



Technical Specification

ISO/TS 16569

Health informatics — Standardized data set for exchanging exercise therapy recommendations for degenerative arthritis and backpain

*Informatique de santé — Jeu de données normalisé pour
l'échange de recommandations concernant la thérapie par
l'exercice dans les cas d'arthrite dégénérative et de douleurs
dorsales*

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Foreword

ISO (the International Organization for Standardization) is a worldwide federation of national standards bodies (ISO member bodies). The work of preparing International Standards is normally carried out through ISO technical committees. Each member body interested in a subject for which a technical committee has been established has the right to be represented on that committee. International organizations, governmental and non-governmental, in liaison with ISO, also take part in the work. ISO collaborates closely with the International Electrotechnical Commission (IEC) on all matters of electrotechnical standardization.

The procedures used to develop this document and those intended for its further maintenance are described in the ISO/IEC Directives, Part 1. In particular, the different approval criteria needed for the different types of ISO documents should be noted. This document was drafted in accordance with the editorial rules of the ISO/IEC Directives, Part 2 (see www.iso.org/directives).

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For an explanation of the voluntary nature of standards, the meaning of ISO specific terms and expressions related to conformity assessment, as well as information about ISO's adherence to the World Trade Organization (WTO) principles in the Technical Barriers to Trade (TBT), see www.iso.org/iso/foreword.html.

This document was prepared by Technical Committee ISO/TC 215, *Health informatics*.

Any feedback or questions on this document should be directed to the user's national standards body. A complete listing of these bodies can be found at www.iso.org/members.html.

Introduction

Numerous people have musculoskeletal disorders related to chronic diseases and need steady and long-term exercise therapy. In rehabilitation medicine, appropriate and clinically validated exercises are as important as medication prescriptions or medical procedures for symptom relief. Therefore, patients receive personalized exercise therapy recommendations from their physicians or physiotherapists, and carry out rehabilitation activity at home, which can also include supervised or semi-supervised session where applicable. For example, in order to treat backache or degenerative arthritis, combining long-term exercise therapy at home with medical treatment is significantly efficient.

However, there are no widely adopted technical documents that provide guidelines on how to electronically exchange data and how to represent exercise therapy recommendation for patients with degenerative arthritis and back pain.

A standardized data set to deliver exercise recommendations can contribute to support interoperability and consistent electronic exchange in the context of long-term exercise management at home. Additionally, information collected in accordance with the data definition in this document can be included in patient's records such as the international patient summary (IPS), personal health record (PHR) or patient-generated health data (PGHD).

The purpose of this document is to define a standardized data set of exercise recommendations for data exchange between healthcare providers and patients with degenerative arthritis and back pain. Using the data set, patients can receive their exercise recommendations on electronic devices such as smartphones or tablets and perform their exercises for long-term therapy in various settings and with different types of instruments.

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Health informatics — Standardized data set for exchanging exercise therapy recommendations for degenerative arthritis and backpain

1 Scope

This document specifies a standardized data set for exercise recommendations to facilitate data exchange between healthcare providers and patients.

This document specifically focuses on degenerative arthritis and backpain because these conditions commonly require long-term structured rehabilitation exercise exchange.

This document defines the structure of exercise recommendation data for electronic exchange between healthcare providers and patients with degenerative arthritis and back pain.

This document focuses on data exchange of exercise recommendations for backache and degenerative arthritis; other musculoskeletal disorders are outside the scope of this document.

This document is not intended to provide a data set for symptoms of other musculoskeletal disorders, or for the patient's pain intensity.

This document does not cover medication orders, observation data measured by personal health devices, or other information that can be relevant in the context of recommendations for musculoskeletal disorders.

2 Normative references

There are no normative references in this document.

3 Terms and definitions

For the purposes of this document, the following terms and definitions apply.

ISO and IEC maintain terminology databases for use in standardization at the following addresses:

- ISO Online browsing platform: available at <https://www.iso.org/obp>
- IEC Electropedia: available at <https://www.electropedia.org/>

3.1 disorder

alterations or attributes of the health status of an individual which might lead to distress, interference with daily activities, or contact with health

[SOURCE: ISO/TR 21835:2020, 3.4]

3.2 musculoskeletal disorders

set of diverse conditions affecting bones, joints, muscles and connective tissues

Note 1 to entry: Adapted from Reference [7].