
Managing health at home

The challenge

67-year-old Emelie suffers from a condition called Congestive Cardiac Failure (CCF), which is a heart condition where the heart loses the ability to pump blood efficiently. The result is that the body doesn't get as much oxygen and nutrients as it needs, leading to problems like fatigue and shortness of breath.

Emelie was diagnosed with CCF in 1995. Although in the past few years her condition has improved somewhat, the concern for Emelie is that her blood pressure could go up very quickly without warning.

"If I eat something with more salt than my body needs, my blood pressure goes up. All the symptoms flare up."

The solution

Emelie, who lives alone, has been trialling the telehealth system in her home since July 2009. The system is aimed at giving her the tools she needs to help manage her own health at home with the supervision of health professionals.

Using telehealth, Emelie is able to take her own blood pressure, weight, pulse and oxygen levels each day. The readings are taken with special equipment which is linked to a set-top box connected to her television. The results are automatically uploaded to a team of healthcare professionals who view them daily and can contact Emelie if anything is out of the ordinary.

The outcome

Emelie, a retired nurse, is enjoying the part she now plays in managing her own health and she is more conscious of changes in her readings.

"I can see how my readings are related to my diet and how much physical activity I do... if they change, it makes you think 'What have I done? What did I eat?' and when you remember, you say to yourself 'no wonder my readings have gone up!'"

"One day I took my BP after my exercise and the nursing team sent me through a message straight away to say it was extremely high and if I knew of a reason for the sudden change. Of course I realised right away that I should have waited before I did my readings after I exercised. But I definitely now know someone is looking out for me!"

"I definitely know now that someone is looking out for me." Emelie Agyei

