



Hypertension management



Using telehealth in the management of Hypertension

Hypertension key facts

- Hypertension is the most common of all cardiovascular conditions and is the most frequently managed chronic problem by Australian general practice¹
- 39% of adults over 75 in Australia have hypertension and this increases with age²
- Globally, hypertension is estimated to be responsible for 7.6 million premature deaths and 6.0% of total premature death and disability burden³
- Hypertension is the most expensive disease group in terms of direct health expenditure in Australia³

Using telehealth in the management of hypertension

A comprehensive hypertension care program which incorporates telehealth provides a key enabler in the improvement of the health and well being for patients, as well as facilitating a reduction in hospital admissions, emergency room visits and supporting early discharge.

Telehealth enables individuals to manage their hypertension effectively at home and can result in early diagnosis of health related problems, empowering patients to take a more active role in their care. The collection of vital sign data, in addition to the answers to symptomatic health interview questions supports clinical staff when evaluating the patient on a regular basis.

Sources and further reading

1. <http://www.aihw.gov.au/publications/gep/mhhcdgpa/mhhcdgpac15.pdf>
2. "Shifting the burden of Cardiovascular disease in Australia" Access Economics 2005
3. http://www.health.qld.gov.au/cho_report/2010/document/2010_choreport_ch5.pdf#page=32

Measuring vital signs and health interview questions

Recommended medical devices which measure the required vital sign data for hypertension patients include pulse oximeters, weighing scales and blood pressure monitors.

Health interview questions are answered which give an overview of how the patient is feeling, are based on established clinical guidelines (NICE, Map of Medicine) and have been clinically verified by health professionals. Once the patient takes their measurements and completes the associated health interview questions the information is then automatically transmitted to the **icp triagemanager** clinical software platform which supports validation of data, monitoring of health status and triaging.

Signs and symptoms associated with hypertension

Hypertension is a condition in which the blood pressure in the arteries is chronically elevated. The main goal of treatment for hypertension is to lower blood pressure to less than 140/90 mm Hg.

It is well known that drug therapy for hypertension reduces the risk of cardiovascular disease and death. Telehealth can identify changes to a patient's blood pressure allowing health professionals to adjust medication to ensure a hospital admission is avoided.

Telehealth monitoring can help to stabilise a patient's condition making it easier for the patient to adhere to treatment plans and changes in their lifestyle.



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Medication management

Regular analysis of telehealth data enables clinicians to see any changes to a patient's vital signs and relate it to the medication compliance questions on their health interview session.

The patient's telehealth data trends and health interview question results facilitate health professionals to adjust medication dosage and ascertain the most appropriate time to take the medication and monitor any side effects.

The **mytelemedic** telehealth monitor can be configured to remind the patient both visually and verbally at the relevant times of the day to take their medication and provides appropriate advice dependent on patient responses to health interview questions.

Blood pressure management

By tracking a patient's weight and blood pressure levels, the **icp triagemanager** clinical software can track changes and initiate proactive care-management. Should a patient's blood pressure rise, the health professional will be alerted to the changes and will initiate proactive medication management.

Anxiety and stress

Hypertension patients can be susceptible to increased anxiety and depression. Through daily telehealth monitoring, patients learn to recognise their symptoms which brings them reassurance and reduces their anxiety levels helping improve their quality of life.

Tele-coaching and education

Once the patient's condition has stabilised, they are more receptive to coaching and education. By providing the right information, patients can learn to self-manage their hypertension.

Tele-coaching and education encourages a more proactive relationship between patients and health professionals.

Telehealth solutions

The recommended telehealth medical devices that monitor vital signs and support self-management for a hypertensive patient includes

- . Pulse oximetry
- . Blood pressure monitor
- . Weighing scales
- . Hypertension daily health interviews and regional quality of life surveys at 3, 6 and 12 month intervals

Hypertension package



Telecare solutions

In addition, patients can greatly benefit from a telecare service which consists of a Tunstall Connect + personal alarm and a range of appropriate sensors which are linked to a 24/7 monitoring service, enabling patients to access help and support at anytime of the day or night.

Tunstall Connect + and pendant



For more information call 1800 611 528

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A member of the Tunstall Healthcare Group Limited.
www.tunstallhealthcare.com.au 1/56 Lavarack Ave, Eagle Farm Queensland 4009 Australia
Tel (07) 3637 2200 Fax (07) 3637 2255 Free call in Australia 1800 611 528 9/2/11
MK-DS-AU-014-010


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