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Conference Abstract

## Evaluation of an integrated telecare/telehealth pilot for complex chronic patients: the TELBIL+T study

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## Abstract

**Background:** There is controversial evidence on the impact of home telemonitoring in societies with increasing prevalence of chronic diseases. It seems that well coordinated care models supported by telemonitoring and with adequate selection of the patients that would benefit work better. The main objective of this study is to evaluate the impact of a primary care-based telemonitoring connected to a telecare platform intervention.

**Methods:** A controlled study was carried in Bilbao (Basque Country, Spain) to assess the impact of home telemonitoring plus telecare on chronic patients compared with standard care. The intervention consisted of daily patient self-measurements of respiratory-rate, heart-rate, blood pressure, oxygen saturation, weight, body temperature and the completion of a health status questionnaire using PDAs, plus standard telecare service (called betiON). Alerts were generated when pre-established thresholds were crossed. The control group received usual care. The primary outcome measure was the number of hospital admissions. The length of hospital stay, use of other healthcare resources and other patient outcomes was also explored.

**Results:** Definitive results will be presented at IJIC meeting.

**Conclusions:** Preliminary findings show that telemonitoring+telecare can constitute a beneficial alternative mode of healthcare provision for complex chronic patients. The effectiveness seems to be highly dependent on the care model and its integration with standard organizational procedures.

## **Keywords**

**e-health; chronic patients; integrated care**

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## **PowerPoint presentation**

<http://integratedcarefoundation.org/resource/icic15-presentations>