Clinician-led Multidisciplinary Disease Management Community Programmes

***Heart**-to-Heart Programme*

*Early Supported Discharge for **Stroke***

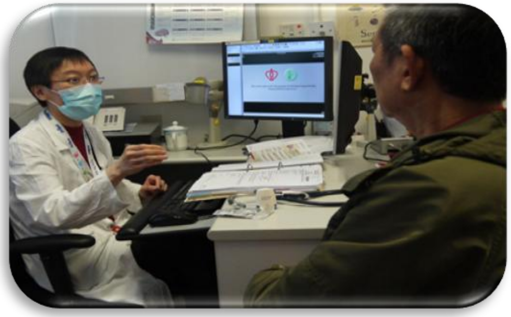
Respiratory Collaborative Care Team

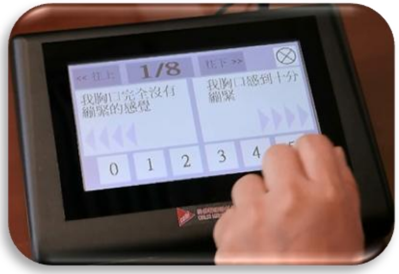
康肺協盟
RCCT

Community Care

Telemonitoring

supported by Hospital



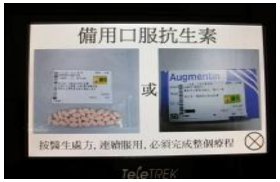


我胸口完全沒有繃緊的感覺

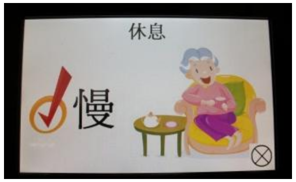
我胸口感到十分繃緊

Levels of telemonitoring

- Chronic obstructive pulmonary disease (COPD) patients
  - **Self-monitor symptoms** via COPD Assessment Test (**CAT**)
  - **Self-management** information provided according to severity of symptom score


備用口服抗生素

按醫生處方，連續服用，必須完成整個療程


休息

- Patients at risk of **hypoxia** receive continuous pulse oximetry monitoring (**SpO_2**)

- Patients on home non-invasive ventilation (**NIV**)

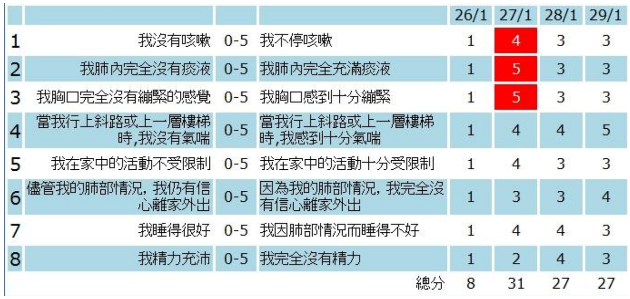
NIV

SpO$_2$

Point of contact for patients

Patient education & problem-solving

CAT scores

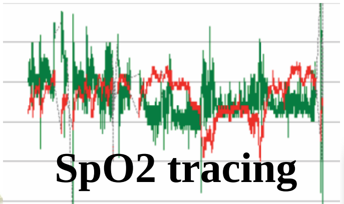


				26/1	27/1	28/1	29/1
1	我沒有咳嗽	0-5	我不停咳嗽	1	4	3	3
2	我肺內完全沒有痰液	0-5	我肺內完全充滿痰液	1	5	3	3
3	我胸口完全沒有繃緊的感覺	0-5	我胸口感到十分繃緊	1	5	3	3
4	當我行上斜路或上一層樓梯時,我沒有氣喘	0-5	當我行上斜路或上一層樓梯時,我感到十分氣喘	1	4	4	5
5	我在家中的活動不受限制	0-5	我在家中的活動十分受限制	1	4	3	3
6	儘管我的肺部情況，我仍有信心離家外出	0-5	因為我的肺部情況，我完全沒有信心離家外出	1	3	3	4
7	我睡得很好	0-5	我因肺部情況而睡得不好	1	4	4	3
8	我精力充沛	0-5	我完全沒有精力	1	2	4	3
			總分	8	31	27	27

Modern communication technology

CAT

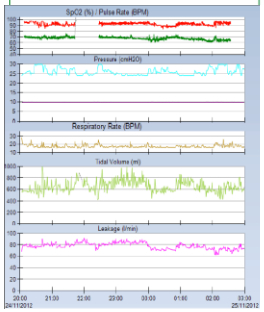
Prompt response to technical difficulties



SpO2 tracing

Doctor

Monitoring Staff （Nurse/Allied Health）



NIV tracing

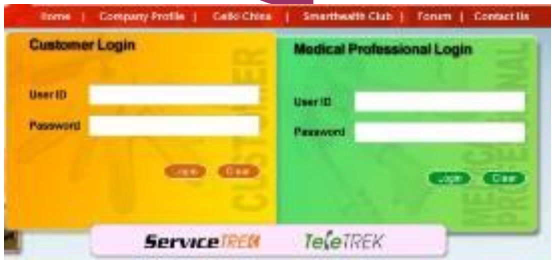
Set working protocol
Determine treatment approach

Monitoring of data

Transfer of information

Maintain web server

Inform on changes in patient condition



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Key Successes

Use of **technology**

- Support patients requiring **complex care**
  - Mechanical ventilation
  - Oxygen therapy

- Empower patients to self-monitor symptoms and learn disease **self-management**

- **Clinical decisions based on data** (SpO_2, NIV parameters, CAT scores)

Obstacles

- **Information sharing**
  - Web data cannot be accessed via CMS or ePR
  - Only Drs can read entries of staff from different disciplines
  - Nurse cannot read physiotherapist’s entries and vice versa
- **Patient load**
  - Telemonitored patients are not considered as patient loads
  - Timely management requires a dedicated team that monitors & responds to patients
- **No incentive** for hospital admission avoidance in current system
- Telemonitoring requires **partnership with external equipment supplier** that provides technical support

Way forward

- **Information sharing**
  - Allow **access** to telemonitoring website on CMS
  - Open up access right to both nurses and allied health colleagues on CMS (**common electronic platform**)
- Patient load
  - Patients under telemonitoring or Hospital@Home care should be **recognised as a "patient episode"**
  - Set up a **dedicated telemonitoring Hospital@Home team**
- **Provide incentive** to hospitals to encourage avoidance of admission or early discharge to home care
- **Close liaison** with telemonitoring equipment provider