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### **Whole System Demonstrator – A whole lot better**

Newham's WSD programme is playing a crucial role in examining and evaluating alternative ways of managing long-term health conditions via the exciting possibilities opened up by TeleCare and TeleHealth technologies.

With an ageing population, growing numbers of people with long-term conditions, a rise in complex health needs and increasing pressures on health and social care services, Newham needs to find new ways to help people manage their own health, within their own homes.

The aim of the WSD is not only to help the Newham population live more independently for longer, but just as importantly to help reduce: emergency hospital admissions, accident and emergency attendances and the numbers admitted to care and nursing homes. Home monitoring systems for self-managed care are already proving beneficial for users and are also helping to relieve a lot of the pressures facing carers.

Local user Clare Mehmet, has had insulin controlled Diabetes for the past 14 years, and was recommended for the TeleHealth trial by her GP. For the past five months Clare has been trialling the system in her home and is able to take her own daily vital signs readings – blood pressure, blood sugar levels, weight and pulse. The results are sent through a set top box connected to her television and monitored remotely by a nursing team.

"It's very easy and convenient to use. If it flags up that there's something wrong, someone will call me to make sure everything is ok," she said.

"I find it very good to compare, because before (TeleHealth) I would just take my blood pressure as and when. But by doing the readings on a regular basis, you can see any trends and are able to understand the reasons for any abnormal results. Being able to see your readings encourages you to do better. "

And the good news is that Newham, with the help of its local GPs, Community Health Carers and Nurses, is well on the way to achieving the required patient numbers for the Trial, and has the highest number of GPs signed up out of the three regions participating in the Trial.

To find out more about the WSD trial visit [www.NewhamWSDTrial.org](http://www.NewhamWSDTrial.org)

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