

MEDIA RELEASE

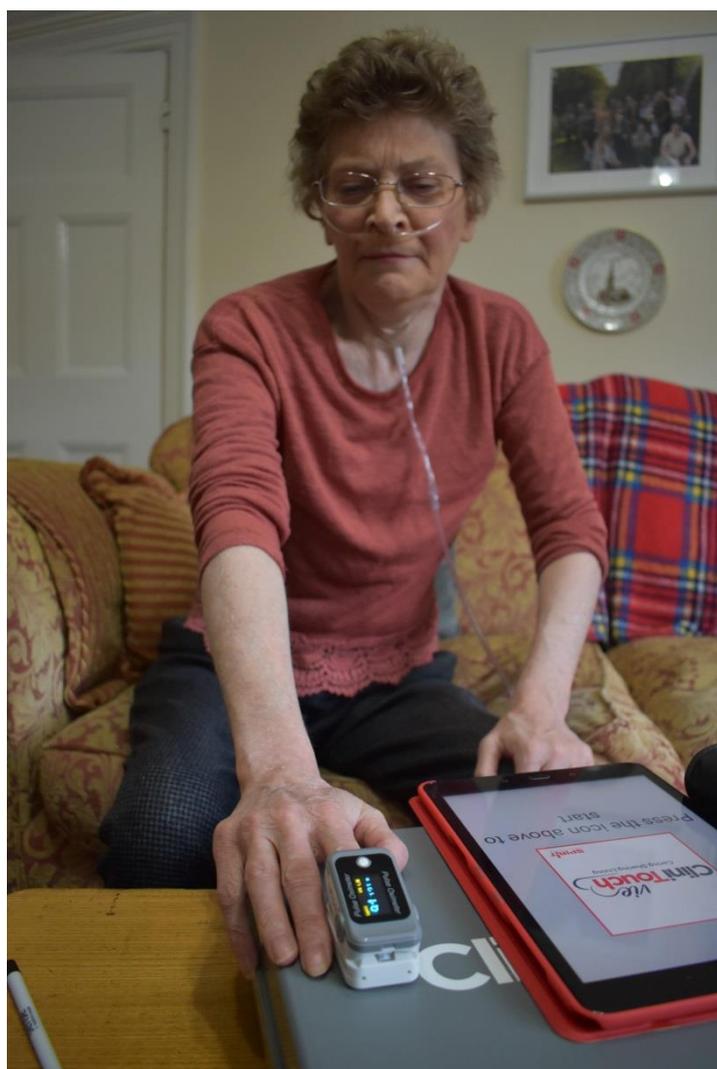
28 November 2018

CHS_18_18

Lung patients benefit from daily monitoring

A project using remote monitoring technology is improving the health of patients across Leicester, Leicestershire and Rutland.

Leicestershire Partnership NHS Trust and Leicester-based Spirit Digital have been working on a joint project involving patients with the lung condition COPD (chronic obstructive pulmonary disease).



Patients are given equipment which helps them monitor their condition 24/7, and gives advice on how to stay as healthy as possible.

The results of a study involving 28 LPT patients has just been published (12 November 2018) in the British Journal of Healthcare Management. It focussed on those patients who had been admitted to hospital in an emergency more than twice in the previous year.

The study shows:

- Patients in the project had better overall health;
- The number of emergency hospital admissions they experienced dropped by 64 per cent (from 55 to 20);
- The project saved the NHS around £64,000.

Sue Priestley (pictured), 55, from Evington, Leicester, was diagnosed with COPD around ten years ago, and has been on the project for the past six months.

She said: “It has been very good. When I have had a little dip they have got straight on the phone to me to check that things are all right. If I have forgotten to input information, they have rung up.

“I’m glad that there is always somebody at the end of the phone.”

She added that the daily checks gave her and the clinicians a much better picture of her progress than they could get from occasional visits to a clinic.

Dr Sudip Ghosh, specialist clinical director for specialist services and research and development at LPT, said: “This project has had great results for our patients. Emergency admissions can be very distressing for patients and their families, and this shows we can reduce the chances of that happening by giving patients greater control of their conditions.

“We are working with Spirit Digital closely on a similar project to help patients with heart failure.”

Emma-Jane Roberts, managing director of Spirit Digital, said: “We are delighted to have worked in partnership with the team at LPT and that CliniTouch Vie has demonstrated such an impact in terms of patient clinical outcomes and savings to the NHS. This was for a small number of patients; imagine the impact once scaled up. As an organisation, our vision is for digital technology to be part of clinical pathways to facilitate earlier discharge, prevent readmissions, reduce risk of future exacerbations and improve self-management, whilst maximising clinical capacity.

“Spirit is committed to helping make the nation healthier and happier one patient at a time by empowering people to better manage their healthcare in line with their chosen lifestyle choices.”

Each patient in the group has been given a tablet computer, and equipment which they can use to monitor their blood pressure and oxygen saturation levels. The tablet sends this information to a central computer monitored by LPT clinical staff, who depending on the information can be reassured the patient is well, phone them to give them advice, or ask them to visit a clinician.

The CliniTouch Vie software on the tablet computer also gives the patient information on their condition designed to help them stay healthy. This includes information on identifying and reacting to symptoms, taking appropriate exercise, giving up smoking, and much more. These resources can be tailored to the individual patient’s needs.

The patients answered questionnaires about how COPD was affecting their lives at the start and end of the study. The results showed a 16 per cent reduction in

symptoms. Their average number of emergency hospital admissions over the 222-day study period fell from 2 to 0.7.

The project is estimated to have saved the NHS £64,519, through the reduction in emergency admissions.

Around two per cent of the UK population have a COPD diagnosis, with around 18,000 in Leicester, Leicestershire and Rutland. The condition kills about 30,000 people per year.

NOTES TO EDITORS

Leicestershire Partnership NHS Trust (LPT) provides community health, mental health and learning disabilities services for the one million people living in Leicester, Leicestershire and Rutland. We have a budget in excess of £275 million and employ approximately 5,500 staff. For more information visit: www.leicspart.nhs.uk.

Raising Health is our registered charity (number 1057361) which raises funds to support LPT's excellent care initiatives, equipment and innovations which go above and beyond core NHS provision, to enhance the experience of our patients, service users and staff. www.raisinghealth.org.uk

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