Effect of case management on patients followed up by integrated care and discharged support for elderly patients (ICDS) service - Home blood pressure monitoring compliance

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Introduction
Patients with chronic diseases discharged from RHTSK are followed up by case manager of the integrated care and discharged support for elderly patients (ICDS) service of RHTSK for 8 weeks. Maintenance of optimum blood pressure (BP) is of utmost importance in the management of chronic diseases. Daily self-monitoring of BP has been identified as one of the self-management skills that would improve clinical outcome.

Objectives
To review the effect of case management on the home BP monitoring compliance of patients followed up by ICDS.

Methodology
It was a prospective observational study in which patients with chronic diseases illness (HT, DM, heart failure) were included in the study. Case manager would visit them once a week at home. Detail assessment was conducted with proper advice given and self-management skills taught. They were educated on the correct use of BP monitor and the daily record of BP in a diary, for future reference at SOPD follow-up. The compliance of BP monitor usage was recorded at baseline and after 8 weeks of follow-up.

Result
76 patients were included in the study from Oct 2011 to June 2012. The mean age for male (n=56) and female patients were 83 and 86 years old respectively. Among them, 25 patients (33%) had DM, 39 patients (51%) had heart failure, 52 patients (68%) had
HT and 12 patients (16%) had DM, HT and heart failure. 65 patients (86%) had been taking antihypertensive drugs. 46 patients (61%) were able to ambulate independently and 41 patients (54%) had regular outdoor walking exercise daily. There were no significant changes in the systolic and diastolic BP at baseline and after 8 weeks visits (p > 0.05). While the compliance of BP home monitoring significantly improved from 26% to 70% (p <0.001). Conclusion: Case management is an important strategy for chronic disease care. Non-physician based ICDS service of RHTSK was found to be effective in improving the compliance of home BP monitoring which was essential to the optimal management of BP.