

# The use of Telehealthcare in Scotland

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# Aims:

- To consider the role of technology in Health & Social Care
- To explore the political, technological & sociological drivers behind the use of telehealthcare
- To consider examples of how telehealthcare is being used within Scotland

# The Digital Age?

The global expansion in technology and digital services is changing how we live our lives every day.

The explosion in social media development is radically changing how we communicate, search for and share information with each other.

[Social Media Revolution](#)



# Are older people using technology?

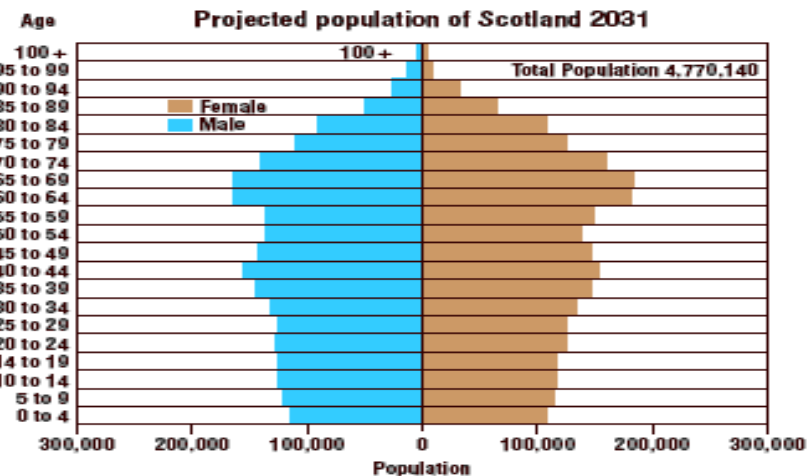
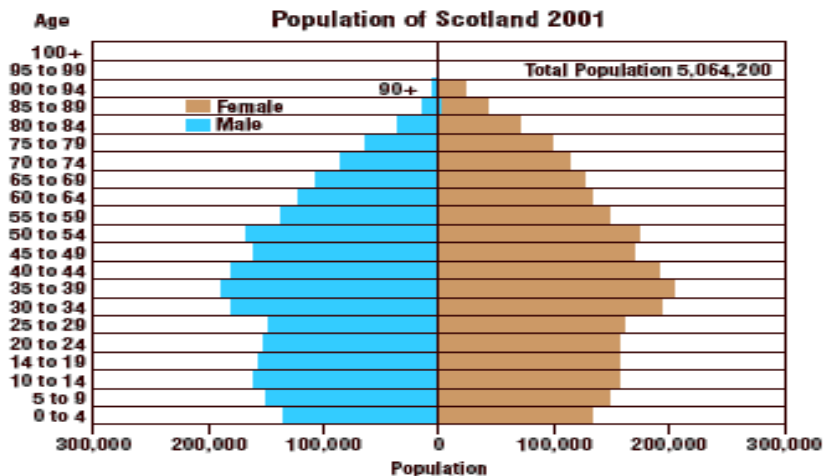
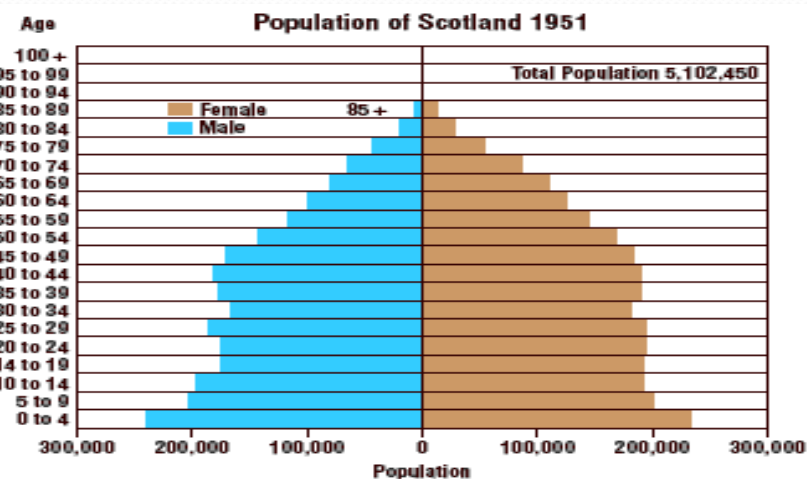
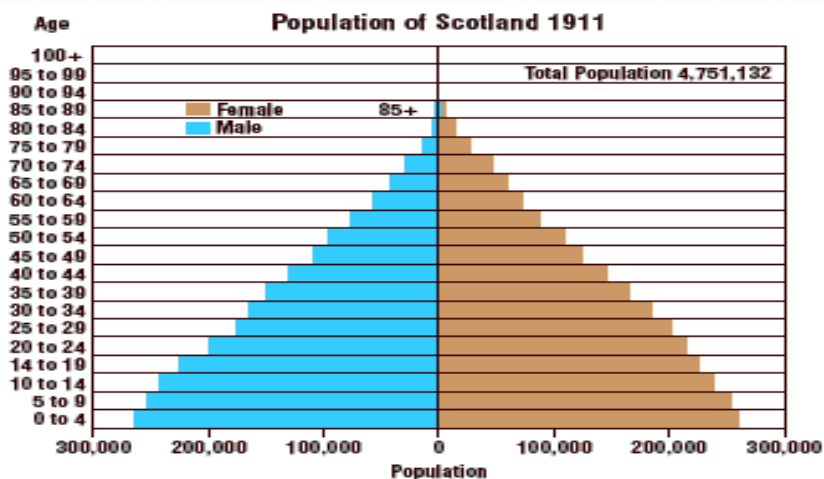
- Number of people +65 yrs using the internet is rapidly increasing
- Most older people are using the internet to keep in touch with family & friends
- Technology works best when it is simple, easy to understand and use

# What are the benefits?

- Reduce loneliness & isolation
- Allow older people to remain in control
- Independent Living



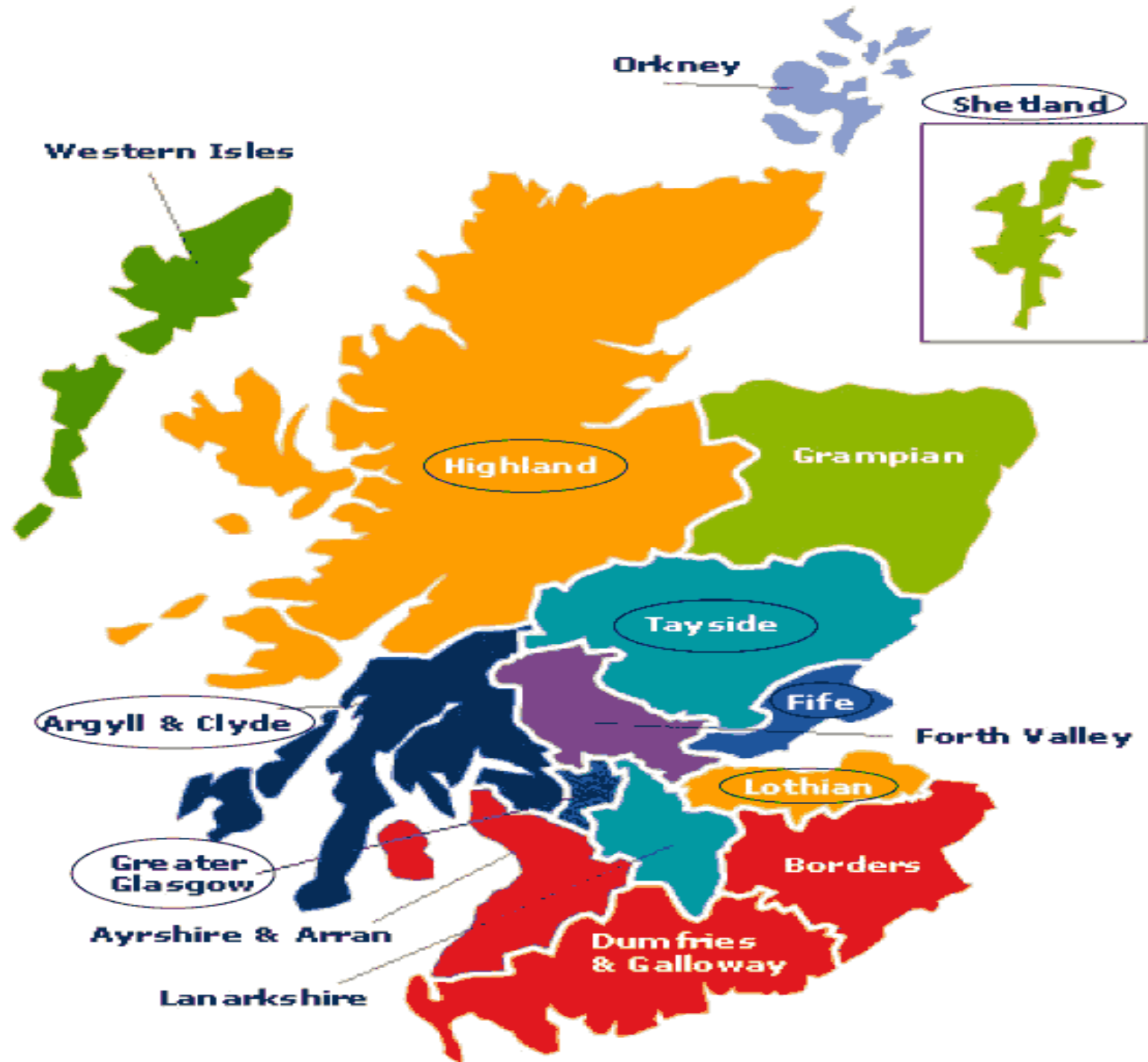
# Demographics of Scotland





# Finnish population

- Finland has one of the most rapidly ageing populations in Europe and the world. By 2030, Finland is projected to have 26% of its population over 65 years of age. This is a figure that the UK, for example, is not due to reach until 2051. [\[i\]](#)
- [\[i\]](#)Jeavans, C. (2004) "Moving the Finnish line at work". 8 Dec, 2004. BBC News, Finland.





# Socio-demographic Changes

- Demographic Changes
- Technology improving survival rates
- Long Term Conditions
- Demand on care systems
- Economic situation





# The Scottish Government's 2020 Vision Future

Everyone is able to live longer, healthier lives at home or in a homely setting and that we will have a healthcare system where:

- Hospital treatment is required, and cannot be provided in a community setting, day case treatment will be the norm
- A focus on people getting back to home or community as soon as appropriate, with minimal risk of re-admission
- Whatever the setting....the person at the centre of all decisions

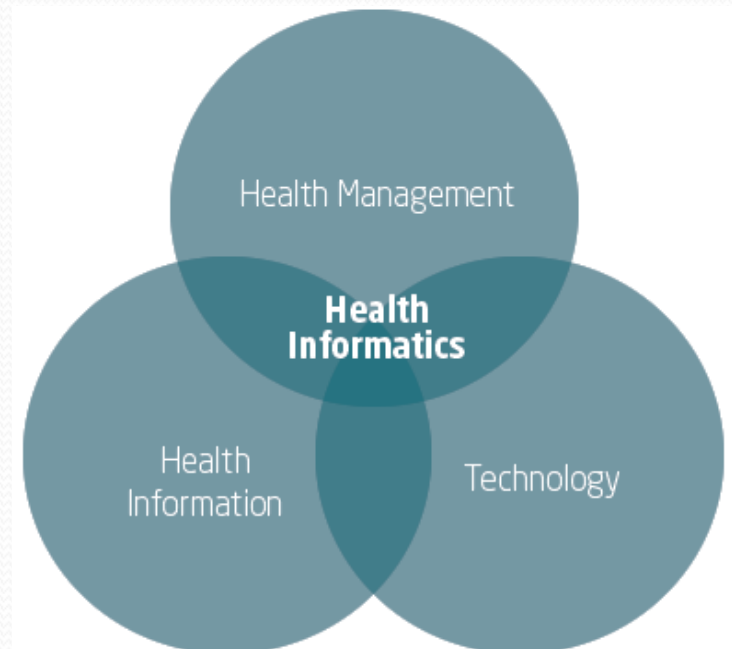
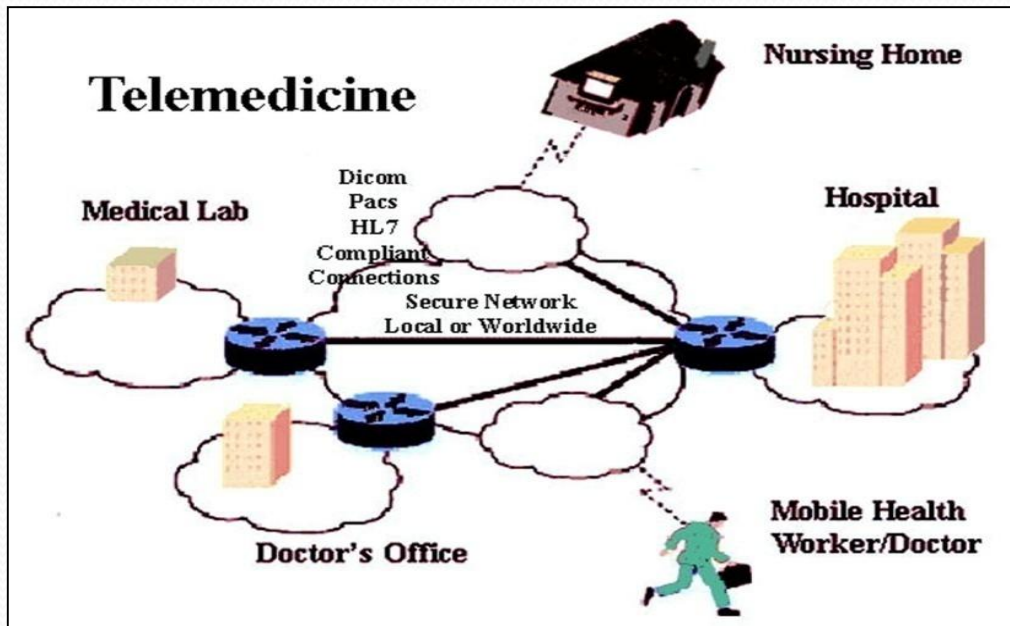




# What is Telehealth?



# What is Telehealth?





# Stroke







# COPD Remote Pulmonary Rehab Classes



*National standards – pulmonary rehabilitation to be offered to all patients with a hospital admission for an exacerbation*





# New tools from Video Physio

WITH CHRIS SMITH

*Chris Smith wants more people to get involved Video Physio, an initiative which is proving a popular addition to the Scottish backs site – and which has now expanded into knees and shoulders, not to mention falls and COPD.*

**When you set off in the morning with your camera and tripod over your shoulder, you just don't know what surprises the day holds. I can honestly say filming the Video Physio has been just like that.**

Every day there are surprises. I meet a person with COPD who explains how the Nintendo Wii Table Tennis Challenge helps her. Can we film her? Of course, and she fairly leathers the white ball around, achieving a score that most kids would be proud of – priceless. Next I meet a spritely gentleman in his 90s, who uses the evocative expression "rhythm of life" when advising participants in our video about Falls and...

The patients and volunteers who h generous and genuine. The feedback Physio channel has also been positive. "I didn't realise COPD affects all ages, not just those who are done sitting down, or that young p...

At this stage, we have filmed COPE (Necks) at a high level with the patients from the feedback we have only ju...

We are still in the early days, however by the insights offered by NHS health professionals they have been prepared to explore to explain (to a non-medical person) their particular topic would contribute to be in front of the camera.

At the start of the Video Physio, there were some who feared that patients and health professionals would not participate, that health professionals would not have the inclination to take part and that the audience would be vast. All of these were understandable concerns. The release of the current set of videos addressing these concerns. We would like to do more, health professionals would like more.

Do we want more? Yes we do. We would like more health professionals. Please get involved.

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Telehealthcare Competency Framework  
for  
Health and Social Care Professionals

Final Draft

## Telehealthcare Supporting unpaid carers in Scotland

A Training Toolkit  
"A Lifeline to Normality"



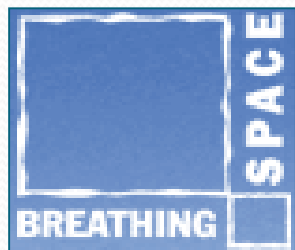
## A review of telehealth in Scotland



AUDIT SCOTLAND

Prepared for the Auditor General for Scotland  
October 2011







# What Does Telehealth Have to Offer?

Reducing need to travel, saving:

- Time
- Money
- Discomfort

Receiving a quicker diagnosis

Avoid the need for an outpatient appointment

Avoiding hospital admissions

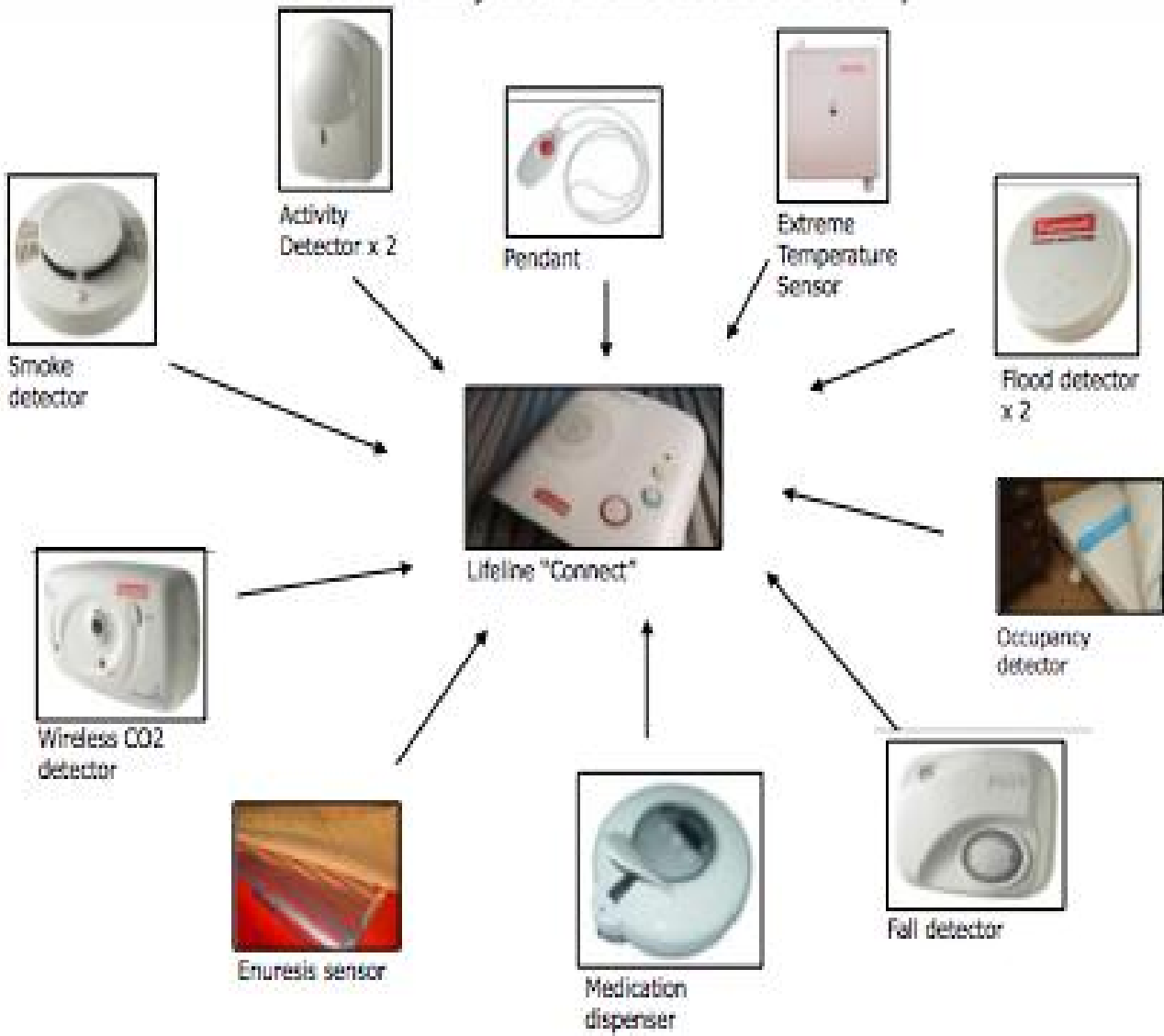
Reduce the length of stay in hospital

Access to services not otherwise available





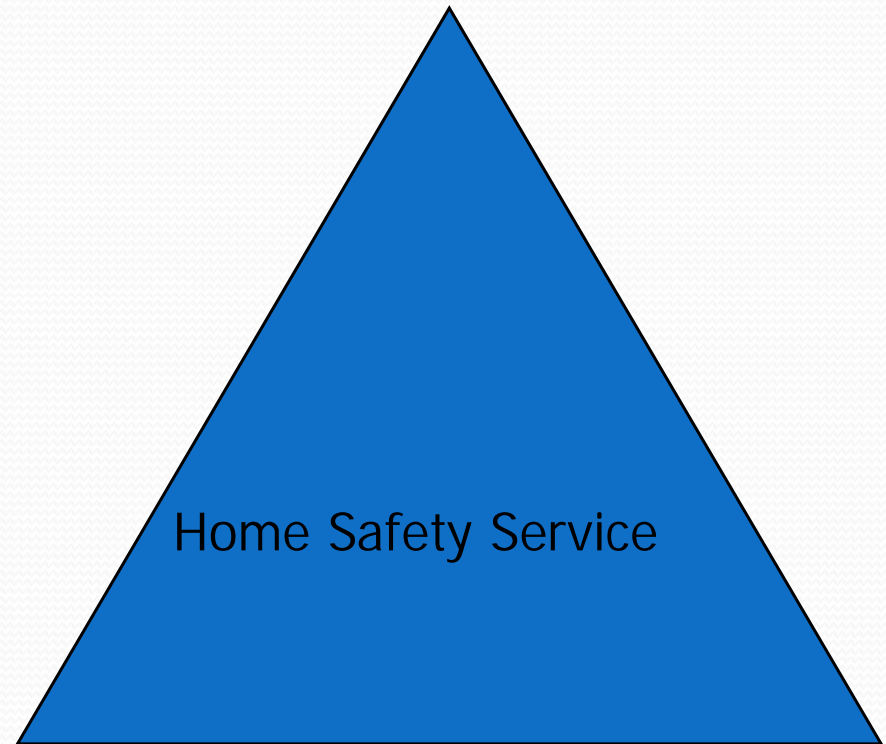
What is Telecare?





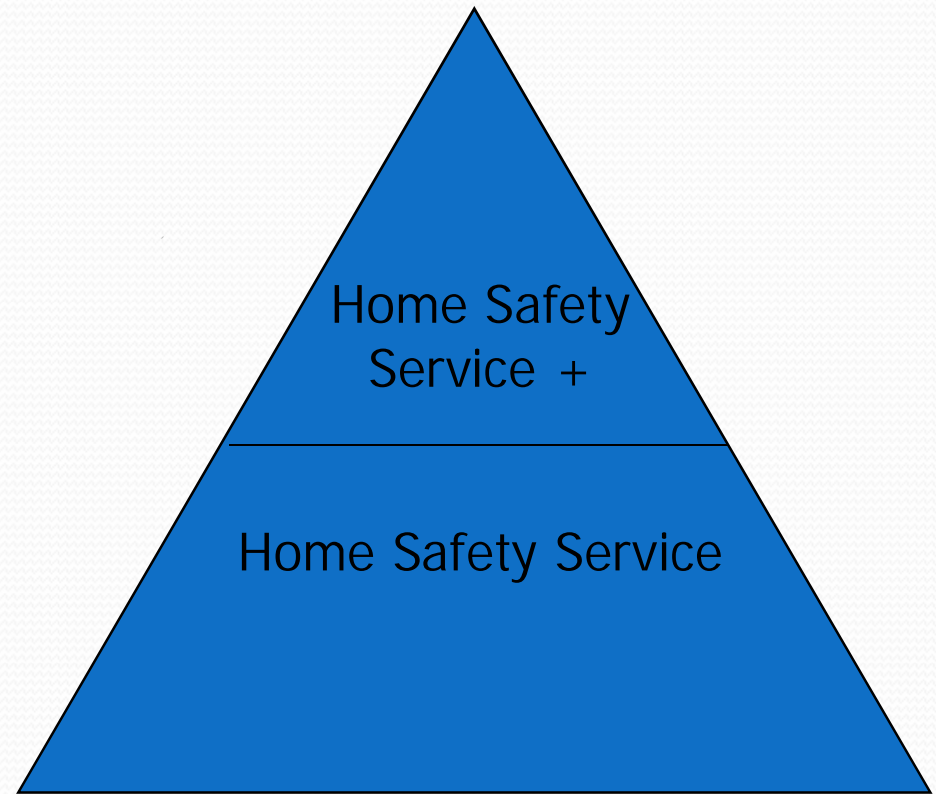
# Home Safety Service

- Home Alert Console With Duplex Speech Facility
- Smoke Detector
- Extreme Temperature Sensor
- 2 x Flood Detectors
- 2 x Passive Infra-red Activity Detectors



# Home Safety Service +

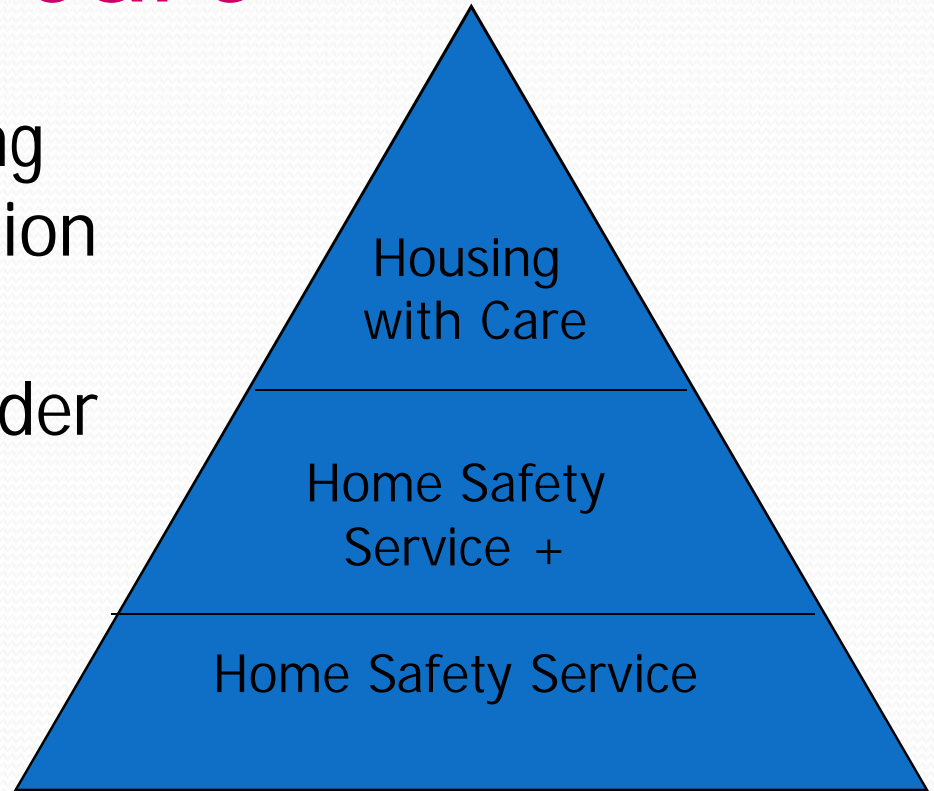
- Fall detector
- Chair/Bed Occupancy Detector
- Wandering Detector
- Incontinence Detector
- Automated Reminders
- Epilepsy sensor
- Video door entry
- Carbon monoxide detector





# Housing with Care

- Lifestyle monitoring
- Home Safety Solution
- Telemedicine
- Medication Reminder
- Epilepsy Monitor



# DALLAS Project - UK

- Delivering Assistive Living Lifestyle at Scale
- £23 m being invested
- Involve 30,000 people including 10,000 from Scotland
- Shift in focus from telehealth/telecare to an integrated system that supports health & wellbeing, independent living, communication & meaningful activities.



# What do people think?

- [Scottish Centre for Telehealthcare](#)

# Resources

Join the Telehealthcare Community on the Knowledge Network:

<http://www.knowledge.scot.nhs.uk/telehealthcare.aspx>

[www.nhsinform.co.uk](http://www.nhsinform.co.uk)

[www.nhs24.com](http://www.nhs24.com)



# Definitions (Scottish Context)

- Telehealth

Provision of health services at a distance using a range of digital technologies. Examples: VC consultations to support diagnosis and management, clinical networks and health professional education.

- Telecare

Remote / enhanced delivery of care services to people in their own home. Usually refers to sensors and alerts which provide continuous, automatic and remote monitoring of care needs, emergencies and lifestyle changes, using ICT to trigger a response from carers, or to shut down equipment to prevent hazards.

- Telehealthcare : convergence between telecare and telehealth technologies to provide an integrated approach to the delivery of effective, high quality health and care services. It can be used to describe a range of care options available remotely by telephone, mobile phone, broadband and video conferencing.

- [www.sct.scot.nhs.uk](http://www.sct.scot.nhs.uk)
- [www.nhs24.com](http://www.nhs24.com) and [www.nhsinform.co.uk](http://www.nhsinform.co.uk)
- [www.jitscotland.org.uk/action-areas/telecare-in-scotland/](http://www.jitscotland.org.uk/action-areas/telecare-in-scotland/)
- [www.carersscotland.org](http://www.carersscotland.org)
- [dementia.stir.ac.uk/](http://dementia.stir.ac.uk/)
- [www.telescot.org/copd.html](http://www.telescot.org/copd.html)
- [www.patientvoices.org.uk/telehealth.htm](http://www.patientvoices.org.uk/telehealth.htm)
- [www.patientvoices.org.uk/sth.htm](http://www.patientvoices.org.uk/sth.htm)



# Further reading

- JIT (2012) National Telecare Development Programme Scotland <http://www.jitscotland.org.uk/action-areas/telecare-in-scotland/>
- JIT (2012) Reshaping Care for Older People <http://www.jitscotland.org.uk/action-areas/reshaping-care-for-older-people/>
- Housing LIN (2012) Assistive technology as a means of supporting people with dementia: A review [http://www.housinglin.org.uk/\\_library/Resources/Housing/Support\\_materials/Reports/HLIN\\_AT\\_Report.pdf](http://www.housinglin.org.uk/_library/Resources/Housing/Support_materials/Reports/HLIN_AT_Report.pdf)