

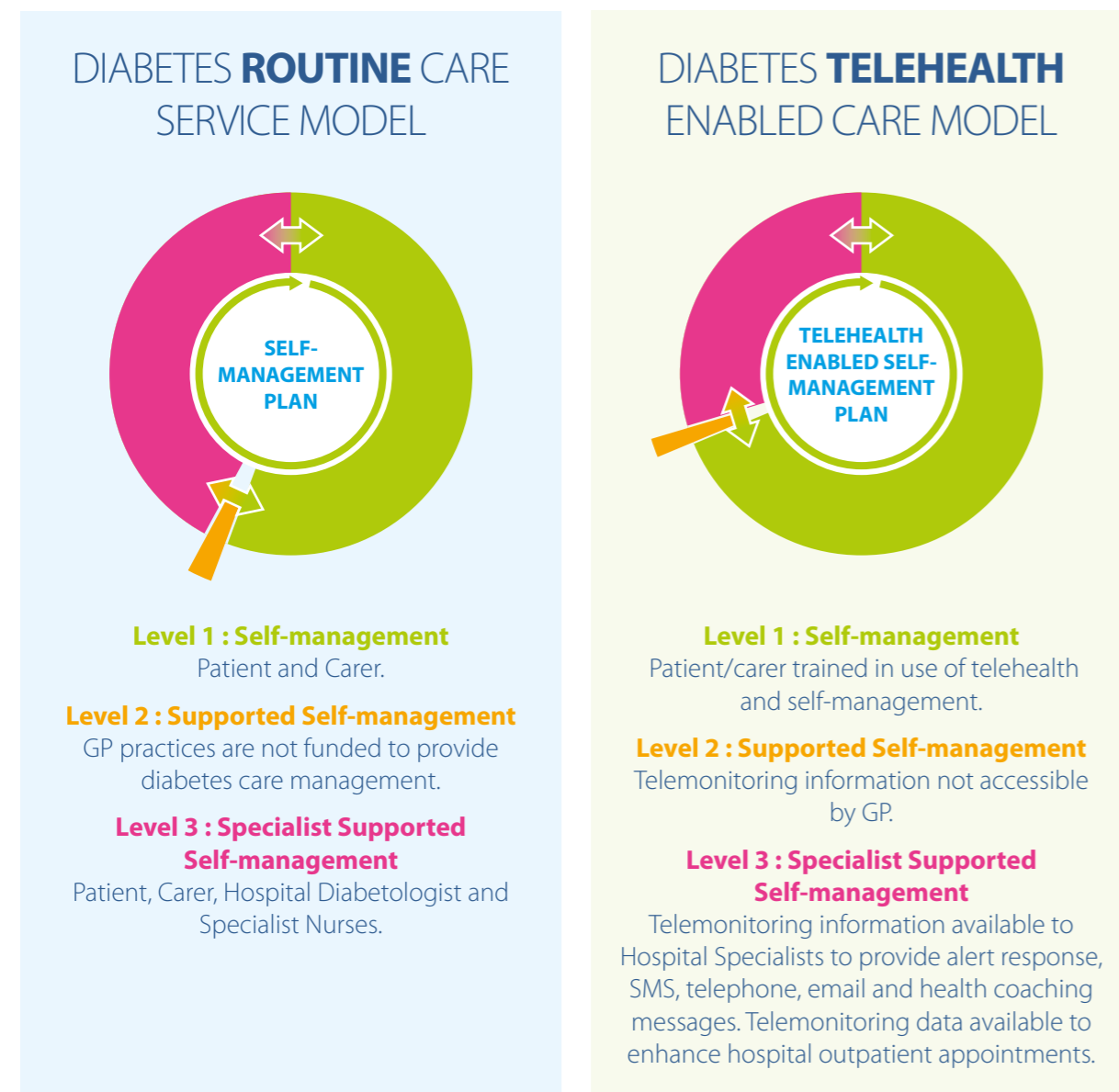
Telehealth in Practice

Northwest Moravia, Czech Republic - DIABETES

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Ambition

The overall aim for implementing telehealth into the care management programme for patients living with Type 2 diabetes who monitor their blood glucose levels, is to support and improve the individual patient's endeavours to self-manage and lead a lifestyle to reduce their risk of developing diabetes-related complications through new treatment pathways.



Diabetes Care Management - routine care

The routine care for patients living with Type 2 diabetes takes place at the University Hospital Olomouc and follows the Czech Diabetes Society Guidelines on diabetes mellitus Type 2 treatments. Patients self-manage (Green) and have scheduled outpatient consultations in accordance with their ongoing health status and disease progression although most patients are seen every 3 months by the hospital specialists (Pink) in order to review their blood glucose measurements that can be provided via their diary, patient's glucometer memory and any HbA1c laboratory tests. GPs are not funded to provide diabetes care management (Amber).

U4H Telehealth Enabled Diabetes Care Management

Patients are provided with a smartphone or tablet, glucometer and test strips and are given training to use software application called Medimonitor (Green).

The smartphone or tablet acts as a gateway to upload vital signs including blood glucose readings according to their individualised self-management plan, to the telemonitoring centre located in the hospital's Cardiology Clinic. Doctors, specialist nurses and biomedical engineers

are able to access the telehealth portal with collected data via internet using a web browser with secure login (Pink).

The Medimonitor system generates alerts in response to:

- A patient's vital signs readings are outside their threshold parameters. Patients will be contacted by a specialist nurse who will assess the severity of the situation. If the patient's treatment and self-management plan needs adjusting, the diabetologist will contact the patient to make the necessary adjustments and/or invite the patient to attend an unscheduled outpatient appointment.
- If there is missing or incomplete measurement uploads twice in a row – either a biomedical engineer or nurse will contact the patient by telephone, SMS or Medimonitor message and provide additional training in the use of the smartphone or tablet if required.

The scheduled outpatient consultations are enhanced through the availability of the telemonitoring information which is also able to be accessed by hospital specialists in a patient's symptoms worsen and they are admitted to hospital.

