

# CLARE MEHMET

TELEHEALTH DIABETIC CASE STUDY

## Newham Whole System Demonstrator

[www.NewhamWSDTrial.org](http://www.NewhamWSDTrial.org)



*"TeleHealth has become a hugely important part of my life ...."*

Clare Mehmet

### THE PROBLEM

People with Diabetes have high levels of glucose in their blood because the body cannot use it properly. Insulin is a hormone produced by the pancreas and helps the glucose to enter the cells where it is used as fuel for energy so we can work, play and generally live our lives.

### THE NEED

Clare has suffered from insulin controlled diabetes for the past 14 years. It was only at the time of her diagnosis that she found out that she had already been diabetic for the previous ten years. Adopted as a child, Clare had no previous family medical history to draw from. However, after some research, she discovered a grandmother had died of diabetic complications.

Like many diabetics, a concern for Clare is her condition suddenly escalating to dangerous levels without warning. Determined to stay independent and in her own home, which she shares with her husband, Clare needed an alternative solution to manage her health.

### THE ANSWER

For the past five months Clare has been trialling the TeleHealth system in her home which is aimed at giving her the tools she needs to help manage her own health at home with the supervision of health professionals.

### THE METHOD

Through the TeleHealth system, Clare takes her own vital signs readings each morning with the results sent through a set top box connected to her television and monitored remotely by a nursing team. The team tracks the results over time to help avoid an emergency situation from arising. Clare can also view her results on her television.

### THE EQUIPMENT



#### Set-Top Box

Small, unobtrusive unit connected via the TV. The unit stores vital signs data.



#### Blood Pressure Monitor

Daily blood pressure readings are updated into the set-top box.



#### Body Weight Scales

Fluctuations in daily weight readings can indicate health problems.



#### Pulse Oximeter

Measures blood oxygen levels and heart rate.



#### Blood Glucometer

Measures blood sugar levels.

### THE OUTCOME

Clare has found that TeleHealth has made a big difference to her life. Being able to compare her results history has been hugely beneficial. She can now track her trends and gets great advice from her healthcare team if her readings show any abnormal results.

Clare's GP recommended her for the TeleHealth trial, a joint research programme being trialled by the Newham Council and the Primary Care Trust.