

Press release - 23rd March 2006

Heart Failure patients receive home monitoring TeleHealth service in Barnsley

As part of an innovative drive to develop new ways of helping people stay in their own homes and to respond to the growing need for better management of patients with Long Term Conditions, Barnsley Hospital is trialling an innovative telehealth service. Currently 40 Chronic Heart Failure patients are using the service and over the next 12 months a formal evaluation will be conducted to confirm whether it is beneficial from both the patient and service providers perspective.

Using Docobo's doc@HOME[®] remote monitoring telehealth service, patients in their own homes answer a range of pertinent health and quality of life questions on the docobo hand held device. This is supplemented with medical parameters including blood pressure and weight on a daily basis. Analysis of this data is performed automatically by the system and the website reviewed by the CHF team. Where issues of concern are apparent patients are telephoned, advice given and medication changed where required. Additionally, if the telephone intervention is not successful then a member of the CHF team (joint hospital and PCT) will visit the patient in their home.

Potentially this approach could reduce hospital re-admissions, enable earlier hospital discharge, and provide improved personalised services to patients. Initial findings have been promising with service user and provider satisfaction high. Consultant Cardiologist Dr Basil Saeed states that "this research is potentially very valuable and is a compliment to the heart failure services which we have been working on for the last 3 years or so."



Over the 12month pilot study, in addition to the 40 systems in use, the Barnsley research team have recruited a control group with 20 patients to enable comparison with similar people who do not receive the doc@HOME system. Analysis will then take place and the findings disseminated over the next 18 months. If the research proves successful the aim is to bring this method of care into mainstream use.

The research is led by the Medical Physics department at Barnsley Hospital, Prof Mark Hawley says "we believe these systems could provide improved ways of offering patient led services and are excited about their potential. This study will

enable us to understand any benefits to patients and providers as we look to manage the increasing challenge of an ageing population and subsequent rise in those with Long Term Conditions. doc@HOME offered a practical and easy to use solution.”

Adrian Flowerday, MD of Docobo comments: “The team at Barnsley are one of the first in the UK to equip a significant number of patients with telehealth, and their careful and practical approach to the project is both innovative and bold. We look forward to dissemination of the results and continuing to work with Barnsley over the coming months.”

Editors Notes:

Finance for this initiative is provided by the Engineering and Physical Sciences Research Council (EPSRC), Department of Health, and Barnsley PCT.

About Barnsley Hospital

Barnsley Hospital NHS Foundation Trust is among the leading NHS trusts in the country.

As a 450-bed associate teaching and research hospital affiliated with the University of Sheffield it is renowned for its top performance, friendly culture and first rate environment. Barnsley Hospital has an established and expanding reputation for its research and development work.

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About Docobo

Docobo Ltd is a UK healthcare solutions provider, involved in the management and prevention of Long Term Conditions (LTC, formally known as chronic diseases).

The company has developed a remote monitoring service for LTC's, called doc@HOME[®], and is developing a focused range of related services and products to expand its portfolio. This Telehealth service offers care providers with an integrated low cost solution for the collection, management and analysis of essential patient related data, and permits efficient interaction between clinicians and patients at home.

TeleHealth has the ability to reduce the burden to healthcare providers related to LTC management by the provision of at-home monitoring and increasingly intelligent automated management of the condition.

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About Long Term Conditions and Telehealth

Effective management of Long Term Conditions has taken centre stage of health policy in the UK, and increased effort is being placed on monitoring and managing patients with specialist teams. In parallel with this, there is a drive to empower the patient to become much more involved in their condition and to make informed changes to lifestyle and compliance to help reduce symptoms and long term complications.

One of the way of improving management is through the daily monitoring of physiological signs and symptoms which, in the light of limited resources, can only be achieved by involving the patient in the collection of data at home. doc@HOME, a UK developed home monitoring service, has been produced to enable such patient driven data collection. It offers healthcare providers with new ways of managing and working with patients to improve outcomes and quality of life. doc@HOME provides solutions for Heart Failure, Hypertension, Diabetes, COPD and Asthma. It also links seamlessly with community alarm systems enabling cross agency collaborative working.