

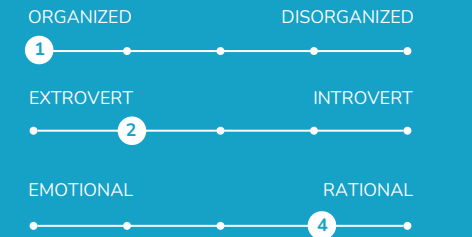


Júlia

Age: 32 – I live with my partner and a newborn baby
I'm an architect, I have a Master's Degree in Architecture

Personality and interests

Independent and deeply engaged in my wellbeing. Interest in yoga & mindfulness to manage stress and stay mentally balanced.



“I wish I could visit any doctor I choose in my city without having to constantly repeat my entire medical history every single time



Conditions and Problems

- Severe complication during childbirth, requiring emergency cesarean section
 - Developed preeclampsia, a pregnancy-induced hypertensive disorder
 - Postpartum recovery includes gynecological follow-up and anemia management
- Complains of fatigue, dizziness, and occasional blood pressure spikes

Medication & Therapies

- Prescribed by doctor**
- Labetalol 100 mg, twice daily [postpartum hypertension]
 - Ferrous sulfate 325 mg (105 mg elemental iron), once daily [postpartum iron-deficiency anemia]
 - Paracetamol 500 mg, as needed [post-op pain] (max 3 times/day)

Additional (non prescribed)
Nutritional supplements: Vitamins and probiotics.

History of relevant procedures

Emergency C-Section; Abdominal and Pelvic CT Scan; Postpartum Blood Tests; Gynecological Follow-up consultation

Relevant results

Laboratory results
Blood tests (1 week postpartum): Hemoglobin: 9.5 g/dL (Low); Hematocrit: 29% (Low); Platelets: 260,000 /µL (Normal); Creatinine: 0.8 mg/dL (Normal); ALT: 35 U/L (Normal); AST: 30 U/L (Normal); CRP: 3 mg/L (Mild elevation, suggests inflammation); Blood pressure readings: 140/90 mmHg (average) — requires continued antihypertensive therapy

Imaging results
CT Scan (Abdomen and Pelvis, 2 days postpartum)

Relevant discharge reports

Clinical DR from private hospital related to surgery and childbirth

Sharing my health information



Download and Store
I want easy access to my medical data and prefer to keep a personal copy from any healthcare provider. It gives me control and peace of mind.

Share with health care professional
I'm happy to send my data to my primary care doctor via La Meva Salut's e-consultation service to make sure that the doctor can incorporate the missing information from the private center's interventions in my public health record

Share for secondary use / research
I'm open to sharing my data for research if I understand the purpose and it's done securely. Platforms like SalusCoop make this possible with clear consent.

How I prefer to interact with Healthcare providers

Digital channels for secure messaging for non-urgent/admin matters
In-person visits for sensitive issues
Appointment reminders via SMS

Care Professional Concerns

Postoperative Recovery Control (internal complications, wound healing, pain)
Preeclampsia/Hypertension close monitoring
Risk of infection

Health routines

Daily therapies
Supplements and medication control
Occasional follow-up visits
Frequency of routines
GP: Annual follow-up after the acute phase of recovery.
Hospital: Monthly (first 3 months), then 6-month follow-up (surgery discharge)
Yearly gynecology visit
Most time consuming or difficult activities
Coordinating between private and public health systems to ensure continuity of care, managing recovery at home while caring for a newborn
My most trusted advisors
Close family and PC doctor
No of HCP that I interact with 4

Health goals / Motivation

Full recovery from childbirth complications & empowerment in the recovery process ensuring all HCPs are aligned and informed

Pain Points / Problems

Medical
Must inform all doctors about treatments received in other centers.
Managing multiple treatments.
Complexity integrating medication into public ePrescription system (for coverage).
Social
Complexity of Case: Needing simple continuity of care to manage multiple appointments in different centers.
Psychological
Stress from juggling chronic illness and childbirth complications across separate health systems
How I feel about these problems?
It's exhausting to explain my situation over and over.

Autonomy

Impairment
Mostly autonomous, temporary physical impairment due to surgery recovery



Health Literacy



Digital Literacy



Support Network

Close family, Private doctor

In case of emergency
Public hospital

Use of health navigation tools

National/Regional apps
La Meva Salut

HCP apps
eCAP

PHR apps
La Meva Salut
Private center App and webapp

Emergency
061 Salut Respon

Other
SalusCoop App for secondary use

Story



Julia, a Catalan citizen received gynaecological treatment at a private hospital and faced severe childbirth complications requiring surgery and follow-up care. With CT scans and blood tests done and medication prescribed, her primary care doctor lacks this information. To update her public health record, she downloads her IPS from the private hospital app and sends it via La Meva Salut's e-consultation service.