

IRENE RHODES

TELEHEALTH DIABETIC CASE STUDY

Newham Whole System Demonstrator

www.NewhamWSDTrial.org



"TeleHealth has been a great motivator for me to start making healthier choices."

Irene Rhodes

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

Irene was diagnosed with Diabetes 23 years ago and has since been proactive about researching and understanding her condition. Like many diabetics, a concern for Irene is her condition suddenly escalating to dangerous levels without warning. For example Irene was once hospitalised due to dehydration.

THE ANSWER

For the past five months Irene 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

Using the TeleHealth system she has been trialling in her home for the past six months, Irene takes her own weight, blood pressure and oxygen levels, which can help prevent an emergency situation from arising. The results are monitored by health professionals to help prevent an emergency situation from arising.

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

Irene received a call from her district nurse one day to check how she was feeling as her blood sugar levels had shot up dramatically.

"I knew straight away what it was. I'd had Chinese the night before. I knew it would be high then," she laughs. "TeleHealth is a good idea. It keeps you active and motivated to know what is going on with your health."