
Telemonitoring self management of hypertension trial

The results of a large randomised controlled trial undertaken in 24 general practices in the UK clearly shows the value of self management and telemonitoring over conventional care from a GP. Patients with hypertension who monitored their blood pressure at home and adjusted their medication experienced greater falls in blood pressure than patients receiving conventional care. The study was lead by Professor Richard J McManus, Primary Care Clinical Sciences, University of Birmingham and funded by Department of Health Policy Research Programme, National Coordinating Centre for Research Capacity Development, and Midlands Research Practices Consortium. The findings are reported in an upcoming Lancet paper.

Patients made measurements using an automated sphygmomanometer that transmitted blood pressure readings to the research team. Results were reflected back to the patients using a traffic light system. The patients then applied simple rules to adjust their medication when necessary. Mean systolic blood pressure decreased by 12.9 mm Hg from baseline to 6 months in the self-management group and by 9.2 mm Hg in the control group. From baseline to 12 months, systolic blood pressure decreased by 17.6 mm Hg in the self-management group and by 12.2 mm Hg in the control group. It is concluded that "Self-management of hypertension in combination with telemonitoring of blood pressure measurements represents an important new addition to control of hypertension in primary care."

T-Cycle: a new service for CUHTec members

For various good practical reasons telecare service providers often have surplus inventory that they need to dispose of. This equipment may have been used by clients or surplus stock that has never been used. Storage costs can be very considerable but members are rightly loathe to simply dispose of this equipment as landfill, indeed for certain kinds of electrical equipment this can also be expensive.

T-cycle follows the highly successful Freecycle model [<http://www.uk.freecycle.org/>]. Someone with telecare or free-standing assistive technology to dispose of "offers" it on the Offers Page. Any CUHTec member wanting to take some or all of the equipment contacts the "offerer" and arranges to collect it. There is no payment involved and the offerer has no liability or service commitment. The taker is responsible for all the costs of collection, and reconditioning should this be necessary.

When the equipment is taken the offerer marks it as such on the Offers Page and we remove it from the list. There is also a Wanted Page that works in the same way which may be particularly useful for organisations wishing to obtain stock that can no longer be obtained through standard sources.

The benefits for CUHTec members using T-cycle are:

- the offerer avoids storage and insurance costs
- the offerer disposes of unwanted inventory without cost or liability;
- the offerer complies with the environmental codes adopted by most local authorities and RSLs;
- while there are costs to the taker for collection, and possibly reconditioning, these will generally be less than the costs of buying from a company;
- offerer and taker have the opportunity to share best practice and experiences with this and other telecare equipment, building a stronger mutually supportive telecare community.

T-Cycle is available now. To access it go to the CUHTec web page (www.cuhtec.org.uk) and login to the members area. If you have mislaid your password email Jenny Parry at cuhtec@psych.york.ac.uk and she will send you a new one.

CUHTec Courses:

Demonstrating the Cost-effectiveness of Telecare (September 14)

Watch out for our soon to be published new programme of courses for 2010-2011.

Demonstrating the cost-effectiveness of telecare will enable telecare service providers to devise attractive services with demonstrable cost-effectiveness. The first part of the course considers the outcomes of service audits and how they can be used to improve service provision and cost-effectiveness. The second part considers future developments in telehealthcare and how new applications in monitoring level of physical activity, lifestyle and vital signs together with pro-active calling might enable services to be expanded so that they become important to more groups of people.

Issues such as ethics, access to data, data ownership, and privacy will be addressed against a background of increasing concern about these issues. Finally, ways of making telecare more attractive to service users will be considered, including the potential for virtual communities, robots and virtual presence to help reduce social isolation and loneliness.

For further details about this course or to make a booking, please visit <http://www.cuhtec.org.uk/> where a booking form is available or contact:

CUHTec Administrator, CUHTec, Department of Psychology, University of York,
York YO10 5DD. Tel: 01904 433148, Fax: 01904 433181, Email: cuhtec@psych.york.ac.uk

Fees for all our courses in 2010 are CUHTec Full Members: One delegate - £180.00, two or more delegates - £150.00 per delegate, Associate and Non-members: £295.00 per delegate.

Future courses:

- ***Personalised Budgets and Telecare, Nov 4, 2010***
- ***Adapting your telecare service to new financial circumstances, Feb 2, 2011***

CUHTec Regional Telecare Forums

London/South East England The Resource Centre, Holloway Road, London, 28 September

Midlands/North Wales Hosted by Stoke on Trent City Council, **20 October** (*please note change of date*)

Yorkshire/North East England Hosted by North Yorkshire County Council, 23 November

CUHTec regional telecare forums are half-day events aimed at service providers at all levels. They provide an opportunity for CUHTec members (full and associate) to get together to exchange ideas and experiences with fellow professionals in the region with the emphasis on sharing best practice in telecare. Each forum targets specific subjects for discussion based on recent feedback from members in the area and are facilitated by Kevin Doughty of the Centre for Usable Home Technology.

Please contact CUHTec Administrator (tel; 01904 433178 email; cuhtec@psych.york.ac.uk) if you wish to attend any of these forums.