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Conference Abstract

## "HANDS" of TELBIL project

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### Abstract

The "TELBIL-A project"\* is an implementation strategy based on a previous medical study, the randomized clinical trial TELBIL study (1). The experience consists on telemonitoring in-home patients with advanced chronic conditions (heart failure and/or pulmonary diseases) from primary care.

From the beginning until now 58 people have being telemonitored. The process involves not only patients but relatives and caregivers. All of these learn to have a certain control of their diseases.

In this poster we'll show hands of patients who have been included, transmitting warmth, closeness, and participation. Showing a few ideas and results regarding to the important human component of the study:

- better health related quality of life –HRQL- (considering the Visual Analogic Scale –VAS- of EQ-5D questionnaire, p 0,001),
- lower caregiver burden (Zarit questionnaire mean 16.5 to 30.5 in CG, p 0.005),
- satisfaction of patients/caregivers with the intervention (80.8% very satisfied, 61.5% feel safer, 76.9% think they have a better control of their disease, and 19.2% that telemonitoring gives them more autonomy).

### Keywords:

**telemetry, chronic disease, primary health care, humanities**

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### References:

1.\* TELBIL-A is funded by the Research Center in Chronicity (Kronikgune), exp. KRONIK11/004 <http://kronikgune.org/>

2. Martín-Lesende I, Orruño E, Cairo MC, Bilbao A, Asua J, Romo MI, et al. Assessment of a primary care-based telemonitoring intervention for home care patients with heart failure and chronic lung disease. The TELBIL study. BMC Health Services Research 2011; 11:56. doi:10.1186/1472-6963-11-56. Available from: <http://www.biomedcentral.com/1472-6963/11/56#IDAOGQR1>

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