

My Health Clinic At Home



A 6-month trial providing older people with daily home-based healthcare monitoring

Who is this pilot ideal for?

Those people over 65 with chronic illnesses such as:

- Chronic lung conditions
- Chronic heart conditions
- Diabetes
- High blood pressure.

It is particularly suited to those who would benefit from more frequent monitoring, or who require reassurance and/or education about their condition, and those feeling isolated at home.

What do we offer?

The Selwyn Foundation is piloting a home-based healthcare monitoring system. In association with a leading Australian health technology service, we are offering in-home monitoring of vital signs and general wellness, and installation of safety devices to support the older person at home. This provides extra support for the client's self-management of their health condition, and also offers in-home video conferencing with staff, doctors, friends and family.

What is involved?

The client will be issued a small touchscreen computer and whichever monitoring devices are appropriate, eg. scales, pulse oximeter, blood glucose monitor, sphygmomanometer, thermometer.

1. At a set time(s) each day, the screen will prompt the client to take their recordings. They will then be prompted to answer disease specific questions around their general wellness. They touch a yes/no button on screen and receive an audible as well as visual response.
2. The results are securely transmitted to a specially trained Telehealth Registered Nurse for review, prior to her daily videoconference with the client to see how they are managing. Videoconferencing can also be set up with a GP, consultant or case manager as part of the person's individual programme.

How long is the pilot?

The pilot will begin in June 2015 and completes in December 2015, allowing support over the busy winter period.

What does it cost?

There is no cost to the client or healthcare practice for this pilot.

What happens to their usual care?

This pilot will run alongside usual care. It is not an emergency service and clients will be advised that, if they are unwell, they need to contact their doctor as they usually would. Case managers will be encouraged to stay involved and we would ideally like to trial video conferencing with them during the pilot.

What are the vital sign parameters?

As part of the initial assessment process, we will be asking GPs and case managers to set their client's parameters. Any results outside of these parameters will be red-flagged in our software programme and discussed with the relevant clinician.

Is there access to the trend data?

We will provide regular trend data to GPs and case managers at the frequency they choose (daily, weekly, or monthly).

Apart from vital signs and a daily health check, what else do we provide?

We also offer smart house technology. As part of our initial assessment, we will provide appropriate safety monitoring devices which operate 24/7 during the life of the pilot. The range includes an alarm pendant, fall detector, movement detector, smoke alarm, enuresis alarm, flood detector, pressure mats and under pillow shakers to alert the caregiver.

What does The Selwyn Foundation want to achieve with this pilot?

Selwyn has a strong reputation in the provision of care for ageing people in New Zealand for over 60 years. New Zealand has an ageing population and we need to seek ways of utilising technology to assist people to remain well at home for as long as possible. The growth in prevalence and complexity of chronic disease is increasing and new ways of supporting clients at home need to be found.

Research has already demonstrated that telehealth is successful. The technology has already been proven in Australia. Now we want to pilot that technology in Auckland to assist us in the ongoing development of the aged care services provided by The Selwyn Foundation.

For more information or if you have a patient you think would benefit from this pilot, please contact Sandi Millner at SandiM@selwyncare.org.nz or give her a call on 021 811 637.

