

# POLICY MAPPING ON EHEALTH POLICIES AND INITIATIVES (INCLUDING ON CANCER CARE) IN PORTUGAL

This Country Factsheet was prepared for the eCAN Joint Action. It is prefilled with publicly available information and was sent for review to country experts on eHealth and cancer care. The Country Factsheet serves as the basis for the preparation of an overview of eCAN relevant policies and initiatives in all EU and EEA countries.

**eCAN is a Joint Action (JA) of 16 partners in EU-Member States on 'Strengthening eHealth including telemedicine and remote monitoring for health care systems for cancer prevention and care'.** eCAN aims to bring the benefits of eHealth to all citizens and patients across EU-Member States (MS) focusing on cancer prevention and care. There is a need to harmonize telemedicine regulations and to explore the efficacy of teleconsultation programs and telemonitoring in the cancer field.

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The country factsheet includes chapters on:

1 definition

2 governance

3 strategies/policies

4 legislation

5 cancer specific eHealth solutions

Any questions? – Please get in touch via [ecan@goeg.at](mailto:ecan@goeg.at).

# POLICY MAPPING ON EHEALTH POLICIES AND INITIATIVES (INCLUDING ON CANCER CARE) IN **PORTUGAL**

## 1 DEFINITIONS

Table 1 : Deviations in the use of international definitions for eHealth terms - Portugal

Term	Definition	Deviation
eHealth	The WHO defines eHealth as « the use of information and communication technologies (ICT) for health ». It also says that « eHealth is the transfer of health resources and healthcare by electronic means. » <sup>1</sup>	No deviation from definition. Also used: Digital Health.
mHealth	« Mobile health (mHealth) is defined by the World Health Organization's (WHO) Global Observatory for eHealth as « medical and public health practice supported by mobile devices, such as mobile phones, patient monitoring devices, personal digital assistants (PDAs), and other wireless devices ». <sup>2</sup>	No deviation from definition. More associated to mobile phones and mobile applications.
dHealth	The EU defines digital health (dHealth) and care as referring to « tools and services that use information and communication technologies (ICTs) to improve prevention, diagnosis, treatment, monitoring and management of health-related issues and to monitor and manage lifestyle-habits that impact health ». <sup>3</sup> The WHO defines digital health as « the field of knowledge and practice associated with the development and use of digital technologies to improve health. Digital health expands the concept of eHealth to include digital consumers, with a wider range of smart-devices and connected equipment. It also encompasses other uses of digital technologies for health such as the Internet of things, artificial intelligence, big data and robotics. » <sup>4</sup>	Not defined per Portuguese law. <sup>5</sup> dHealth not used as term, but the term Digital Health is used. An evolution of the term eHealth.
telehealth	The WHO defines telehealth broader than telemedicine « as it includes computer-assisted telecommunications to support management, surveillance, literature and access to medical knowledge. » <sup>6</sup>	Yes, 'telehealth is the use of ICT to support health from afar through the provision of care, the organisation of the services and the training of health professionals and citizens'. <sup>7</sup>

<sup>1</sup> [6. eHealth, Factsheet for European Parliament \(who.int\)](#)

<sup>2</sup> World Health Organization *Frequently asked questions on Global Task Force on digital health for TB and its work.* [2017-02-27]. <http://www.who.int/tb/areas-of-work/digital-health/faq/en/> *webcite*. In *mHealth Assessment: Conceptualization of a Global Framework - PMC (nih.gov)*

<sup>3</sup> [Events - Smart4Health](#)

<sup>4</sup> [Digital health EURO \(who.int\)](#)

<sup>5</sup> [Digital Health Laws and Regulations Report 2023 Portugal \(iclg.com\)](#)

<sup>6</sup> [Telehealth – DigitalHealthEurope](#)

<sup>7</sup> [https://www.cnts.min-saude.pt/wp-content/uploads/2019/12/PENTS\\_EN.pdf](https://www.cnts.min-saude.pt/wp-content/uploads/2019/12/PENTS_EN.pdf)

Term	Definition	Deviation
telemedicine	<p>The EU Commission defines telemedicine as follows (EU Commission definition, COM (2008)689): « Telemedicine is the provision of health care services, through the use of ICT, in situations where the health professional and the patient (or two health professionals) are not in the same location. It involves the secure transmission of medical data and information, through text, sound, images or other forms needed for the prevention, diagnosis, treatment and follow-up of patients. »<sup>8</sup></p>	<p>Yes, but specifically by medical professionals. 'Telemedicine is the provision of health care at a distance by doctors who use ICTs for prevention, assessment, diagnosis, treatment and rehabilitation'.<sup>7</sup></p>
teleconsultation	<p>PAHO describes teleconsultation (also sometimes referred to as remote consultation or telehealth), as « interactions that happen between a clinician and a patient for the purpose of providing diagnostic or therapeutic advice through electronic means. »<sup>9</sup></p>	<p>No deviation from definition, teleconsultations are defined as a concept (including definition of prices) by the National Health Service (SNS).<sup>10</sup></p>
health app	<p>Essén et al. 2022 define health apps as « a computer program or software application (designed to run on a mobile device) 'intended to be used specifically for managing, maintaining, or improving the health of individual persons, or the delivery of care' (ISO <a href="https://www.iso.org/standard/78182.html">https://www.iso.org/standard/78182.html</a> (2021), p 5). »</p>	<p>No, there's no official definition of health app. Nevertheless, there's an official national health app 'SNS24'. In addition, it is important to also consider the definitions contained in the ISO/TS 82304-2:2021(en)Health software — Part 2: Health and wellness apps—Quality and reliability, in which Health and wellness app is defined as an '<i>app intended to be used specifically for managing, maintaining or improving health of individual persons, or the delivery of care.</i>'<sup>11</sup> Moreover, the European Health Data Space proposal regulation<sup>12</sup> also provides a definition for wellness application as '<i>any appliance or software intended by the manufacturer to be used by a natural person for processing electronic health data for other purposes than healthcare, such as well-being and pursuing healthy life-styles.</i>' It also important to have into account the definition of apps that are medical device according to the Medical Device Regulation.</p>

<sup>8</sup> Telemedicine – DigitalHealthEurope

<sup>9</sup> <https://www3.paho.org/ish/images/docs/covid-19-teleconsultations-en.pdf?ua=1>

<sup>10</sup> Digital Health Laws and Regulations Report 2023 Portugal (iclg.com)

<sup>11</sup> <https://www.iso.org/obp/ui/en/#iso-std:78182:en>

<sup>12</sup> <https://eur-lex.europa.eu/legal-content/EN/TXT/HTML/?uri=CELEX:52022PC0197>

## Further information:

- ‘Telescreening’ is the remote screening, using information and communication technologies, for an asymptomatic disease, risk factor or unnoticed adverse condition. It is usually part of a self-initiated or system-wide prevention strategy<sup>13</sup>.
- ‘Telemonitoring’ is the remote monitoring of signs/symptoms and/or biometric parameters of the patient, which are transmitted to health professionals using information and communication technologies. Examples of biometric parameters are blood pressure, heart rate, capillary glycemia, weight, oximetry and temperature<sup>14</sup>.
- ‘Teleconsultation in real time’ consists of a teleconsultation that takes place in real time, that is, synchronously<sup>15</sup>.
- ‘Teleconsultation in deferred time’ consists of a teleconsultation that is carried out based on user data, previously collected<sup>16</sup>.
- ‘Telerehabilitation’ consists of distance rehabilitation, using information and communication technologies. It enables healthcare professionals to remotely monitor and adapt rehabilitation programs to the patient's needs<sup>17</sup>.
- ‘Teletrainings’ are information systems that are intended to raise awareness of the population and encourage the clinical training of doctors and other health professionals in a passive way through information repositories (such as procedural rules, advice, prevention, clinical cases, among others), or interactively through videoconferencing (INE, 2009)<sup>18</sup>.

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<sup>13</sup> <https://www.cnts.min-saude.pt/2017/07/25/glossario/>

<sup>14</sup> <https://www.cnts.min-saude.pt/2017/07/25/glossario/>

<sup>15</sup> <https://www.cnts.min-saude.pt/2017/07/25/glossario/>

<sup>16</sup> <https://www.cnts.min-saude.pt/2017/07/25/glossario/>

<sup>17</sup> <https://www.cnts.min-saude.pt/2017/07/25/glossario/>

<sup>18</sup> <https://www.cnts.min-saude.pt/2017/07/25/glossario/>

## 2 GOVERNANCE

Table 2 : Overview on eHealth governance - Portugal

Question	Answer	Comments/Experience
Is there a Ministry or State Secretariat explicitly in charge of eHealth/dHealth? If so, which Ministry ?	Yes	The Ministry for Health (Ministério da Saúde) is the responsible Ministry for all Health issues, including eHealth. <sup>19</sup> The National Health Service ( <a href="#">Serviço Nacional de Saúde</a> ) national policies' are implemented by the 5 regional health agencies. <sup>20</sup> There is also a State Secretariate for Health (Secretária de Estado da Saúde). <sup>21</sup> So, there is no secretariat of state specifically responsible for digital health, but it is the Ministry of Health that is responsible for the digital themes of the sector.  Order n.o 11779/2014, 22 September <sup>22</sup> , issued by the Ministry of Health, designates the Shared Services of the Ministry of Health, E.P.E. (SPMS, E.P.E.), as the national authority responsible for cooperation in eHealth matters. SPMS operates under the Ministry of Health and Finance.
Does the Ministry who is in charge of health care also have a specific Department or Unit in charge of eHealth/dHealth	Yes	There is the Shared Services of the Ministry of Health (SPMS, E.P.E.) <sup>23</sup> , that plays a crucial role in the digital transformation process in the sector and incorporates the Centro Nacional de TeleSaúde CNTS (see below, CNTS is the national eHealth agency). SPMS has three major competences: <ul style="list-style-type: none"> <li>• Central purchasing authority of the Portuguese Ministry of Health,</li> <li>• National ICT Authority for public health matters, and</li> <li>• National Authority for eHealth cross-border affairs.<sup>24</sup></li> </ul>
Is there a national eHealth governance board?	No	The health governance in Portugal is comprised of three main bodies, the Ministry of Health, Directorate-Federal of health (DGS), that establishes the standards and SPMS which operationalises and implements what has been validated by these two bodies. The Central Administration of the Health System (ACSS) is responsible for the planning and management of the financial resources of the Ministry of Health and the National Health Service. In addition, the National Data Protection Commission <sup>25</sup> monitors and supervises compliance with the General Data Protection Regulation, Law 58/2019, Law 59/2019 and Law 41/2004, as well as other legal and regulatory provisions on the protection of personal data, in order to defend the rights, freedoms and guarantees of natural persons in the context of the processing of their personal data.
Is there a public eHealth agency such as Elga GmbH in Austria or ANS in France?	Yes	As refereed, SPMS, E.P.E. acts as a national eHealth agency in Portugal. SPMS, E.P.E is a public enterprise created in 2010 functioning under the coordination of the Ministries of Health and Finance (Decree-Law 19/2010 of

<sup>19</sup> <http://www.min-saude.pt/porta>

<sup>20</sup> [eHealth in Portugal | G. NIUS \(esante.gouv.fr\)](https://www.esante.gouv.fr)

<sup>21</sup> <https://www.portugal.gov.pt/pt/gc21/area-de-governo/saude/secretarios-de-estado?date=2018-10-17&i=saude>

<sup>22</sup> <https://diariodarepublica.pt/dr/detalhe/despacho/11779-2014-57152350>; Order No 11779/2014, 22 September,

Diário da República No 182/2014, Serie II, 2014-09-22, pages 24273 - 24273. Designates the Shared Services of the Ministry of Health, E.P.E., as the national authority responsible for cooperation in eHealth matters

<sup>23</sup> [SPMS – Serviços Partilhados do Ministério da Saúde \(min-saude.pt\)](https://www.spms.pt)

<sup>24</sup> [How Portugal is advancing the use of eHealth in Europe | Healthcare IT News](https://www.healthcareitnews.com/news/how-portugal-is-advancing-the-use-of-ehealth-in-europe)

<sup>25</sup> <https://www.cnpd.pt/cnpd/o-que-somos-e-quem-somos/>

Question	Answer	Comments/Experience
At which level (national, regional)? Which functions does this agency cover?		22 March <sup>26</sup> ). SPMS provides shared services to organisations operating specifically around health, in order to ‘centralise, optimise and rationalise’ the procurement of goods and services within the NHS. Thus, SPMS is responsible for providing shared services specific to the health area in terms of purchases and logistics, financial services, human resources and information and communication systems and technologies to establishments and services of the National Health Service (SNS), ensures the functioning of the National Health Service Call Center (CASNS), as well as the National Health Service Contact Center (CCSNS) which succeeds it and the National TeleHealth Center (CNTS). SPMS, E.P.E., has the mission of ensuring the activity and management of the Control and Monitoring Center of the SNS (CCMSNS). The National Telehealth Center ( <a href="#">Centro Nacional de TeleSaúde</a> ) CNTS was founded in October 2016 ‘as an entity to further promote the adoption of telemedicine inside the healthcare system’ <sup>27</sup> , as part of the Shared Services of the Ministry of Health (SPMS).
Are dHealth / eHealth tools in the outpatient sector publicly paid or covered in your benefits package (e.g., by sickness fund or national health service). If yes, please describe how.	Yes, infrastructure and (some) services	Infrastructure including electronic patient records system are free of charge. In addition, ‘from 2006, telemedicine services have been used inside the Portuguese National Healthcare System and are reimbursed similarly to the in-person services.’ <sup>28</sup> In Portugal, there are three telemonitoring programmes <sup>29</sup> that are eligible for the Hospital Programme Contract, with specific financing lines: <ul style="list-style-type: none"> <li>• Chronic obstructive pulmonary disease (COPD)</li> <li>• Chronic heart failure</li> <li>• Status of Post-acute myocardial infarction</li> </ul>
Are dHealth / eHealth tools in the inpatient sector automatically covered in your benefits package or do you need to pay extra (e.g., for telehealth consultations or telerehabilitation) compared to standard treatments?		
Are there any comprehensive cancer centres focussing on eHealth or telehealth treatments? If yes, which ones and for which specific fields?	Yes	There are several CCCs that work with ad-hoc initiatives on eHealth, including: <ul style="list-style-type: none"> <li>• Instituto Português de Oncologia do Porto Francisco Gentil, E.P.E. (IPO-Porto)<sup>30</sup></li> <li>• Instituto Português de Oncologia de Lisboa Francisco Gentil, E.P.E. (IPO-Lisboa)<sup>31</sup></li> <li>• Instituto Português de Oncologia de Coimbra Francisco Gentil, E.P.E. (IPO-Coimbra)<sup>32</sup></li> </ul>

<sup>26</sup> <https://diariodarepublica.pt/dr/legislacao-consolidada/decreto-lei/2010-115494536>; Decree-Law No 19/2010, Diário da República No 56/2010, Serie I, 2010-03-22. Creates SPMS - Shared Services of the Ministry of Health, E.P.E.

<sup>27</sup> [Portugal in the e-health path - EIT Health](#)

<sup>28</sup> [Portugal in the e-health path - EIT Health](#) and [Digital Health Laws and Regulations Report 2023 Portugal \(iclg.com\)](#)

<sup>29</sup> [https://www.acss.min-saude.pt/wp-content/uploads/2016/10/Termos-Referencia-Contratualizacao\\_2023.pdf](https://www.acss.min-saude.pt/wp-content/uploads/2016/10/Termos-Referencia-Contratualizacao_2023.pdf) ACSS. Termos de Referência para contratualização de cuidados de saúde no SNS para 2023 [Terms of Reference for the contracting of health services in the Portuguese NHS for 2023]. ACSS (2023) [pdf].

<sup>30</sup> [Instituto Português de Oncologia do Porto Francisco Gentil, E.P.E. \(IPO-Porto\)](#)

<sup>31</sup> [Instituto Português de Oncologia de Lisboa Francisco Gentil, E.P.E. \(IPO-Lisboa\)](#)

<sup>32</sup> [Instituto Português Oncologia de Coimbra Francisco Gentil \(IPO\)](#)

### 3 STRATEGIES/POLICIES

Table 3 : Overview on strategies and policies for eHealth and cancer care - Portugal

Question	Answer	Comments/Experience
Is there a national eHealth strategy?	Yes	<p>The national strategic telehealth plan 2019-2022 (PENTS) is the national telehealth strategy for Portugal.<sup>33</sup></p> <p>The plan was introduced by the Ministry of Health in 2019 aiming at a harmonisation of telehealth across the country <i>'by scaling up good examples and maximising their impact'</i>.<sup>34</sup></p> <p>In addition, there is also the National Strategy for the Health Information Ecosystem (ENESIS) 20-22. It aims to create the framework and conditions through which the different actors of the Health System can contribute to the evolution of the health information ecosystem, becoming a reference for good practices and promoting the delivery of benefits and the optimization of risks and resources.<sup>35</sup></p> <p>The Recovery and Resilience Plan<sup>36</sup> aims to address the barriers to the digital transition in National Health Service. SPMS is the national organisation responsible for implementing four pillars of this transformation (infrastructures, citizens, professionals, data).</p> <p>Portugal is committed to ENESIS which has plans up to 2030 for the development of public services related to eHealth. SPMS coordinates, promotes, and monitors the implementation of ENESIS. In addition, SPMS is also aligning the implementation of different EU strategies, such as different activities towards the Europe's Digital Decade: digital targets for 2030 – for example, <i>100% of citizens have access to medical records online</i>.</p>
If yes, which stakeholder groups have been included in drafting the national eHealth strategy?	Numerous	<p>For the telehealth strategy, fifty institutional stakeholders and experts across the health system contributed to the strategy. Advice and input were also gathered from more than fifty Portuguese patient associates via 'Saúde em Dialogo' (Health in Dialogue), a platform for patient contribution.<sup>37</sup></p> <p>Several groups of stakeholders were included in ENESIS, such as the Ministry of Health, bodies of the Ministry of Health, representatives of professional orders, different associations, universities, and private groups. Several workshops were organized for this purpose and a public consultation was also held to gather wider feedback.</p> <p>A broad process of consultation with Portuguese society was conducted during the elaboration of the Recovery and Resilience</p>

<sup>33</sup> [https://www.isfteh.org/files/media/PENTS\\_English\\_Version.pdf](https://www.isfteh.org/files/media/PENTS_English_Version.pdf)

<sup>34</sup> [Portugal in the e-health path - EIT Health](#)

<sup>35</sup> <https://www.spms.min-saude.pt/enesis-2/>; [https://enesis.spms.min-saude.pt/wp-content/uploads/2017/07/brochura-online\\_v1.pdf](https://enesis.spms.min-saude.pt/wp-content/uploads/2017/07/brochura-online_v1.pdf); [https://www.spms.min-saude.pt/wp-content/uploads/2019/10/ENESIS2022\\_VersaoParaConsultaPublicaOut2019.pdf](https://www.spms.min-saude.pt/wp-content/uploads/2019/10/ENESIS2022_VersaoParaConsultaPublicaOut2019.pdf)

<sup>36</sup> <https://www.spms.min-saude.pt/areas-de-atuacao/plano-de-recuperacao-e-resiliencia-prr/>

<sup>37</sup> [Portugal in the e-health path - EIT Health](#)



Question	Answer	Comments/Experience
		<p>Plan<sup>38</sup>. Several stakeholders were considered, such as economic and social partners, civil society, all political parties, entrepreneurs from different sectors, National Health Council and universities. In addition, a series of seminars titled 'Closer and More resilient National Health System and Digital Transition' was held for the health-related area.</p> <p>The strategic telehealth plan does not refer to cancer care. However, it is important to note that this strategy is centred on providing services capable of supporting citizens throughout their healthcare journey, being agnostic to the disease and able to adapt to the different needs of citizens and health professionals.</p>
Are there regional eHealth strategies? If so, can you indicate whether in all regions or only some? Can you provide some (exemplary) documents ?	No	The strategic telehealth plan <sup>39</sup> is implemented in all regions. There are no regional eHealth strategies. The national strategic telehealth plan <sup>40</sup> covers all five health regions (continental), and the two autonomous regions (Madeira e Azores islands). There are no regional strategic plans.
If yes, which stakeholder groups have been included in drafting such regional strategy/ies?	N/A	N/A
Are there strategy/ies explicitly referring to / including eHealth cancer care?	No	The strategic telehealth plan does not refer to cancer care. However, it is important to note that this strategy is centred on providing services capable of supporting citizens throughout their healthcare journey, being agnostic to the disease and able to adapt to the different needs of citizens and health professionals.
If not, are there discussions ongoing to develop a national eHealth strategy?	Yes	Yes, for developing a new strategy for Telehealth up to 2030.
Is there a National Cancer Plan? And does it refer to eHealth?	Yes	The National Cancer Control Strategy 2021-2030 <sup>41</sup> aims e.g., to <i>'encourage the uptake of new solutions, technologies and scientific evidence in health systems and national policies.'</i>
In the light of the EU 'Beating Cancer Plan' – are there any recent plans to update or modify existing plans? If yes, what is the timeline?	N/A	The National Cancer Control Strategy 2021-2030 is not yet approved by the National Government.
Are there any indicators in eHealth policy or national programmes on cancer care measuring the progress of the use of eHealth in cancer care?	N/A	No further information available.
Are there any other cancer care specific eHealth initiatives, f.e. by other stakeholders than policy makers / public authorities?	Yes	The digital transformation and the advances already made by SPMS, in the construction of a digital Health Record of each citizen and the development of digital and telehealth services in SNS 24 ( <a href="https://www.sns24.gov.pt/">https://www.sns24.gov.pt/</a> ) are transversal initiatives and independent of the type of pathology or health problem of the citizen. There are several initiatives promoted by other stakeholders, e.g.:

<sup>38</sup> <https://recuperarportugal.gov.pt/wp-content/uploads/2021/10/PRR.pdf>

<sup>39</sup> [PENTS English Version.pdf \(isfteh.org\)](#)

<sup>40</sup> [PENTS English Version.pdf \(isfteh.org\)](#)

<sup>41</sup> [https://health.ec.europa.eu/system/files/2022-04/ncd\\_20220324\\_co06\\_en.pdf](https://health.ec.europa.eu/system/files/2022-04/ncd_20220324_co06_en.pdf)



Question	Answer	Comments/Experience
		<ul style="list-style-type: none"> <li>• <a href="#">Digital Health Portugal</a> is a civil society initiative but not focused on cancer care.</li> <li>• <a href="#">Health Cluster Portugal</a> is ‘an association bringing together all eHealth actor, 170 members, including research and development institutions, universities, hospitals, civil society organizations, and companies. The Health Cluster Portugal also offers the platform <a href="http://healthportugal.com">healthportugal.com</a> which lists the actors, projects and services of the Portuguese ecosystem in order to facilitate exchanges.’<sup>42</sup></li> </ul>

### Further information:

In 2017, a resolution was ‘issued by the Council of Ministries supporting digital health. [...] This was an important momentum, where the Council of Ministries was really pointing out the importance to achieve and put the citizens at the centre of the system in terms of digital health and access to health data’.<sup>43</sup>

## 4 LEGISLATION

Table 4 : Overview on eHealth and cancer legislation - Portugal

Question	Answer	Comments/Experience
How would you evaluate the current state of legislation of eHealth in your country in general?	well-advanced	<p>Generally, the current state of legislation of eHealth in your country is well advanced, with space for continuous improvement to tackle the different challenges associated with this ever-evolving area.</p> <p>In complement with the legislation referred to above regarding eHealth and telehealth, GDPR regulation is of relevance. Currently, Portugal also participates actively in the discussions of the proposed regulations of EHDS, AI, Data act and Interoperable European Act, among others.</p> <p>In addition, there are several legislations that enable and promote the use of telehealth specific services.</p>
Is there legislation on how to use telemedicine in general?	Yes	<ul style="list-style-type: none"> <li>• Resolution of the Council of Ministers 67/2016. D.R. 206/2016, Series I of 2016-10-26 created the National Telehealth Center</li> <li>• Order n.º 3571/2013, Diário da República n.º 46/2013, Série II de 2013-03-06<sup>44</sup> determines that the services and establishments of the National Health Service (SNS) must intensify the use of information and communication technologies in order to promote and guarantee the provision of telemedicine services to users of the SNS</li> <li>• Order n.º 8445/2014, Diário da República n.º 123/2014, Série II de 2014-06-30. Reinforces the implementation of the strategy for a Telemedicine Network in the National Health Service</li> </ul>

<sup>42</sup> [eHealth in Portugal | G. NIUS \(esante.gouv.fr\)](http://eHealth.in Portugal | G. NIUS (esante.gouv.fr))

<sup>43</sup> [How Portugal is advancing the use of eHealth in Europe | Healthcare IT News](#)

<sup>44</sup> <https://diariodarepublica.pt/dr/detalhe/despacho/3571-2013-1759945>

Question	Answer	Comments/Experience
		<ul style="list-style-type: none"> <li>Resolution of the Assembly of the Republic n.º 293/2021, Diário da República n.º 224/2021, Série I de 2021-11-18, Recommends that the Government update and apply the National Strategic Plan for Telehealth</li> <li>Order no. 6280/2018, published in Diário da República no. 123/2018, Series II of 2018-06-28: determines that the referral for the first consultation of the hospital speciality of dermato-venereology, carried out by the primary health care of the SNS, is compulsory through the use of dermatological telescreening.</li> </ul>
Is there legislation explicitly referring to cancer prevention?	Yes	<p>Portugal introduced several laws for cancer prevention, e.g.,</p> <ul style="list-style-type: none"> <li>Law approving measures to protect citizens from involuntary exposure to tobacco smoke (Law No. 37/2007)<sup>45</sup> with several follow-up actions and legislations on tobacco use.</li> <li>law banning advertisements aimed at children under 16 for food products with high-energy value and high sugar, saturated fatty acids, trans fatty acids and salt content (2019)<sup>46</sup></li> <li>Integrated Strategy for the Promotion of Healthy Eating (EIPAS), meanwhile approved by Joint Order No. 11418/2017, of December 18, published in the Diário da República, 2nd series, of December 29, 2017</li> <li>Decree-Law No. 173/2008, of 26 August (Ministry of the Environment, Spatial Planning and Regional Development – MAOTDR), which establishes the legal framework for Integrated Pollution Prevention and Control (PCIP Diploma);</li> <li>Decree-Law No. 178/2003, of 5 August (Ministry of Cities, Territorial Planning and the Environment – MCOTA), which establishes limitations on emissions into the atmosphere of certain pollutants from large combustion installations (GIC Diploma);</li> <li>Decree-Law No. 85/2005, of April 28 (Ministry of the Environment and Territorial Planning – MAOT), which establishes the legal regime for the incineration and co-incineration of waste (Incineration Diploma);</li> <li>Decree-Law No. 242/2001, of 31 August (MAOT), concerning the limitation of volatile organic compound emissions resulting from the use of organic solvents in certain installation activities (VOC Diploma);</li> <li>Ordinance No. 1147/94, of December 26 (Ministry of Industry and Energy – MIE; Ministry of Health – MS; Ministry of Environment and Natural Resources and the Sea – MARNM), which establishes the licensing conditions for the discharge, storage, deposition or injection into the soil of wastewater or waste from the titanium dioxide industry (Titanium Diploma</li> <li>The principle of the environmental license was enshrined in Portugal by Decree-Law No. 194/2000, of 21 August, and its successor, Decree-Law No. 173/2008, of 26 August, both revoked.</li> </ul>

<sup>45</sup> [Regional differences in tobacco smoking and lung cancer in Portugal in 2018: a population-based analysis using nationwide incidence and mortality data | BMJ Open](#)

<sup>46</sup> [Cancer prevention and protecting children from harmful marketing: Maria João's story \(europa.eu\)](#)

Question	Answer	Comments/Experience
		<ul style="list-style-type: none"> <li>Decree-Law No 81/2022 of December 6th Summary: Changes the legal regime of radiological protection, adapting the rules regarding incompatibilities to the administrative offense regime and application in space.</li> </ul>
Is there legislation explicitly referring to / including eHealth cancer care?	Yes	Law n <sup>o</sup> 53/2017, of July 14 creates and regulates the National Cancer Registry. Order n <sup>o</sup> 6280/2018, of June 28 determines that the referral for the first dermato-venereology hospital specialty consultation, carried out by the primary health care of the NHS, is obligatorily carried out using dermatological telescreening, i.e., imaging mandatory. This is important for better priority management and early detection of cancer cases. <sup>47</sup>
If yes, which of these legislation(s) do you consider most important in the context of eHealth and cancer care? And why?	N/A	In terms of eHealth and cancer care, a holistic view is important to consider when analysing this question. Many regulations need to co-exist to ensure the different aspect related eHealth, such as data protection, cybersecurity, health care, among others.
If no, are there any reasons or barriers to the fact that there is no or only limited cancer specific eHealth legislation (i.e., discussions still ongoing, conflicting opinions or other).	N/A	Please see answer above.
What could be improved or would need to be done to improve this legislation for eHealth in cancer care in your country?	N/A	The continuous audit and monitorization of the implementation.

### Further information:

The National Strategic Telehealth Plan 2019-2022 was established before SARS-CoV2 pandemic period paved the way to new legislation. Also, we expect the proposed European Health Data Space Regulation to have a major impact on eHealth legislation at national level.

<sup>47</sup> [https://www.cnts.min-saude.pt/wp-content/uploads/2018/10/Guia-Rapido-anexacao-de-imagem-na-referenciacao-para-dermatologia\\_V2.pdf](https://www.cnts.min-saude.pt/wp-content/uploads/2018/10/Guia-Rapido-anexacao-de-imagem-na-referenciacao-para-dermatologia_V2.pdf)

## 5 CANCER SPECIFIC EHEALTH SOLUTIONS

Table 5 : Overview on cancer specific eHealth solutions in use – Portugal

Area of application/ type of solutions	Login Websites	Apps	Webinars	Multi-disciplinary teleconferences (HCP-HCP)	Teleconsultation (HCP-patient)	Telemonitoring via devices
<b>Ecosystem</b>	Yes, electronic health record (EHR) portals, with two areas: citizen area and professional area (access to health records, booking of appointments with GPs, vaccination cards, online screening for diabetes etc. for patients and support of clinical procedures for professionals) <sup>48</sup>	Yes, e.g., paperless prescription <sup>49</sup> via mobile phones (used by nearly all public and private hospitals; doctors may prescribe via mobile phone). Citizens can use the SNS24 <sup>50</sup> health app to manage their eP/eD information, as well as teleconsultation via RSE Live. Through SNS24, users can also access their personal	Yes, several webinars have been organized. For example: The ‘SNS Telemonitoring Activity’ webinar with the aim of presenting the current state of telemonitoring in SNS health units; ‘The SNS 24 Balcão - SNS close to the citizen’ webinar to improve the access and delivery of digital and telehealth services to citizens;	Yes, RSE live – teleconsultation platform - allows for HCP-HCP teleconferences (physicians, nurses, nutritionists, and psychologists) for the evaluation of a citizen’s clinical case.	Yes, teleconsultations are provided in the Portuguese health system, which had a boom in use during COVID-19. Importantly, this service is widely implemented in the National Health System, being used in different clinical setting, such as for oncology care.	Yes, Telemonit SNS 24 <sup>52</sup> is a mobile application where users can access their personal clinical monitoring plan, proposed by a health professional who accompanies them; Telemonitorização SNS <sup>53</sup> monitoring of all patients to which telemonitoring has been recommended.

<sup>48</sup> [Portugal in the e-health path - EIT Health](#) and [How Portugal is advancing the use of eHealth in Europe | Healthcare IT News](#)

<sup>49</sup> [How Portugal is advancing the use of eHealth in Europe | Healthcare IT News](#)

<sup>50</sup> <https://www.sns24.gov.pt/guia/app-sns-24/#quais-os-servicos-que-estao-disponiveis-nesta-app>

<sup>52</sup> <https://www.sns24.gov.pt/guia/app-telemonit-sns-24/#o-que-e-a-telemonit-sns-24>; In this App, users can register vital signs or other biometric measurements performed by themselves. They can register automatically, through equipment connected wirelessly to their mobile phone, or manually. The App also allows the user to register, in digital media, responses to self-assessment questionnaires. The Telemonit SNS 24 App aims to respond to the need for continuous management of the health status of users, especially users with a chronic illness, thus enabling users who self-manage their health problems to have support and surveillance in this path. The platform already includes telemonitoring programs to monitor users with congestive heart failure, chronic obstructive pulmonary disease, COVID-19 disease, diabetes, and hospitalization at home (domiciliary). This platform was designed in order to be enabled to adapt to the needs of citizens being able of accompanying the citizen throughout their health journey. The use was this app is based on a prescription of a care programme according to the needs of the patient.

[For the healthcare professional, there is also a specific online platform – Telemonitorização SNS – where they can monitored all patients to which telemonitoring has been recommended.](#)

<sup>53</sup> <https://www.cnts.min-saude.pt/category/telessaude/telemonitorizacao/>

Area of application/ type of solutions	Login Websites	Apps	Webinars	Multi-disciplinary teleconferences (HCP-HPC)	Teleconsultation (HCP-patient)	Telemonitoring via devices
		clinical monitoring plan with Telemonit SNS24. <sup>51</sup>	'The Teleconsultation with PS Live' webinar dedicated to the real-time tele-consultation solution, PS Live.			
<b>Prevention of Cancer</b>	-	-	-	-	-	Yes, DERM.AI project makes use of artificial intelligence to improve tele dermatology processes between Primary Health Care and dermatology services in the National Health Service. <sup>54</sup> This is not yet implemented at the national level and it is applicable to the pre-diagnosis.
<b>Treatment of Cancer</b>	-	Yes, MyIPO Lisboa <sup>55</sup>	-	-	Yes, MyIPO Lisboa <sup>55</sup>	-
<b>'Living with cancer'</b>	-	-	-	-	-	Yes, Telemonit SNS24 <sup>56</sup> – is a mobile application where users can access their personal clinical monitoring plan, proposed by an accompanying health professional. Citizens can collect data with: Scale, Oximeter,

<sup>51</sup> [Digital Health Laws and Regulations Report 2023 Portugal \(iclg.com\)](#) and [How can SNS 24 help me?](#)

<sup>54</sup> <https://www.cnts.min-saude.pt/2020/02/18/derm-ai/>

<sup>55</sup> [https://play.google.com/store/apps/details?id=com.seamlink.gatewaybox\\_ipolisboa](https://play.google.com/store/apps/details?id=com.seamlink.gatewaybox_ipolisboa)

<sup>56</sup> <https://www.cnts.min-saude.pt/category/telessaude/telemonitorizacao/>

Area of application/ type of solutions	Login Websites	Apps	Webinars	Multi-disciplinary teleconferences (HCP-HPC)	Teleconsultation (HCP-patient)	Telemonitoring via devices
						Track Blood Pressure Monitor, and Thermometer, among others.
<b>Rehabilitation from Cancer</b>	-	Yes, MyIPO Lisboa <sup>55</sup>	-	-	Yes, MyIPO Lisboa <sup>55</sup>	-
<b>Palliative Cancer Care</b>	-	-	-	-	-	-

Table 6 : Number of eHealth solutions available and in use – Portugal

Question	Answer	Comments/Experience
How many eHealth solutions (in the sense of medical devices and thus 'authority approved/certified') solutions are existing currently in your country in the context of cancer care/treatment?	N/A	No further information available.
Is there a website or other information on solutions that are recommended to the public for use (e.g. a selection of health apps that are recommended to cancer patients or in general)?	Not at the national level. However, some associations and healthcare institutions recommend specific solutions, such as:	<ul style="list-style-type: none"> <li>Recommended by the Associação de Enfermagem Oncológica Portuguesa [Portuguese Oncology Nursing Association]: iGest Saúde<sup>57</sup> - to promote the monitoring and control of therapeutic regimen management in people with cancer disease undergoing chemotherapy/immunotherapy treatment.</li> <li>Recommend by IPO Coimbra: IConnecta<sup>58</sup>- breast cancer patients, in the first year of active oncology treatment, have access to health professionals who will monitor their needs and can hold video conferences.</li> </ul>
Can you give an estimation on how the split between private and public apps are available? Give an estimate percentage of public solutions.	N/A	No further information available.
How can providers and patients assess if the apps are reliable? Is there a certification or quality approval procedure in place? If yes, which kind of procedure?	Apps that are medical devices follow the appropriate requirements in accordance with the Medical Device Regulation. In Portugal, INFARMED - Autoridade Nacional do Medicamento e Produtos de Saúde, I. P. the national authority responsible for regulating and supervising the sectors of medicines and health products (medical devices and cosmetic and body hygiene products), according to the highest standards of public health protection, ensuring their quality, effectiveness and safety and ensuring its access to citizens and health professionals.  General wellness apps do not follow an official certification process, nonetheless there are requirements recommended in terms of accessibility and usability among other. In addition, systems that communicate with HER or other sensitive information in this domain, must follow a specific set of requirements in terms of interoperability and cybersecurity, among others.  SPMS has a mission and commitment to make the SNS website available 24   Contact Center of the National Health Service, in accordance with Decree-Law No. 83/2018, of October 19, which transposes Directive (EU) 2016/2102 of the European Parliament and of the Council, on the accessibility of websites Web and mobile applications. A website <sup>59</sup> presents different requirements and actions towards accessibility.	

<sup>57</sup> <https://www.aeop.pt/projeto-igest-saude/>

<sup>58</sup> <https://www.ipocoimbra.min-saude.pt/2020/07/24/ipo-coimbra-mais-proximo-de-doentes-com-cancro-atraves-de-app-pioneira/>

<sup>59</sup> <https://www.sns24.gov.pt/acessibilidade/#i-estado-de-conformidade>



Question	Answer	Comments/Experience
How many Health Care Providers use such solutions? Which sector uses rather which types of solutions?	87% of hospitals and 44% of HCPs (2019)	<i>'According to the latest survey from 2019, prepared by Glintt, Global Intelligent Technologies (one of EIT Health InnoStars Partners), 87% of public hospitals are now using telemedicine, only 44% of healthcare professionals are motivated to use it.'</i> <sup>60</sup> In the additional, the following study was published regarding 'Teleconsultation in the Portuguese National Health Service During the COVID-19 Pandemic: A Survey of Physicians' Views and Future Implications' <sup>61</sup>

### Further information:

- In a study<sup>62</sup>, it was surveyed the scope and nature of existing telemedicine services, under the legislation in force, analyzed the available supply and assessed access to telemedicine services in NHS hospitals. Data from the Portuguese Institutes of Oncology (IPOs) was collected. For example, in terms of Telemedicine services available, by provider, all IPOs have already in place real-time teleconsultation. IPO from Coimbra and Lisbon were also using telescreening. Additional data can be found in this study.
- Digital image analysis in screening and diagnosis
- AI Data Analysis
- Currently, there is a collaboration ongoing with the Portuguese Society of Oncology to validate the public content for user consultation on the SNS 24 portal.<sup>63</sup>

<sup>60</sup> [Portugal in the e-health path - EIT Health](#)

<sup>61</sup> <https://www.ers.pt/media/501dn3b4/presta%C3%A7%C3%A3o-de-servi%C3%A7os-de-telemedicina-nos-hospitais-do-servi%C3%A7o-nacional-de-sa%C3%BAde.pdf>; <https://actamedicaportuguesa.com/revista/index.php/amp/article/view/16724>

<sup>62</sup> Prestação de serviços de telemedicina nos hospitais do Serviço Nacional de Saúde [Provision of telemedicine services in hospitals of the National Health Service]. Entidade Reguladora da Saúde (ERS), 2022: <https://www.ers.pt/media/501dn3b4/presta%C3%A7%C3%A3o-de-servi%C3%A7os-de-telemedicina-nos-hospitais-do-servi%C3%A7o-nacional-de-sa%C3%BAde.pdf>

<sup>63</sup> <https://www.sns24.gov.pt/tema/doencas-oncologicas/tipos-de-cancro/>