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## **Telehealth Research Across the Community: A randomised controlled trial of remote monitoring of chronic disease**

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### **Background**

Silver Chain's analysis of its clients' hospital admissions show that clients with diagnoses of chronic obstructive pulmonary disease (COPD) or heart failure (CHF) are frequently admitted to hospital and identified as the frequent flyers of hospital usage (Smith & Lewin, 2008). A recent report, Australian Hospital Statistics (AIHW, 2008), reports that 9.6% of all hospital admissions for diagnoses of these and other chronic conditions are preventable. The use of telehealth self monitoring is seen as one way in which Silver Chain can assist in reducing such preventable hospitalisations.

In order to determine the applicability and the potential savings to the health system of telehealth devices in an Australian context, Silver Chain is undertaking a randomised controlled trial of telehealth self monitoring.

### **Aim**

Self-monitoring via home-based telehealth equipment can, when combined with ongoing monitoring of the patient's results and review by a nurse working closely with the individual's GP, reduce the incidence of hospitalisation for people with chronic disease.

### **Method**

A randomised controlled trial will be used to compare the outcomes for 100 clients using the telehealth monitoring (intervention group) with the outcomes for 100 clients receiving information only (control group).

### **Results**

Currently the research is in the recruitment stage and results are not yet available.

### **Discussion**

This presentation will describe the research methodology and the telehealth intervention.

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