

Scottish School of Primary Care



The potential for telehealth

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The evidence

- Large trials and meta-analyses show that telehealth is effective in managing
 - High Blood pressure (4.3mmHg reduction in systolic BP)
 - Type 2 diabetes (4.8 mmol/mol reduction in HBA₁C)
- However
 - COPD did not reduce time to admission, length of stay or mortality
 - Equivocal evidence for
 - Asthma (potential for most severely affected)
 - CCF (some improvement in mortality but not hospital admission)
- Further research needed to improve predictive algorithms
- No evidence for effectiveness/cost-effectiveness as yet at scale
- Need to integrate with existing eHealth systems



Improvement potential

- Currently 1.2 M appointments/yr in Scotland for nothing but BP measurement
- Patients are better at measuring BP
- NHS Lothian have devised a system which sends a 1, 3, or 6 monthly report on patient accrued BP with clear advice on action by Docman
- Potential to demonstrate actual impact on CV outcomes.
- System could be altered for use in DM and other LTCs.





Questions?



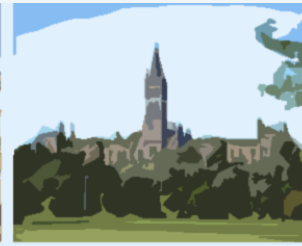
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