

Technology can facilitate patient self care balance

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Telehealth Definition

Telehealth (remote care)

Electronic sensors or equipment that monitor people's health in their own home. So for example equipment to monitor vital signs such as blood pressure, blood oxygen levels or weight. These measures are then automatically transmitted to a clinician who can observe health status without the patient leaving home. The clinician monitors daily readings to look for trends that could indicate a deterioration in condition.



Telecare Definition

Telecare (personal, environmental, security)

Electronic sensors and aids that make the home environment safer so that people can live at home, independently, for longer. The sensors automatically raises the alarm by contacting, via a call centre, a family member, friend, neighbour or warden (in sheltered housing). Examples include pendant/community alarms worn around the neck, bed sensors to check that someone has got back to bed after going to the toilet at night and door sensors to alert if an outside door has been left open unintentionally.





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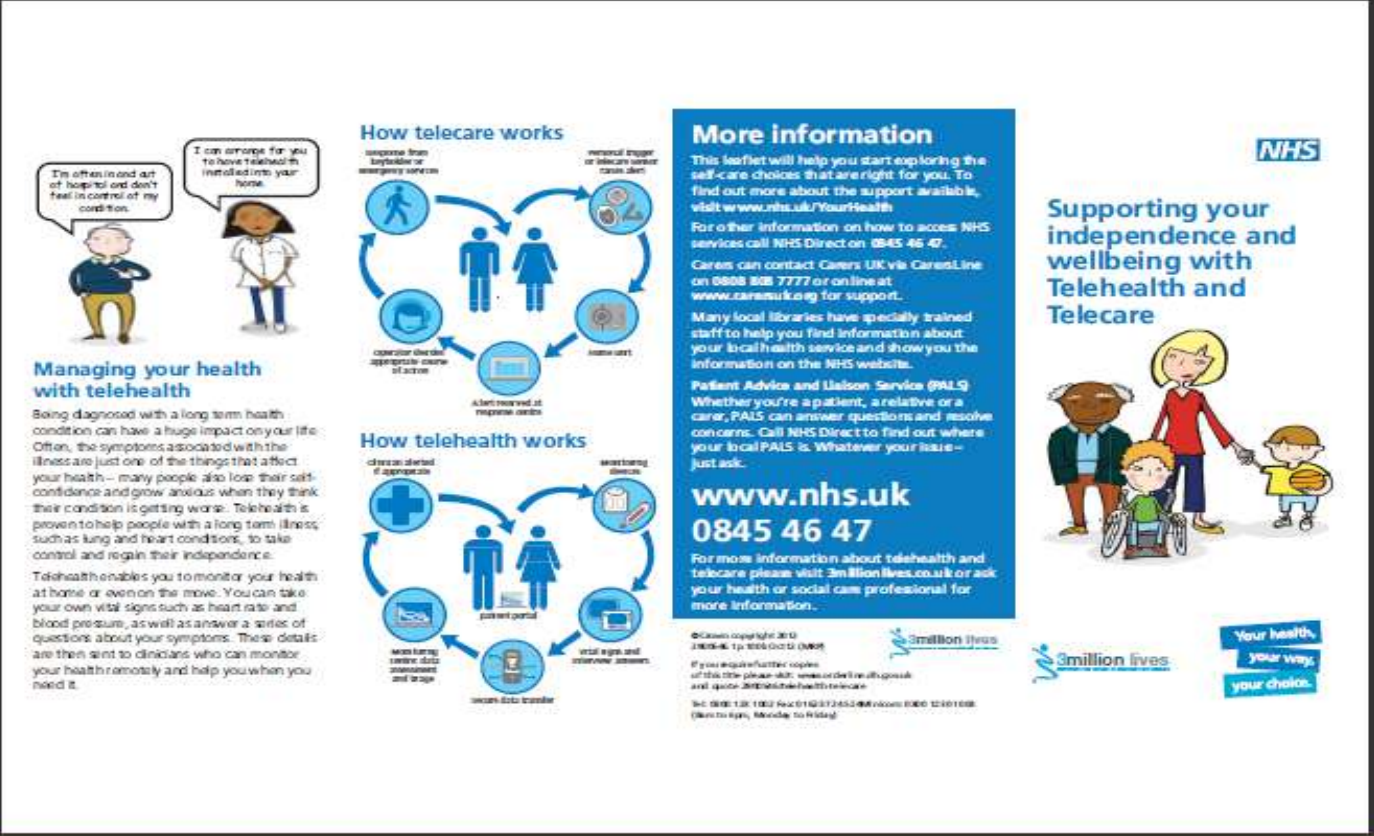
Information is key

NHS Long Term Conditions Flyer_Layout 1 2.pdf - Adobe Reader

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The flyer is divided into several sections. On the left, a cartoon illustration shows a man and a woman talking. The man says, 'I'm often in and out of hospital and don't feel in control of my condition.' The woman replies, 'I can arrange for you to have telehealth instead of going to hospital.' Below this is the section 'Managing your health with telehealth', which explains that telehealth allows people to monitor their health at home and take their own vital signs. In the center, there are two circular diagrams. The top one, 'How telecare works', shows a cycle between 'emergency services', 'remote trigger or telecare sensor', 'alarm alert', 'home care', 'remote care', and 'control device appropriate course of action'. The bottom one, 'How telehealth works', shows a cycle between 'clinical alert if appropriate', 'wearable device', 'vital signs and monitor sensors', 'remote data transfer', 'patient portal', and 'web based remote data management and storage'. On the right, there is a blue box titled 'More information' with the NHS logo and contact details for NHS Direct (0845 46 47) and the Patient Advice and Liaison Service (PALS). Below this is an illustration of a family (a man, a woman, a child in a wheelchair, and another child) and the slogan 'Supporting your independence and wellbeing with Telehealth and Telecare'. At the bottom right, there is a logo for '3million lives' and the slogan 'Your health. your way. your choice.'

Managing your health with telehealth

Being diagnosed with a long term health condition can have a huge impact on your life. Often, the symptoms associated with the illness are just one of the things that affect your health – many people also lose their self-confidence and grow anxious when they think their condition is getting worse. Telehealth is proven to help people with a long term illness, such as lung and heart conditions, to take control and regain their independence.

Telehealth enables you to monitor your health at home or even on the move. You can take your own vital signs such as heart rate and blood pressure, as well as answer a series of questions about your symptoms. These details are then sent to clinicians who can monitor your health remotely and help you when you need it.

How telecare works

emergency services

remote trigger or telecare sensor

alarm alert

home care

remote care

control device appropriate course of action

How telehealth works

clinical alert if appropriate

wearable device

vital signs and monitor sensors

remote data transfer

patient portal

web based remote data management and storage

More information

NHS

This leaflet will help you start exploring the self-care choices that are right for you. To find out more about the support available, visit www.nhs.uk/YourHealth.

For other information on how to access NHS services call NHS Direct on 0845 46 47.

Careers can contact Careers UK via Careerline on 0800 308 7777 or online at www.careersuk.org for support.

Many local libraries have specially trained staff to help you find information about your local health service and show you the information on the NHS website.

Patient Advice and Liaison Service (PALS)

Whether you're a patient, a relative or a carer, PALS can answer questions and resolve concerns. Call NHS Direct to find out where your local PALS is. Whatever your issue – just ask.

www.nhs.uk
0845 46 47

For more information about telehealth and telecare please visit 3millionlives.co.uk or ask your health or social care professional for more information.

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(Mon to Fri, Monday to Friday)

3million lives

3million lives

Your health. your way. your choice.

start

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What we hope to achieve

- People in control of their lives
- More freedom and choice
- People will live their lives as they want, with fewer hospital visits, not tied to clinics of bricks and mortar and technology is common place
- More flexibility for carers
- Better decision making

We believe TH/TC will transform healthcare and lives

Haris' Story

Telehealth Gives Man
his Life Back [Sa
veYouTube.com].mp4