Remote monitoring devices could potentially reduce costs and improve health for at-risk patient populations by monitoring patients. Monitoring devices including blood pressure monitors, blood sugar monitors, oxygen monitors, weighing scales, activity monitors were allocated to participants of this study.

Caredoc, in conjunction with Netwell CASALA, introduced remote nurse triage support of older adults with multiple chronic conditions, self-managing their conditions at home using wearable technology. Participants electronically record their healthcare data at home as appropriate to their health condition. Participants alerts are monitored on a daily basis by the TTN.

To empower participants with knowledge to take ownership of their potentially debilitating conditions, to learn to manage their symptoms better and improve their overall quality of life.

Currently this project has 60 participants over 65 years of age, with two or more chronic diseases e.g. diabetes, COPD, CHF, heart disease. Participants are located in the North East of Ireland and were recruited by home care providers, pharmacists, GPs, community groups and responders to a media campaign. The monitoring equipment is provided by Philips.

Currently participants receive remote triage nurse support for a 12-month period.

Participants who when commenced monitoring had frequent alerts, are now much more stable and rarely alert at all through understanding the importance of compliance with medication and improved lifestyle.

Remote triage nurse patient monitoring allows continuous tracking of both healthy and at-risk patient vital signs in order to prevent emergent conditions and predict if and when an intervention will be necessary.

This project is scalable and transferable across all health sectors social, primary and acute. This program of remote health monitoring could be utilised in mental health services in mood monitoring, pregnancy related conditions (diabetes, hypertension, weight measurement, foetal heart monitoring).

Participants report a greater ownership and insight into how they themselves can influence their own health maintenance and wellbeing and admit a greater adherence to treatment during the remote monitoring.
Participants have stated that this is the longest they have "avoided hospital admission and stayed well". Participant feedback has been overwhelming with comments such as “this service saved me”, "delighted to have you (triage nurse) looking out for me", "great reassurance".

Increase in the uptake of the flu vaccine through triage nurse encouragement

- Using gentle reminder motivational tools with regard to medication management, understanding the importance of diet and exercise in their health management has increased the quality of life for participants

- Sharing in the participants excitement with weight loss achievements and increased step counts is an important aspect of the program and highlights the benefits of continuous monitoring

- Directing participants to the appropriate health professional leads to appropriate attendances at GPs and hospital

**Keywords:** technology; remote monitoring; patients submitting data