

MEDIA RELEASE

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Advent of Telehealth brings 40% reduction in emergency hospital admissions

Latest figures published by NHS North Yorkshire and York reveal a staggering 40 percent reduction in non-elective (emergency) hospital admission and a further drop of 28 percent in A&E attendances amongst the first patients in the area to use Telehealth.

The report, which is based on the first 91 patients in the area to use the revolutionary new technology, is further proof of the benefits Telehealth can bring to patients, their carers and the NHS itself.

In June 2010 NHS North Yorkshire and York announced it was investing in 2,000 Telehealth systems, making it the largest Telehealth project in the UK. Currently, 135 patients have been referred for Telehealth.

Kerry Wheeler, Assistant Director of Strategy for NHS North Yorkshire and York, said: "The figures are really encouraging and this is why we are placing so much emphasis on Telehealth in North Yorkshire and York.

"Some people have asked why it's taking time to get Telehealth out there but it's important to bear in mind the extensive preparatory work we are undertaking currently. This will ensure the technology can be integrated seamlessly into the healthcare system and the benefits to patients can be maximised. This includes extensive engagement with a significant number

local clinicians and the voluntary sector. Once this work is complete we hope to see the number of patients using Telehealth begin to increase rapidly.”

Telehealth is aimed at patients living with long term health conditions such as Chronic Obstructive Pulmonary Disease, Chronic Heart Failure and Diabetes.

Dawn Watson, Case Manager from York, said: “I’ve been caring for some of the first patients in the area to use Telehealth and have seen the benefits first-hand. From their perspective, it’s all about giving them confidence and peace of mind that their condition is being monitored. The feedback has been overwhelmingly positive.

“From a clinical perspective, Telehealth has given me greater contact with the patients who need care. It’s enabled me to manage my case load more effectively as I can spend more time with those who are in need, and less time with those whose condition is more stable. It really is a revolutionary piece of technology.”

More information about Telehealth can be accessed at www.northyorkshireandYork.nhs.uk

Ends

For further information contact the NHS North Yorkshire and York Communications Team on 01423 859616

Notes to editors

Figures

Acute care events		Before Telehealth	With Telehealth	Variance	% change
Non-elective admissions	Activity	83	50	↓ 33	↓ 40%
	Cost	£205,493	£119,051	↓ £86,442	↓ 42%
A&E visits	Activity	68	49	↓ 19	↓ 28%
	Cost	£7,433	£5,321	↓ £2,113	↓ 28%
Total cost		£224,675	£140,122	↓ £84,553	↓ 38%

Source: Secondary Uses Service (SUS) Data

About Telehealth

- Telehealth involves a small, portable electronic unit, roughly the size of a telephone, being installed in a patient's home and connected to the phone line.
- It is programmed to take readings such as blood pressure, blood glucose levels, oxygen levels etc on a daily basis. The readings are sent automatically to a monitoring centre.
- If any abnormalities are flagged in the system, a healthcare professional is alerted and the patient is contacted
- Patients with COPD, Chronic Heart Failure and Diabetes are the main focus of the Telehealth programme in North Yorkshire and York.
- Telehealth improves the quality of life for patients and their carers
- Telehealth can reduce the risk of patients requiring a hospital admission