



*"Before I started the trial I ate and drank anything... now with TeleHealth I can literally see the importance of a healthy lifestyle."*

Ernest Girard

### 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

Ernest Girard, 74, has had insulin controlled Diabetes for the past 25 years. Like many diabetics, a concern for Ernest is his condition suddenly escalating to dangerous levels without warning. Determined to stay independent and in his own home, which he shares with his wife, Ernest needed an alternative solution to manage his health.

### THE ANSWER

Ernest was one of the first residents in the borough of Newham to trial TeleHealth technology – a system aimed at effectively managing a person's health at home. Ernest has been trialling TeleHealth in his home for the past six months.

### THE METHOD

Using TeleHealth, Ernest is able to take his own weight, pulse and blood sugar levels each morning. The readings are taken with special equipment which is linked to a set-top box connected to his television. The results, shown to Ernest on his television, are then automatically uploaded to a team of healthcare professionals who view them daily.

### 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

One day Ernest received a call from his district nurse as his blood pressure had risen dramatically.

"I went to a party and had some whisky, cake and ice cream and the next day my blood pressure went sky high," he said. Though this was an isolated event, it helped Ernest become more aware of his eating habits as the system gives guidelines that your readings should adhere to in order to stay healthy.

Ernest's wife Clare is also feeling the benefits of TeleHealth. "It gets me off the hook. I'm glad when he is taking care of himself... when he doesn't I feel like I need to push him."