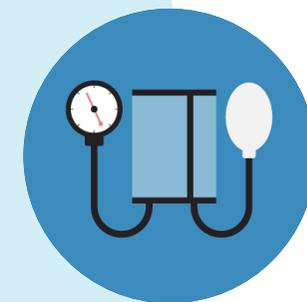


# Health *Call*

## BP@Home



### Background

The BP @ Home service is a remote-monitoring solution for patients who are required to check their blood pressure over a specific time period. The application allows the patient to self-test and report their blood pressure from their own home. This data is then fed directly into the patient's healthcare record.

### How it works

Patients are provided with equipment and training in how to use the blood pressure monitor. They take the test and submit their blood pressure readings to a clinician remotely. This provides convenience for the patient, who may otherwise need to attend multiple appointments at a healthcare setting.

The clinical team set thresholds for the individual patient. If readings fall outside of these thresholds, an alert is automatically generated so the clinician can follow up contact the patient directly to discuss the result.

Patients can choose to use SMS text messaging, an online portal or an app to submit their readings. This means the service can be accessed by patients of all technical abilities.

The hypertension service calculates the 7-day average blood pressure reading, negating the need to do this manually. All information can then be pulled directly through to the patient's medical record, reducing staff time and duplication of work and used for treatment decisions.

### Product features

- Patients are registered onto the system.
- Patients receive a notification to input their blood pressure reading twice daily. If the reading is outside of the accepted range, they are notified to repeat the reading at 10-minute intervals
- If repeated readings remain in a malignant hypertension range, a follow up message is received by the patient about further contact with health services.
- The 7-day average systolic and diastolic readings are calculated and integrated into the patient's clinical record.
- The clinician then determines treatment follow up.





# BP@Home

## Benefits

- Patients are closely involved in their care which can lead to better self-management of their condition.
- There is a reduced need for outpatient appointments, increasing clinical efficiency and leading to cost savings for the organisation.
- Using the service can lead to earlier identification of significant changes in blood pressure, resulting in quicker treatment of conditions and better outcomes for the patient.
- The service also improves the efficiency of producing documentation, automating certain sections, and preventing duplication of work

## Deployed

Hypertension is currently in pilot and being developed in partnership with Teams Medical Practice based in Gateshead, Tyne and Wear.



Michelle Anderson, Trainee Advanced Clinical Practitioner and Lead Nurse at Teams Medical Practice said: *"We have worked closely with the Health Call team to develop the blood pressure remote monitoring tool. Its designed for patients where we know they are suffering from high blood pressure, but we want to monitor them for a set period of time.*

*"Usually, they would need to come into the surgery repeatedly for us to take a range of readings, which can be inconvenient for a lot of people. As the tool works for patients whether they have access to a smartphone and the internet, or not, it means we can offer it to even more patients.*

*"It helps give patients a sense of control over their health and keeps them actively involved in their care. We provide them with a blood pressure monitor and show them how to use it. They choose how they would like to submit their readings. They can use an automated phone service, a smartphone app or a web portal.*

*"Our nurses receive a notification, and the reading is directly input into the patient's electronic record so there's no need for us to manually add anything.*

*"The clinical team can then make a judgement on the next steps based on the submitted reading and carry out the necessary follow up."*



[www.nhshealthcall.co.uk](http://www.nhshealthcall.co.uk)

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