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Conference abstract

## The value of innovative ICT guided disease management combined with telemonitoring in outpatient clinics for chronic heart failure patients -IN TOUCH-

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### Abstract

**Background:** Chronic heart failure (HF) is a rapidly increasing epidemic with high mortality and high morbidity, leading to increasing healthcare costs. Although guidelines for the management of HF are clear, the quality of care for HF patients can still be improved. Disease management systems implemented in smart ICT solutions and telemedicine are expected to improve quality of care and to reduce costs.

**Aim:** To investigate the effect of information and communications technology (ICT) guided disease management (DM) and telemedicine (TM) on the quality and efficiency of care in patients with HF after a hospitalisation for HF.

**Methods:** The IN TOUCH study (innovative ICT guided disease management combined with telemonitoring in outpatient clinics for chronic heart failure patients) is a multicentre study in which 10 Dutch hospitals are participating. Patients are randomised to DM alone (n=75) or DM with TM (n=150). Total follow-up will be nine months. Primary endpoint of the study is a composite score of: (1) death from any cause during the follow-up of the study, (2) first re-admission for HF, and (3) change in quality of life compared to baseline, assessed by the Minnesota living with heart failure questionnaire.

**Results:** The study has started in December 2009. Results are expected end of 2012.

**Conclusion:** The IN TOUCH study is the first study to investigate the effect of an ICT guided disease management system in combination with telemedicine on the quality and efficiency of care in patients after a deterioration of heart failure.

## **Keywords**

**heart failure, disease management, telemonitoring, decision support, telehealth, computer support**

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