

## **U-Corp @ Kunshan Tinglin Community Health Service Center**

Health Innovation in Action: Exploration and Practice of Chronic Disease Strategies at  
Kunshan Gaoxinqu Tinglin Community Health Service Center

### **U-Corp Lab**

The U-Corp Lab (U-Corp) is a co-innovation platform that connects innovative organizations/companies with the vibrant DKU research and entrepreneurial community. The goal is to provide DKU students the opportunity to master industry-proven innovation research methodologies through productive practice and co-creation projects with companies. These co-innovation projects will provide students with exposure to real-world innovation practices, businesses, cultures, and mindsets; a chance to deep dive into an industry and develop domain knowledge in specific sectors; experience using a variety of industry-proven research methodologies and tools; practical innovation project experience working in teams on real business challenges.

### **Kunshan Tinglin Health Service Center**

Established in March 2017, Kunshan Tinglin Community Health Service Center, a public welfare class I institution, is a grassroots community health service organization integrating medical treatment, prevention, health care, rehabilitation, health education and family planning technical services. The headquarters of the center is located at No. 171, Zhenchuan West Road, Kunshan, with an area of about 5,000 square meters. It mainly serves 33 communities and 4 natural villages within its jurisdiction, with a service area of about 20 square kilometers and a population of about 189,000 people. The center has 170 employees, including 157 health care workers, 125 with bachelor's degrees, 6 with master's degrees, 63 with intermediate titles, 16 with senior titles, and 6 with backbone talents of primary health care in Jiangsu Province.

The center has set up a general outpatient clinic, women's health outpatient clinic, children's health outpatient clinic, vaccination clinic, traditional Chinese medicine, rehabilitation, chronic disease screening and prevention center, medical technology department (testing, radiology, cardiology and ultrasound) and other clinical departments, and it has diagnostic and therapeutic equipment such as DR imaging diagnostic, color Doppler ultrasound diagnostic instrument, automatic five-categorical blood cell analyzer, fundoscopy and other diagnostic and therapeutic equipment, etc.

## Project Introduction

This project aims to address the challenges of low adherence among chronic disease patients through creative approaches and strategies, enhancing patients' motivation and effectiveness in managing their health. With the rising prevalence of chronic diseases and an aging population, improving adherence has become a critical challenge for modern healthcare systems. This project selects Kunshan Tinglin Community Health Service Center in Kunshan as its pilot site. It employs comprehensive methods, including literature reviews, in-depth interviews, and field observations, to analyze the root causes of poor adherence among chronic disease patients. Building on these insights, the project develops innovative management strategies tailored to hypertension management.

The project explores creative approaches such as gamified health management, digital management tools, and social support groups, conducting pilot trials at Kunshan Tinglin Community Health Service Center to assess their effectiveness and feasibility. By collecting and evaluating data, the project aims to offer innovative and practical solutions for chronic disease management in the region, serving as a reference for improving chronic disease management models in other areas.

In addition to providing solutions for hypertension management, the project offers valuable experiential opportunities for participants. Under the guidance of mentors, students will analyze successful domestic and international cases of chronic disease management, design effective operational plans, and integrate theoretical knowledge with practical application. This process enhances their innovative thinking and social practice skills, contributing to their professional development and fostering a deeper understanding of the intersection between modern public health management and social innovation.

By integrating resources and expertise, the project seeks to revitalize traditional chronic disease management models, improve patient adherence, and promote innovation in public health and health management in Kunshan. The initiative is expected to elevate the region's health management standards, increase residents' health awareness and self-management capabilities, provide data and theoretical support for local government decision-making in public health management.

**Final Result: Research Report and Action Practice Report**

**Study Methods: Case study, Fieldwork, Qualitative Research**

## Student Team Composition

Number of students: 4-5

Students with relevant research experience will be given priority.

## Working Plan

1. 4-5 students will form a working group, which will work together to complete the project under the guidance of the tutor.
2. In addition to meeting with the company for the first time, students will have biweekly meetings with the U-Corp team to report on their work progress and receive mentoring feedback. (See below for details.)
3. Project arrangement: Students need to work about 6-10 hours per week, and the project duration is 26 weeks. See the following table for the specific schedule:

## Timetable

Date	Week	Working Content	Delivery Results
2.24-3.9 <i>*(3.3-3.6) Final week will be skipped</i>	WK 1-2	<p>Conducted a project kickoff meeting with representatives from the Kunshan Tinglin Community Health Service Center to clarify project objectives, scope, timeline, and team roles.</p> <p>Conduct initial research on chronic disease types and common household treatment solutions. Selected feasible chronic disease areas for further in-depth study and outlined the project workflow and key deadlines.</p> <p>Visited Tinglin Community Health Service Center to engage with patient and staff, and gain insights into the current state of chronic disease management.</p> <p><b>** The specific onsite time TBD</b></p>	<p>Assignment of Team Member Responsibilities and Scheduling of Internal Meetings;</p> <p>Report on the Current Status of Chronic Diseases and Corresponding Treatment Plans</p>
3.10-3.23	WK 3-4	<p><b>Case Study I:</b> Analyzing successful chronic disease adherence management programs both domestically and internationally, identifying and summarizing effective management models and innovative cases to provide a reference framework for the project.</p>	<p>Domestic and International Case Study Reports</p>
3.24-4.6	WK 5-6	<p><b>Case Study II:</b> Focus on analyzing the chronic disease management data of Kunshan Tinglin Community Health Service Center, with emphasis on patient adherence. Identify the challenges in chronic disease adherence management, particularly in hypertension care.</p> <p>Design interview questions related to hypertension management for different participants (doctors, patients, family members, etc.) to explore the main difficulties and needs patients face in disease management.</p>	<p>Tinglin Center Chronic Disease Research Report</p> <p>First draft of interview questions</p>

4.7-4.20	WK 7-8	Update the interview questions in response to feedback provided by the mentors;	Draft Report on Patient Chronic Disease Management Interview Data Insight Report
4.21-5.4	WK 9-10	<p><b>Initial Small-scale Research:</b> Engage with patients with chronic diseases, community doctors, and family members to gather firsthand information on the pain points of hypertension management. Understand how patients implement disease management in their daily lives.</p> <p>Organize and analyze interview data to extract key insights.</p>	
5.5-5.18 * (5.5-5.8 Exam week will be skipped)	WK 11-12	<p><b>Creative Proposals:</b> Based on research data, design targeted and innovative hypertension management methods for chronic disease adherence, such as gamified health management, community support groups, and digital tools (20-30 proposals). Evaluate the effectiveness and scalability of these methods through data comparison, patient feedback, and doctor observations</p>	Initial Proposals for Chronic Disease Management
5.19-6.1	WK 13-14		
6.2-6.15	WK 15-16	Select 3-5 of the most feasible and creative proposals for in-depth development, and propose specific management plans. Further, make appropriate adjustments based on the current situation of the Kunshan Tinglin Community Health Service Center.	Optimized Chronic Disease Management Proposal
6.16-6.29	WK 17-18	<p><b>Practice Phase:</b> ** The specific onsite time TBD</p> <p>Visit patients with chronic diseases under the jurisdiction of the Kunshan Tinglin Community Health Service Center, conducting targeted creative management practices for different conditions (pilot and formal trials).</p> <p>During the process, patient feedback will be collected promptly, and creative management plans will be adjusted and iterated. A</p>	Draft Onsite Report
6.30-7.13	WK 19-20		
7.14-7.27	WK 21-22		Final Onsite Report

		preliminary practice report will be written based on the feedback received.	
7.28-8.10	WK 23-24	Write a detailed summary report that includes the project implementation process, effectiveness evaluation, patient feedback, existing issues, and improvement suggestions.	First Draft of the Final Report
8.11-8.24	WK 25-26		Final Report: A comprehensive research report on innovative management of chronic disease adherence; Feasibility and effectiveness evaluation report for the project pilot.

### Important Date:

Orientation Meeting: 2.22

Regular meetings with the U-Corp: Biweekly meeting

Kunshan Tinglin Health Service Center team participation guidance Date: Biweekly meeting

Final Presentation: TBD