



Project for Telemedicine in heart failure

The project for telemedicine in heart failure started in 2010 in collaboration with Telefonica to monitor high-risk patients without having to move to hospital or to a primary healthcare centre.

For this project, a series of devices to manage patients from home were designed, with a computer touch screen, a webcam, and voice support. These devices allow patients to weigh themselves and take their blood pressure every day for six months. The data are then transmitted to the hospital to be monitored and visits are done via videoconference. This is the same as would be done at the outpatients' but through a different channel. 80% of visits are done by a nurse, following the European guideline algorithms, leaving the most complex decisions and validations to the cardiologist.

After 2 years, preliminary results for this project are spectacular. Patients on this programme show substantial improvement compared to patients treated in the conventional way:

- Death rates drop 34%
- Hospital stays drop 63%
- Hospital stays for other reasons drop 41%
- Cost per patient drops 68%
- Patient satisfaction is excellent

These results show with clinical evidence that telemonitoring together with teleintervention and a new management model is not only cost-efficient, but also radically improves the quality of life and care of patients, while considerably reducing healthcare costs, which is one of the main advantages when trying to ensure the healthcare systems remains sustainable.

Related information:

Video: <http://www.parcdesalutmar.cat/mar/iCOR.html>

Heart Failure web: <http://www.parcdesalutmar.cat/insuficiencia-cardiaca/index.html>