

Enabling Self-Management of Long Term Conditions through mHealth

Background

15 million people in the UK suffer from a long term chronic condition costing the NHS 70% of its £115 billion budget. In a society which is living longer the prevalence of these conditions is expected to rise further.
Enter MySelfCare

Method

To enable those with high blood pressure and diabetes to better manage their condition we've developed the innovative www.MySelfCare.com, which uses mHealth technology to connect individuals, families and the healthcare professional.

Individuals take and monitor their blood pressure and glucose reading using state of the art wireless devices (red dot design award). Their RAG rated results are shared securely and instantly, on their own and/or nominated family members smart device. Healthcare professionals with consent can access trend data.



Conclusions

MySelfCare has the potential to revolutionise the way LTC's are managed. Improving the management of this cohort's condition has the potential to reduce the burden on current NHS resources.

Those with LTC's are given the education and the tools to empower them to manage their condition more effectively, living healthier and more independent lifestyles in the community.

We are excited to see the future results of this initiative within a commissioned setting and will follow this up with a formal evaluation with the expectation to be able to roll this out nationally.

Aim

Your lifestyle defines how well you manage your LTC. MySelfCare aims to empower individuals to better manage their LTC through effective self-management using mHealth as a tool to do so. Resulting in better health and fewer care admissions.

Results

MSC has yielded positive results from users and their families:

"My Dad has type 2 diabetes, I get daily readings of his blood glucose levels. It gives me peace of mind."

"My daughter gets emails of my readings instantly. Even though she lives far away she can always see how I am doing."

Slough and Peterborough Council's will be launching MSC in Apr 17. A full evaluation study will be conducted which we anticipate will result in improved wellbeing, improved patient engagement, medication compliance, reduction of hospital admission and lowered treatment costs as per national studies.

Learning Audience and Outcomes

We expect the following:

- **Raise awareness of how mHealth can improve outcomes for those with LTC's**
- **Recognise and explain the power of integrating a self-management tool within public health programmes**
- **Awareness of the emerging technologies to support improved public health**

www.MySelfCare.com

Tel: 0118 449 2526

Email: info@myselfcare.com

 **Solutions4Health**

