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Conference abstract

## **Integrating home-based tele-monitoring in disease management (DM) program for community-dwelling patients with chronic heart failure (CHF)**

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### **Abstract**

**Introduction:** CHF is a chronic illness associated with a heavy economic and social burden. DM programs led by trained personnel who follow evidence-based treatment guidelines, aim to improve patient self-care and may improve patients' outcome while containing costs of healthcare.

**Aim:** To assess the feasibility of nurse-led DM program with integrated home-based monitoring technologies in CHF.

**Methods:** The program is implemented and evaluated in a randomized controlled trial. Out of 1260 patients recruited, 630 allocated to the intervention arm have been provided with telemetric equipment for home-monitoring of weight, heart-rate and blood-pressure; 100 communicate with the nurse using video conference technology, and 15 use computerized medication organizer. DM activities (i.e. life-style counseling, modification of medical therapy, monitoring of adherence and side-effects and problem-solving) are guided by treatment plan, tele-monitoring information and designated protocols, and delivered by nurse specialists at HF call-center. Preliminary results show that tele-monitoring helps in controlling body weight, disease symptoms and blood pressure. The patient information is available to all relevant healthcare providers.

**Conclusion:** The introduction of advanced healthcare delivery regimes, such as DM, home-based monitoring and Web technologies may improve patients' outcome and alleviate the societal burden of chronic diseases.

### **Keywords**

**disease management, telehealth, CHF**

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