



Patient Story



John Webster

Overview:

Cohort: 1 - 25% risk of hospital admission (COPD, Heart Failure)

Equipment installed: Philips Healthcare Motiva - Tablet, Blood Pressure Monitor, Oxygen Monitor, Weight Scales

John's Story:

John had been visiting his local GP due to irregular and high blood pressure which was putting his overall health at risk. John a member of the Bay Medical Practice, was asked by his GP whether he would like to be part of the Test Bed trial to see whether he could manage his condition at home to avoid being prescribed medication.

John agreed to participate in the six month trial, and within two weeks of this appointment, the appropriate and required equipment was delivered to John at home where he was given a demonstration and a user guide.

John started using the equipment at the end of January 2017 and submits his blood pressure, oxygen level and weight on a daily basis Monday – Friday. This information is sent to his GP who monitors it on a daily basis, if any results are of concern, John will receive a call from a healthcare professional who would advise him as to whether he needs to visit the practice, or what steps he can take to regulate his condition.

Since starting the trial in January, John has not had to visit his GP once. Clinical lead for the Better Care Together Vanguard Mark Denver explains, *“By providing John with the equipment he needs to manage his health at home, and the re-assurance that we are monitoring his condition on a daily basis, it means he doesn't have to attend the practice on a regular basis. This not only allows patients to lead a normal life, it frees up clinical time”.*

What John like most:

Having the Motiva system gives John the confidence that he can see his readings and monitor them on a daily basis. John explains,

“I can take my own readings, and if high I now know what I can do to reduce them. It allows me to manage and control my own health without needing to take medication or visit the doctor on a regular basis”.

What would John change:

John thinks the system is fantastic, and his only wish would be that he could continue using the equipment longer than the six month trial. John has now invested in a blood pressure monitor of his own for home and adds,

“Once the Test Bed trial is over, I plan to continue monitoring my readings on a daily basis and keep a record, so that I can make any changes needed to stay healthy”.