



25 February 2010

## **TELEHEALTH – IMPROVING HEALTH CARE FOR CHRONIC HEART FAILURE PATIENTS**

Silver Chain is hoping to successfully improve the care outcomes and reduce hospital admissions for Chronic Heart Failure patients with the introduction of Telehealth across Western Australia.

Telehealth is a home monitoring system for those in the community with diseases such as Chronic Obstructive Pulmonary Disease (COPD) and Chronic Heart Failure (CHF).

Using the revolutionary Telehealth device, nurses are able to remotely monitor patient's vital signs, such as blood pressure, oxygen saturations, ECG, pulse, weight and temperature without the patient having to leave their home. Any irregularities outside of the patient's set parameters can indicate the onset of an acute episode.

Telehealth is not designed to replace medical or nursing intervention, but to detect early exacerbations and allow for a plan of care to be implemented in conjunction with the client and their medical practitioners to prevent the onset of an acute episode.

Current Telehealth patient, Annette Walsh says having the Telehealth device has made a big difference in her health monitoring.

"I was given a new medication that may have had an adverse effect on my condition. Having the Telehealth device allowed me to show my doctor real evidence that the medication was improving my health, rather than having a negative effect," said Annette.

Silver Chain's trial is by far the largest amongst all community care organisations in Australia. The state of the art chronic disease management service will provide vital information as to the benefit of such a service to the health system in Australia.

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The Silver Chain Research Department is currently conducting a randomised controlled trial to determine the benefits of Telehealth for the clients, their GPs and specialists and impact on hospital presentations. It is expected that clients who use the home monitoring system will have fewer hospital admissions and emergency department presentations than those clients receiving normal care.

If you suffer from Chronic Heart Failure and you have been to hospital in the past 12 months for your CHF condition, you are eligible to become part of this exciting new trial. If you think you may benefit from involvement in the Telehealth trial, please contact Kristen De San Miguel from the Silver Chain Research team on 9201 6757.

*Ends.*

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