



"I think everyone should have TeleHealth. If you could possibly benefit from it, get it."

Henry Willis

THE PROBLEM

People with Chronic Obstructive Pulmonary Disease (COPD) experience restricted (obstructed) airflow to the lungs. Symptoms include coughing and breathlessness. COPD is common with around one million people in the UK having the condition. It mainly affects people over the age of 40 and is one of the most common reasons for hospital admissions.

THE NEED

Henry, 77, suffers from COPD. Though wanting to live an independent life, his condition means that his health could deteriorate quickly without warning, and a concern for both Henry and his family is how to avoid an emergency situation from arising.

THE ANSWER

A great reassurance to Henry and his family is the TeleHealth system, which was installed in his home six weeks ago so he can take his own vital sign readings each day.

THE METHOD

His weight, blood pressure, pulse and oxygen levels are taken with special equipment which is linked to a set-top box connected to his television so Henry can see his results. These results are then automatically uploaded to a team of healthcare professionals who view them daily to monitor his health over time.

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.

THE OUTCOME

Henry had received a call from his district nurse one morning as his blood pressure and pulse had displayed an unusual peak.

"I don't know why, I was doing nothing more or nothing less than what I normally do...but within five minutes of doing my readings my district nurse was on the phone to me," he said.

TeleHealth is designed especially for people in Henry's situation. It helps him feel secure in his own home, while preventing an emergency from arising so he can get on with the things in life he enjoys most.