



SELF MANAGEMENT IN ACTION

Using telehealthcare to support self management

Argyll and Bute Community Health Partnership have introduced a service using telehealthcare home monitoring to support people living with respiratory conditions.

The “health pod” monitor takes the user through a series of questions on a daily basis. The more these questions are repeated, the more people have an awareness of their condition and early triggers that their condition is going to exacerbate into a problem.

One man on an island in Argyll and Bute benefited significantly from this service. He had lost confidence, and had stopped going to visit family living on the mainland. He was frightened of being away from the island in case something happened to him - he was in and out of hospital regularly and often attended A and E or his GP.

The telehealth monitor was installed in his home, with the support of Community Nurses. Six months later there were dramatic changes. Maggie met him again about a year later:

“He’d just come back from a cruise - not only had he managed to leave the island, he’d actually left the country. It was a real success story. He was like a different man.” - Maggie Clark, Long Term Conditions Manager, Argyll and Bute CHP

He was able to go out and socialise again, visiting family and had become a real champion for telehealth, even being interviewed on national TV. He was self managing so effectively that visits to the GP and A and E had significantly reduced and he had no further related hospital admissions.

So what had changed?

“He was starting to recognise some of the triggers even before he was putting the information into the pod. It wasn’t just the pod but the combination of education, support and the home pod that supported him to self manage so effectively.”

Maggie and her colleagues are now looking at how they can develop the health pods into doing much more than just monitoring health, by building on other elements such as support, peer support, education and exercise.

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