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Connected real-life research, a pillar of P4 medicine

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Assessment of m-Health tools needs to include high-quality real-life research studies. Reciprocally, real-life research can benefit highly from opportunities offered by connected devices.

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From the authors:

We thank I. Gonda for outlining the promises and challenges of real-life research (RLR), following the publication of the Respiratory Effectiveness Group manifesto in the *European Respiratory Journal* [1]. As outlined in this correspondence, the ultimate goal of RLR is to improve patients' outcomes through more precise decision-making in the current era of personalised medicine. To this aim, RLR provides evidence complementing randomised controlled trials (RCTs), especially exploring benefit–risk–cost ratios in both large and specific subpopulations, while minimising the Hawthorne effect. I. Gonda underlines a particularly important aspect of RLR, *i.e.* how it can be revolutionised by new technologies. This is especially promising in the respiratory field, where therapy administered with inhalation devices plays a major role, while many chronic conditions are under the influence of environmental conditions that can now be continuously recorded.