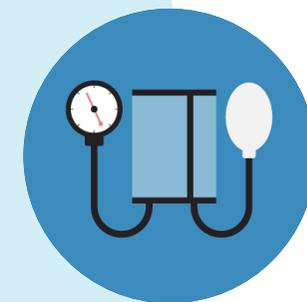


# Health *Call*

## 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 or email to submit their readings.

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

- Patient communication using text message or email
- Patient advice and alerts for potential life threatening accelerated hypertension
- Clinician alerts for accelerated hypertension, non-responder and end of 7-day monitoring
- Advice for patients including tutorial video for taking blood pressure at home
- Blood pressure average are automatically calculated
- Option to output PDF document containing patient observations to the patient's record
- SNOMED code mapped back into patient clinical record
- Integrates into both EMIS Web and TPP SystemOne GP systems





# BP@Home

## Benefits

- Replaces the use of home blood pressure paper diaries
- Improved future management of high blood pressure
- Timesaving for both patient and clinicians
- Reduced costs replacing phone calls
- Reduced patient travel to and from the GP practice
- Improved clinical outcomes (no white coat hypertension treated unnecessarily)
- Early detection of medical emergency (accelerated hypertension) therefore improving patient outcomes
- Potential patient knock-on benefits of taking control of healthcare and managing self-help

## 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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