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Poster abstract

Telecare lifestyle monitoring—built on a strong foundation?

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Abstract

Introduction: Older people may prefer to stay at home when health declines [1], and Telecare lifestyle monitoring (TLM) may potentially enable this to happen. This experimental technology is based on the assumption that daily activities can be monitored to provide an indication of the health state of older people [2–5]; and yet the foundation for this assumed relationship has not been adequately explored.

Aims and objectives: To explore the relationship between activities within the home and health, in people with heart failure.

Methods: Using telecare data previously collected from the homes of seven heart failure patients living alone in Northern England [6], the study explored the relationship between measures of health (EQ-5D), and symptoms (breathlessness, cough, etc.), and proxy measures of home activity devised from the TLM data.

Results: Initial analysis of the dataset suggests that the relationship between activities within the home and health is complex. Associations between home activities and health have been found, but these relationships are not always as anticipated. In some cases activity levels may be higher when participants report poorer health.

Conclusion: The findings from this study illustrate the complexity of the relationship between activities within the home and health/symptoms, in the context of heart failure.

Keywords

lifestyle monitoring, telecare, older people, heart failure, activities within the house

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