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Poster abstract

Telemonitoring patients with chronic diseases in primary care. Conjunction of a randomized controlled trial (TELBIL study) with a realistic clinical application of Information and Communication Technology (ICT) in primary care

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Abstract

Introduction: Telemonitoring offers a new promising alternative for the care of the increasing number of chronic patients. Nevertheless, its introduction to clinical practice requires further evaluation, especially in primary care (PC).

Objective: To describe the design—global components and clinical repercussion of the implementation of a telemonitoring process in PC through a randomised controlled trial (RCT).

Methods: RCT with in-home patients with heart failure and/or chronic lung disease, and ≥ 2 hospital admissions during the previous year. Telemonitoring of intervention group, (IG, n=28), consists of daily transmission of self-measurements of respiratory/heart-rate, blood-

pressure, oxygen-saturation, weight, temperature, and a brief clinical questionnaire. Control group (CG, n=30) receives standard clinical care. Primary care physicians and nurses were in charge of the telemonitoring and patients' management.

Results: Clinical efficacy, usage of healthcare service and quality of life results at 3- and 6-month follow-up were presented at the conference in an oral communication.

Conclusions: Several reasons suggest that the RCT will have an important repercussion in clinical practice, and for designing future interventions:

- primary care protagonism-role, with all the Health Centers in the area taking part in the study, involving 70 professionals in the IG;
- all professionals attended a workshop on the control and management of both diseases;
- coordination with a sub-acute hospital in the area was established: online access to telemonitoring information, recruitment of patients, and participation in workshops;
- broad assessment of results, including satisfaction of patients-caregivers-families and professionals (questionnaire and qualitative study), and compliance analysis with the technology.

Keywords

telemetry, chronic disease, primary health care, effectiveness, clinical trial
