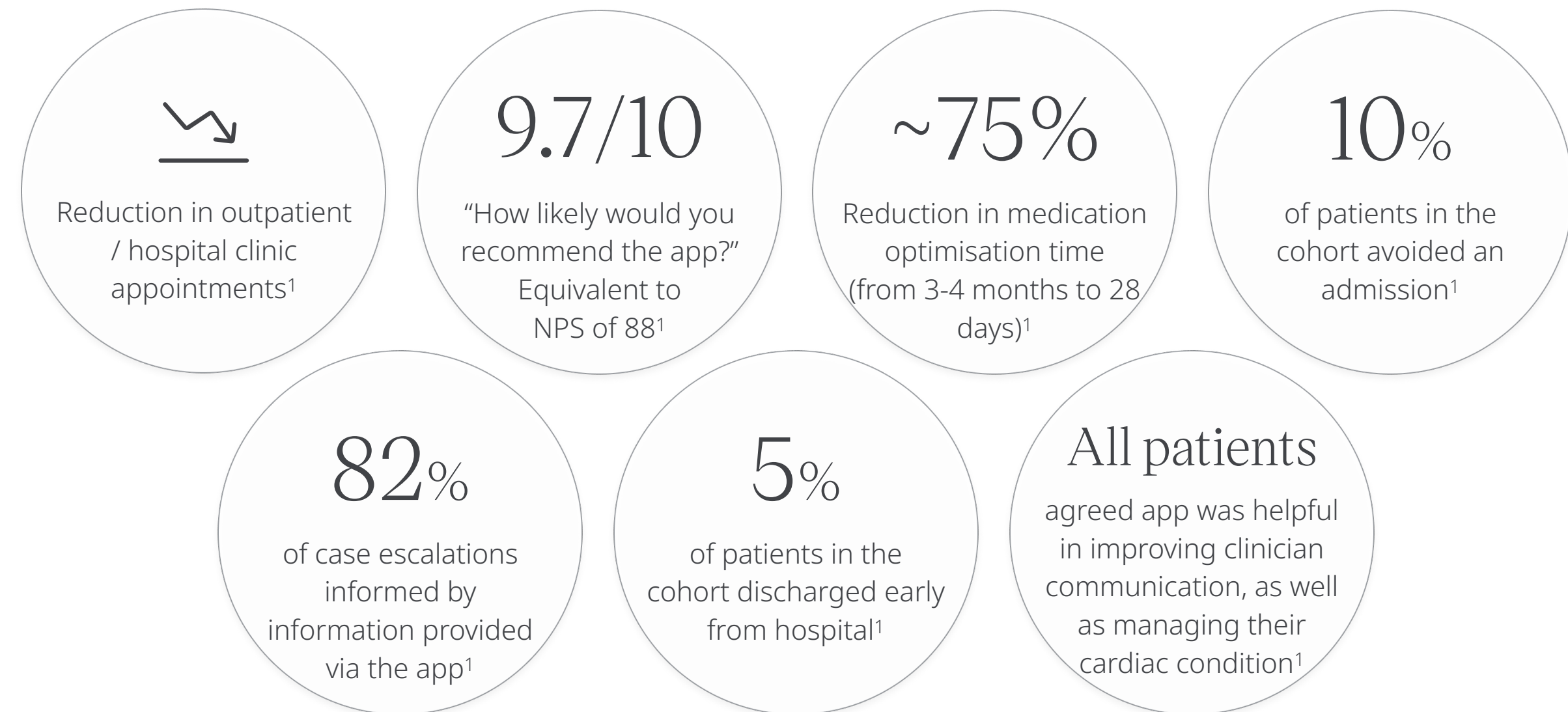


⊕ Case study #2: Virtual wards for heart failure

Funded by Welsh government, Huma partnered with Cwm Taf Morgannwg (CTM) and Betsi Cadwaladr (BC) Health Boards to remotely monitor heart failure patients at home across Wales.

Remote monitoring enabled faster medication optimisation, proactive identification of deterioration, earlier discharge and helped avoid hospital admissions and appointments.

All patients felt the App helped them manage their cardiac condition and improved communication with their clinical team.





“The most valuable app I've got on my phone”



"I was a bit sceptical of the app itself, but no problem - I think it's the [most valuable app I've got on my phone at the moment.](#)" (Evan Dobson, 69)

Patient feedback

"I'm on the best doses of my medication and more importantly I feel so much better"

"A big thank you to all involved, you've helped me live my life again"

"It helped me to know that someone was looking after me"

Clinician feedback

"Very easy and intuitive to use"

"Supported my ability to identify deteriorating patient[s] at a glance"

"[patients] have been discharged early... because of the app"

"I've been able to start interventions sooner than I would have done, to avoid hospital admissions"

"Because [patients] can see [their blood pressure and heart rate reduce], that's making them take their medications"



“Remote monitoring has truly changed my life after a triple bypass”

THE TIMES

THE TIMES | Thursday August 4 2022

News

Home heart checks via app

Kat Lay Health Editor

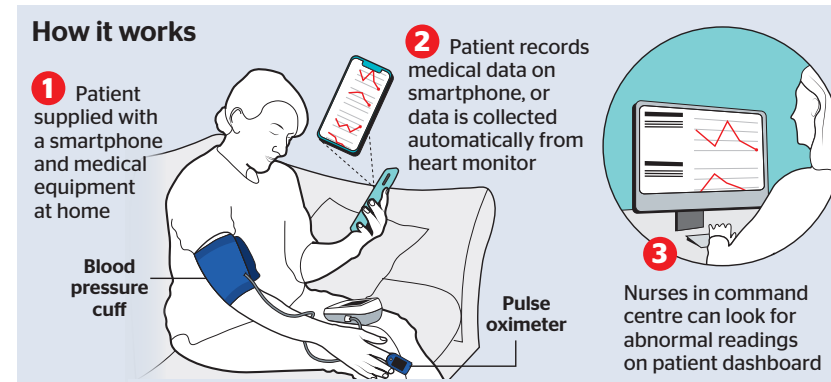
Monitoring heart patients via a smartphone app prevented readmissions and sped up discharges in a pilot scheme that its developers hope will be introduced across the country.

Patients sent data including their blood pressure, heart rate, oxygen levels and details of developing symptoms to their clinical team on an app.

The figures were collated on a “dashboard”, which flagged any signs that a patient might need medical help, allowing doctors and nurses to bring them in to hospital or alter their medication as required.

The 12-week pilot by Huma, a health-care technology company based in London, involved 40 patients at Cwm Taf Morgannwg University Health Board in south Wales and Betsi Cadwaladr University Health Board in north Wales.

Data shared with *The Times* showed that one board had recorded an 80 per cent reduction in the time it took to optimise patients’ medication. The period



fell from to 34 days from six to eight months.

The trial also recorded a 19 per cent drop in the number of face-to-face outpatient appointments. Across the two boards, 10 per cent of patients avoided readmission to hospital, while others were discharged earlier than before.

Viki Jenkins, an echocardiographer at the Betsi Cadwaladr board, said: “It has been a fantastic innovation. I have been able to change the medications

and management of patients to keep them well and out of hospital.”

David Watkins, 69, of Treherbert, about 20 miles northwest of Cardiff, said remote monitoring had changed his life after a triple heart bypass.

“When you live with cardiac issues, you are always questioning how you’re feeling,” he said. “This app doesn’t just give you the reassurance that you are being monitored by your nurse, it helps you to better assess yourself. One of my

greatest joys has always been to play the drums. Thanks to the app, I’m well enough to play again.”

Huma is in negotiations about a wider rollout across England and Wales. Patients are taught to use the app by putting a finger on the phone’s camera to record their heart rate.

They are also given equipment to measure oxygen levels and blood pressure. The app prompts them to take measurements and record vital signs.

The pilot ran between July and September last year. The Cwm Taf Morgannwg University board paid to extend the trial for a year and a full evaluation is to be completed in autumn.

Dee Lowry, head of the board’s value-based health care, said: “Our health board is excited to be participating in this pilot so we can test and identify the impact of remote monitoring on patient experience and clinical outcomes, waiting times and cost efficiency.”

The pilot is one of several remote monitoring technologies being considered by the NHS in England and Wales.

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“This app doesn’t just give you the reassurance that you are being monitored by your nurse, it helps you to better assess yourself. One of my greatest joys has always been to play the drums. Thanks to the app, I’m well enough to play again.” (David Watkins, 69).”



“To me it saves jumping in the car, parking, walking in, sitting in a queue... She rang me up and she said, ‘those new tablets that you’re going to start tomorrow morning, stop. Don’t do it because your blood pressure is consistently too low.’ As far as I’m concerned, **I’m on a daily checkup now without having to move from the house.**” (Alun Morgan, 80).”

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