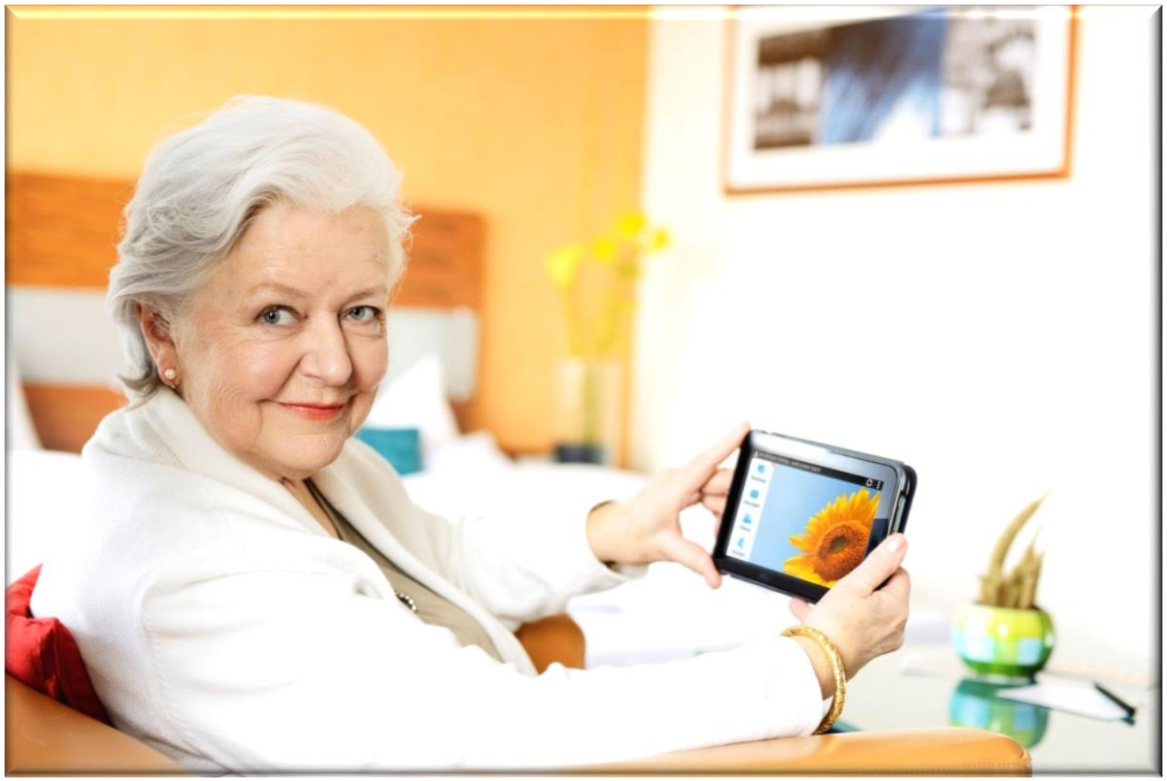
# European Connected Health Alliance

**Mobile World Congress – March 3rd.**

*Panel session: mHealth for Chronic diseases and Active and Healthy Ageing*

# Scaling TeleHealth



Chris Westerteicher
Business Director
Hospital to Home
International



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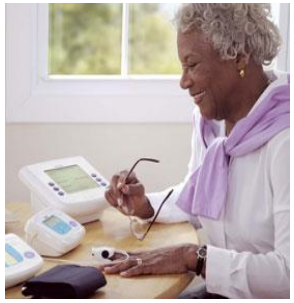
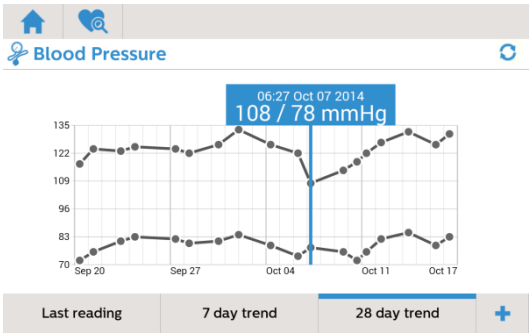
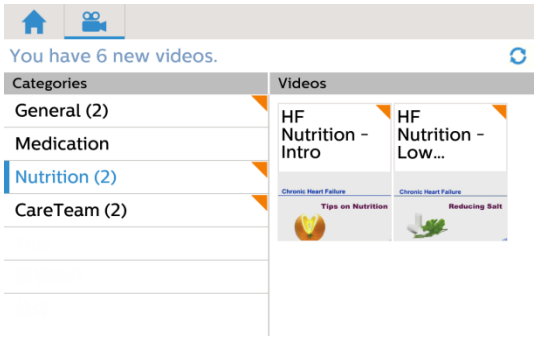
# What is TeleHealth?

- Vital Signs Monitoring



- Patient Empowerment




- mHealth Solutions

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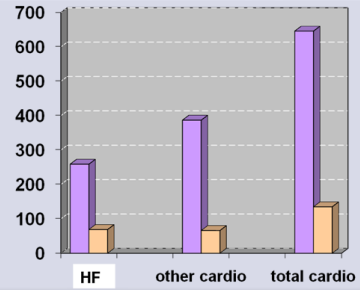
# Demonstrated Benefits (does it work?)

- **Reduces Hospital length of stay**




**Carme Study**

✓ 73% reduction in hospital length of stay for HF patients

- **Reduces number of Hospital admissions**

Effective Cardio

✓ Reduction of re-admissions 52%
✓ Reduction of hospital length of stay 57%

- **Improves Patient's Quality of Life and Satisfaction**

**Carme Study**

✓ Improved QoL
✓ High grade of satisfaction
✓ High safety awareness and fear reduction

- **Reduces mortality rates (Heart Failure patients)**

**Whole System Demonstrator**

✓ 45% reduction in mortality of HF patients



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# Changes in Healthcare

***„That it will ever come into general use notwithstanding its value, I am doubtful....“***

Sir John Forbes (1787 – 1861); Statement from the 1st edition of his book on the values of the Stethoscope.

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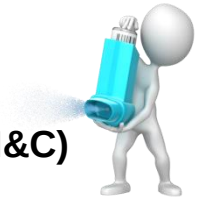
# Concept Offering

**Patient Assessment & Data Analysis**

- ✓ Risk Stratification
- ✓ Proactive data analysis of patient data sets



**Monitoring and Compliance (M&C)**

- ✓ Monitoring
  - ➢ Automated Data Collection
  - ➢ Patient Reported Vitals
- ✓ Compliance

**Self-Management Support (SMS)**

- ✓ Structured education programmes
- ✓ Patient coaching

**Care Coordination (CC)**

- ✓ Guideline based management
- ✓ Liaison with local staff, family & friends
- ✓ Patient appointment



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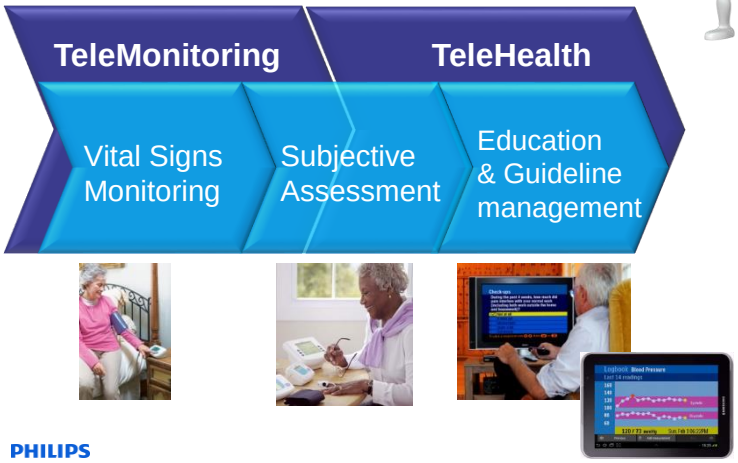
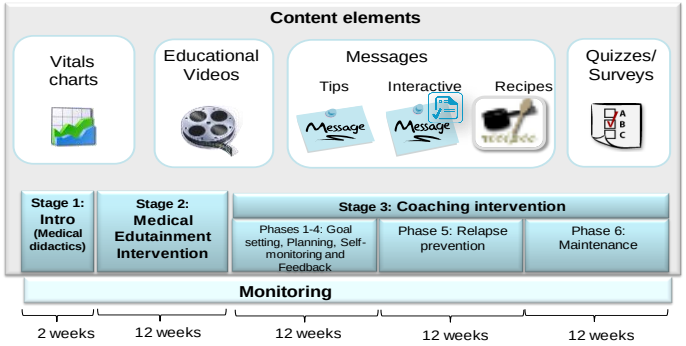
# Monitoring & Compliance

- **Empower patients** to actively manage their disease state and change their behaviour by providing appropriate coaching and education.

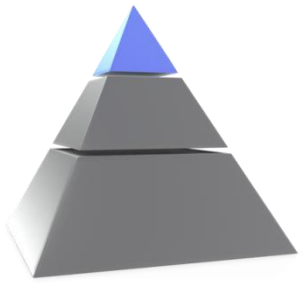



- **Care Planning** – Guideline based planning, management and review, according to the individual needs of patients.




Confidential May 2009

- **Modular "Building Block" concept**, allowing adaptation to a broad range of patient acuity levels and disease states.





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# Advancing Care Coordination & TeleHealth (ACT)

## Why is TeleHealth scaling slowly?

- Difficulties in translating pilot results into routine care
- Health care needs to integrate CC & TH into existing care delivery structures (workflow re-engineering)

## Primary ACT Focus (Identify "Best Practice")

*"Identify 'best practice'* ***organisational and structural processes****"*

- Integrating CC & TH into care delivery systems
- Patient stratification
- Educating Care Providers
- Improving patient adherence and empowerment

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