



Barwon
Health

Barwon Health Personalised Health Care Pilot

Randomised Controlled Proof of Concept
Pilot Study

The Pilot

- Aim to reduce hospital attendance for individuals that were predicted to present to Barwon Health over 12 months
- Jointly funded by DHHS and Barwon Health December 2013-15
- COPD and Diabetes clients
- Randomised control trial



Outcomes

Evaluation	Outcome
ED Presentations	Intervention n=73 Control n=98
Hospitalizations	Intervention n=102 Control n=130
LOS	Mean difference in LOS of 3.9 days in favour of the intervention
Quality of Life (AQoL-8D)	Significant Difference Demonstrated
Anxiety/Depression (PHQ9 and GAD7)	Significant Difference Demonstrated
Health Literacy (heiQ)	Similar to benchmark for Australia
Economic Evaluation	\$714 over 12 months in favour of the control group. Emerging cost savings due to improved technology and scalability



What is Remote Patient Monitoring (RPM)



Provide advice or recommendations for action

Refer patient to appropriate health service

Seek further advice from on-call consultant



The Technology

- Driven by Protocols designed to support patients health literacy and self-management
(Redesigned at Barwon Health with Clinical expertise to suite Australian market)
- Protocols drive the information delivered to the patient and the information requested of the patient
- Protocols ascribe a flag in the system for out of range data



Patient Monitoring

(Telus Remote Patient Monitoring)



Health

Dashboard Patients Workload Interventions Admin Console My Profile Help

Patient List Monitoring Plan Monitoring Data Alerts Medications Equipment Events Messages Documents History Forms Reports Additional Info

Summary View Detailed View Clinical Notes

Test, Patient ✖ Gender: U Age: Protocol Diabetes ✓ ! 0 ! 0 ! 0

[+ Add Note](#)

Remote Patient Monitoring Data : Test, Patient

Date Search date slider | [date range](#)

1 2 3 4 5 6 1 2 3 4 5 6 1 2 3 4 5 6

Day(s) Week(s) Month(s)

Quick Filter

		Patient	Scheduled At	Performed On	Activity Name	Value
✓	!	Test, Patient	2014-01-26 07:30:00	2014-01-26 12:27:24	Measure Blood Sugar	5.2
✓		Test, Patient	2014-01-26 08:00:00	2014-01-26 12:27:36	Have you take medications	Yes
✓		Test, Patient	2014-01-26 08:00:00	2014-01-26 12:27:44	Symptoms identification	Shown
✓		Test, Patient	2014-01-26 09:00:00	2014-01-26 12:28:08	Catch up Personalised Health	Shown
✓		Test, Patient	2014-01-26 09:30:00	2014-01-26 12:28:31	Foot care	Yes
✓		Test, Patient	2014-01-26 09:30:00	2014-01-26 12:29:05	Foot care	Yes
✓		Test, Patient	2014-01-26 12:34:00	2014-01-26 12:34:18	Foot care	12:34 - Yes
✓	!	Test, Patient	2014-01-26 12:34:00	2014-01-26 12:35:05	Measure Blood Sugar	12:34 - 3.5
✓		Test, Patient	2014-01-26 12:36:00	2014-01-26 12:36:42	Question	12:36 - Yes
✓	!	Test, Patient	2014-01-26 12:37:00	2014-01-26 12:37:09	Symptoms identification	12:37 - Shown
✓	!	Test, Patient	2014-01-26 12:38:00	2014-01-26 12:38:39	Sats measure	12:38 - 94.0
✓	!	Test, Patient	2014-01-26 12:38:00	2014-01-26 12:39:03	Have you take medications	12:38 - No
✓	!	Test, Patient	2014-01-26 12:39:00	2014-01-26 12:39:43	Blood Pressure measure	12:39 - Systolic Blood Pr...
✓	!	Test, Patient	2014-01-26 13:06:00	2014-01-26 13:06:25	Measure Blood Sugar	13:06 - 5.2



OUR VALUES / RESPECT / COMPASSION / COMMITMENT / ACCOUNTABILITY / INNOVATION

- Monitoring plan that can be modified to meet the patients individual needs.
 - By protocol selection
 - Altered parameters
- Health coaching and patient goal setting. Fortnightly via video conferencing facilitated by scheduled and opportunistic expert nurse intervention



Patient Champion



Ken reported that his GP provided him with his HbA1C result. He stated that his previous HbA1c was 18 and his latest is 9! Ken reported being "over the moon" as his GP was even happy, "which he is never happy with my results". He reported that being compliant with his insulin and the changes to his diet are reflected in the result, "I can't believe it". Ken attributes his improved compliance with medication and lifestyle changes with the Personalise Health Care program and HARP as "there is someone checking how I am and if I'm not right someone gives me a call or there is someone I can call... I feel secure...safer".

- <http://www.youtube.com/watch?v=4UCrA36LF5s>

