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Conference Abstract

## **Continuing experience and research on a home telemonitoring intervention of chronic-pluripathological patients, “TELBIL-A project”**

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## **Abstract**

**INTRODUCTION AND PROJECT DESIGN:** In the randomized clinical trial “TELBIL study”(1) elderly patients with advanced chronic diseases and comorbidities were telemonitored from Primary Care. At 1 and 2-year follow-up, the outcomes indicated a reduction in hospital admissions and stay, better health related quality of life (HRQL) and functionality, and also good acceptance, satisfaction and compliance with the protocol and technology, without a higher cost than usual care. The “TELBIL-A project”\* is a continuation of this previous study at the local Primary Health Care organization, but with

### **AN IMPROVED DESIGN AND INTERVENTION:**

- More individualized telemonitoring content, according to patient characteristics and different situations we came across. In addition to heart failure and/or pulmonary diseases, patients with other chronic conditions and multimorbidity can be included; and we also consider temporary telemonitoring situations.
- Strengthening the role of primary care, especially that of the nurses.

- Accessibility, participation and coordination with other professionals and healthcare units involved and sharing the care of these patients (sub-acute hospital, specific nurses, not face to face healthcare services as the tele-counselling).
- Improved Web platform for a better use and review of the information by professionals (a simplified platform allowing reception by email).
- Strengthen the case management through an online training activity for professionals.

**MAIN CHARACTERISTICS OF THE PROJECT ARE:** very aged patients with advanced diseases and a high usage of healthcare resources, and the role of primary care, with management and control of the telemonitoring by the professionals (physicians and nurses) who routinely assist the patient at the Primary Health Center.

The OBJECTIVE is to reduce readmissions and hospital stay, and to improve HRQL and healthcare through an integrated strategy with telemonitoring in:

- in-home patients,
- with heart failure and/or chronic pulmonary disease, or multimorbidity with impact on the activities of daily living (ADL),
- and  $\geq 2$  hospitalizations the previous year.

Patients transmit daily self-measured CLINICAL DATA FROM THEIR HOME (oxygen saturation, heart/pulmonary rate, clinical status questionnaire, etc.), that are checked on the web platform by their general practitioners and nurses at the Health Centre and/or other professionals involved in their care. The telemonitoring system comprised personalized alerts set for each patient, triggered when measurements were out of the established limits.

Coverage and development of the project, patients and professional satisfaction, the effect on hospital admissions and their stay, and HRQL will be EVALUATED.

## **Keywords:**

**telemonitoring, chronic diseases, primary health care, clinical effectiveness**

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## **References:**

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  2. Project TELBIL-A is funded by the Research Center in Chronicity (Kronikgune), exp. KRONIK11/004. Available from: <http://kronikgune.org/>
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**Presentation** available at: <http://www.kingsfund.org.uk/events/third-annual-international-congress-telehealth-and-telecare>