 Jun 2010

Employment

Associate Professor

Associate Professor

Department of Health Science and Technology

The Faculty of Medicine

Gistrup, Denmark

1 Mar 2013 → 31 Dec 4712

Associate Professor

Associate Professor

The Faculty of Medicine

Gistrup, Denmark

1 Mar 2013 → 31 Dec 4712

Associate Professor

Associate Professor

Medical Informatics and Image Analysis

The Faculty of Medicine

Gistrup, Denmark

1 Mar 2013 → 31 Dec 4712

University College of Northern Denmark

Aalborg, Denmark

1 Apr 2023 → 1 Apr 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., Egmose, J., Bender, C., Secher, P. H., Hejlesen, O. & Udsen, F. W., Aug 2025, In: *Respiratory Care*. 70, 8, p. 954-961 8 p.

Opportunities and Barriers in Telerehabilitation for Coronary Bypass Patients: A Case Study from the Faroe Islands
Sivertsson, B. C. P., Gartner, A. V., Takahashi, T. & Secher, P. H., 1 Jul 2025, In: *Telemedicine Reports*. 6, 1, p. 185-194 10 p.

Usability Evaluation of a Web-Based Remote Patient Monitoring Application: An Ongoing Study
Secher, P. H., Egmose, 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).

Effectiveness of telemedicine in managing diabetes in pregnancy: a systematic review and meta-analysis
Laursen, S. H., Boel, L., Udsen, F. W., Secher, P. H., Andersen, J. S. D., Vestergaard, P., Hejlesen, O. & Hangaard, S., Sept 2023, In: *Journal of Diabetes Science and Technology*. 17, 5, p. 1364-1375 12 p.

Clinical implementation of an algorithm for predicting exacerbations in patients with COPD in telemonitoring: a study protocol for a single-blinded randomized controlled trial
Secher, P. H., Hangaard, S., Kronborg, T., Hæsum, L. K. E., Udsen, F. W., Hejlesen, O. & Bender, C., 26 Apr 2022, In: *Trials*. 23, 1, 356.

Reablement professionals' perspectives on client characteristics and factors associated with successful home-based reablement: a qualitative study
Stausholm, M. N., Pape-Hauggaard, L., Hejlesen, O. K. & Secher, P. H., 6 Jul 2021, In: *BMC Health Services Research*. 21, 1, 12 p., 665.

Preliminary Qualitative Evaluation of Patient-Related Perspectives Related to the Implementation of a Predictive Algorithm in a Telehealth System for COPD
Bender, C., Hangaard, S., Kronborg, T., Hejlesen, O. K. & Secher, P. H., 27 May 2021, *Public Health and Informatics*. IOS Press, Vol. 281. p. 545-549 5 p. (Studies in Health Technology and Informatics , Vol. 281).

Predictors of Hospital Admissions Based on Routinely Collected Everyday Observations in a Community Care Setting
Stausholm, M. N., Secher, P. H. & Hejlesen, O. K., 16 Jun 2020, *Digital Personalized Health and Medicine*. IOS Press, Vol. 270. p. 1359-1360 2 p. (Studies in Health Technology and Informatics , Vol. 270).

Predicting Preventable Hospitalizations among Elderly Recipients of Home Care: a Study Protocol
Stausholm, M. N., Secher, P. H., Cichosz, S. L. & Hejlesen, O., 24 Aug 2018, *Proceedings from The 16th Scandinavian Conference on Health Informatics 2018 Aalborg, Denmark August 28–29, 2018*. Bygholm, A., Pape-Hauggaard, L., Niss, K., Hejlesen, O. & Zhou, C. (eds.). Linköping University Electronic Press, p. 75-79 (Linköping Electronic Conference Proceedings, Vol. 151).

Population exacerbation incidence contains predictive information of acute exacerbations in patients with chronic obstructive pulmonary disease in telecare
Larsen, T. K., Mark, L., Cichosz, S. L., Secher, P. H. & Hejlesen, O., 2018, In: *International Journal of Medical Informatics*. 111, p. 72-76 5 p.

Cost-effectiveness of telehealthcare to patients with chronic obstructive pulmonary disease: results from the Danish 'TeleCare North' cluster-randomised trial
Udsen, F. W., Lilholt, P. H., Hejlesen, O. & Ehlers, L., 2017, In: *BMJ Open*. 7, 5, 14 p., e014616.

Stratification of telehealthcare for patients with chronic obstructive pulmonary disease using a predictive algorithm as decision support: a pilot study
Stausholm, M. N., Egmose, A., Dahl, S. C., Lilholt, P. H., Cichosz, S. L. & Hejlesen, O. K., 2017, In: *Journal of Telemedicine and Telecare*. 23, 3, p. 410-415

Subgroup analysis of telehealthcare for patients with chronic obstructive pulmonary disease: the cluster-randomized Danish Telecare North Trial

Witt Udsen, F., Lilholt, P. H., Hejlesen, O. K. & Ehlers, L. H., 2017, In: *ClinicoEconomics and Outcome Research*. 9, p. 391-401

Telehealthcare for patients suffering from chronic obstructive pulmonary disease: effects on health-related quality of life: results from the Danish 'TeleCare North' cluster-randomised trial

Lilholt, P. H., Witt Udsen, F., Ehlers, L. & Hejlesen, O. K., 2017, In: *BMJ Open*. 7, 5, 14 p., e014587.

An iterative, mixed usability approach applied to the Telekit system from the Danish TeleCare North trial

Lilholt, P. H., Schaarup, C. & Hejlesen, O. K., 2016, In: *International Journal of Telemedicine and Applications*. 2016, 13 p., 6351734.

Evaluation of a Telehealthcare Intervention for Patients with COPD: health- and patient-related evaluation of the Danish telecare north trial

Lilholt, P. H., 2016, Aalborg Universitetsforlag. 101 p.

Specific technological communication skills and functional health literacy have no influence on self-reported benefits from enrollment in the TeleCare North trial

Lilholt, P. H., Hæsum, L. K. E., Ehlers, L. H. & Hejlesen, O. K., 2016, In: *International Journal of Medical Informatics*. 91, p. 60-66

Exploring user experience of a telehealth system for the Danish TeleCare North trial

Lilholt, P. H., Hæsum, L. K. E. & Hejlesen, O., 2015, *Digital Healthcare Empowering Europeans: Proceedings of MIE2015, 27-29 May 2015, Madrid, Spain*. Cornet, R., Stoicu-Tivadar, L., Hörbst, A., Calderón, C. L. P., Andersen, S. K. & Hercigonja-Szekeres, M. (eds.). IOS Press, p. 301-305 (Studies in Health Technology and Informatics; No. 210).

Heuristic evaluation of a telehealth system from the Danish TeleCare North Trial

Lilholt, P. H., Jensen, M. H. & Hejlesen, O., 2015, In: *International Journal of Medical Informatics*. 84, 5, p. 319-326

Effectiveness and cost-effectiveness of telehealthcare for chronic obstructive pulmonary disease: Study protocol for a cluster randomized controlled trial

Udsen, F. W., Lilholt, P. H., Hejlesen, O. & Ehlers, L. H., May 2014, In: *Trials*. 15, 178

Instructional video reduces errors in home blood pressure management

Hangaard, S. V., Bonderup, M. A., Lilholt, P. H., Johansen, M. D. & Hejlesen, O., 2014, *e-Health - for Continuity of Care: Proceedings of MIE2014, 31 August-3 September 2014, Istanbul, Turkey*. Lovis, C., Séroussi, B., Hasman, A., Pape-Haugaard, L., Saka, O. & Andersen, S. K. (eds.). IOS Press, p. 1188 (Studies in Health Technology and Informatics; No. 205).

User satisfaction and experience with a telehealth system for the Danish TeleCare North Trial: a think-aloud study

Lilholt, P. H., Heiden, S. & Hejlesen, O., 2014, *e-Health - for Continuity of Care: Proceedings of MIE2014, 31 August-3 September 2014, Istanbul, Turkey*. Lovis, C., Séroussi, B., Hasman, A., Pape-Haugaard, L., Saka, O. & Andersen, S. K. (eds.). IOS Press, p. 900-904 (Studies in Health Technology and Informatics; No. 205).

A heuristic evaluation of a telehealth solution from the Danish TeleCare North large scale randomized trial

Lilholt, P. H., Jensen, M. H. & Hejlesen, O., 2013, *Scandinavian Conference on Health Informatics 2013, 20 August 2013, Copenhagen, Denmark*. Bellika, G., Bygholm, A., Dencker, M., Fossum, M., Galster, G., Hartvigsen, G., Hejlesen, O., Karlsson, D., Koch, S. & Moe, C.-E. (eds.). Linköping University Electronic Press, p. 93 (Linköping Electronic Conference Proceedings; No. 91).

Patient support ICT tool for hypertension monitoring

Bonderup, M. A., Hangaard, S. V., Lilholt, P. H., Johansen, M. D. & Hejlesen, O., 2012, *Quality of Life through Quality of Information: Proceedings of MIE2012, 26-29 August 2012, Pisa, Italy*. Mantas, J., Andersen, S. K., Mazzoleni, M. C., Blobel, B., Quaglini, S. & Moen, A. (eds.). IOS Press, p. 189-193 (Studies in Health Technology and Informatics; No. 180).

A pilot assessment of why patients choose not to participate in self-monitoring oral anticoagulant therapy
Bonderup, M. A., Hangaard, S. V., Lilholt, P. H., Johansen, M. D. & Hejlesen, O. K., 2011, In: Studies in Health Technology and Informatics. 169, p. 43-47

Press/Media

TeleCare Nord ønsker tillykke til ny PhD

Lilholt, P. H.

31/10/2016

1 item of Media coverage

Datasets

Effectiveness of Telemedicine in Managing Diabetes in Pregnancy: A Systematic Review and Meta-Analysis

Laursen, S. H. (Creator), Boel, L. (Creator), Udsen, F. W. (Creator), Secher, P. H. (Creator), Andersen, J. D. (Creator), Vestergaard, P. (Creator), Hejlesen, O. K. (Creator) & Hangaard, S. (Creator), Sage Journals, 2022

DOI: 10.25384/sage.c.5988112,

https://sage.figshare.com/collections/Effectiveness_of_Telemedicine_in_Managing_Diabetes_in_Pregnancy_A_Systematic_Review_and_Meta-Analysis/5988112

Reablement professionals' perspectives on client characteristics and factors associated with successful home-based reablement: a qualitative study

Stausholm, M. N. (Creator), Pape-Hauggaard, L. (Creator), Hejlesen, O. K. (Creator) & Secher, P. H. (Creator), Figshare, 2021

DOI: 10.6084/m9.figshare.c.5500229,

https://springernature.figshare.com/collections/Reablement_professionals_perspectives_on_client_characteristics_and_factors_associated_with_successful_home-based_reablement_a_qualitative_study/5500229