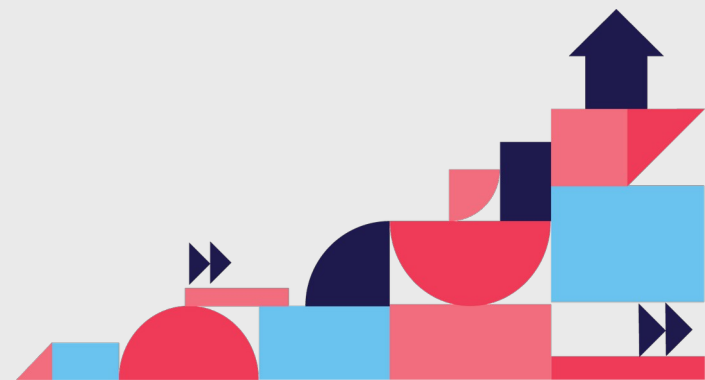


Thematic Panel Discussion

Technology for Independent Living

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Telemonitoring in Healthcare: Facilitators and Barriers



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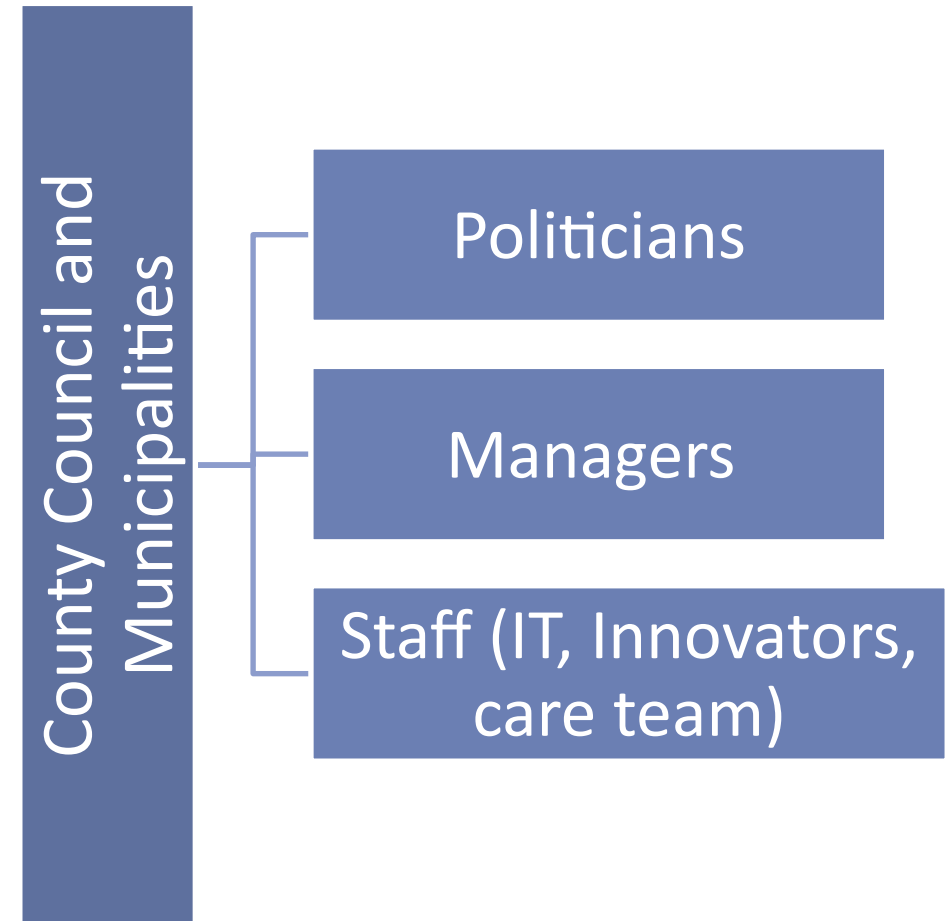
Why Telemonitoring in Healthcare?



- Rapidly growing **older** population
- Demand for healthcare services is expected to be a **challenge** in the future
- **Ageing** – disabilities, frailty, and reduced independence in daily life
- Collaboration between healthcare providers for a person-centered and **integrated care**
- Telemonitoring, a suggested future **alternative** in healthcare

A Mixed Methods Research Project

- Implementation and effects. The present study investigates the **implementation process**.
- **Aim:** Identify **facilitators and barriers** perceived by healthcare professionals.
- Target group for the intervention: **older adults** with chronic conditions receiving both social and healthcare services.
- **Telemonitoring** of; weight, blood pressure, heart rate, cardiac activity, oxygen saturation, and physical activity levels.
- Qualitative **interviews** and **questionnaires** to a multi-professional healthcare team.



Results from the Implementation Process

Factors such as capacity and knowledge, state of mind, way of thinking, and attitudes are important to consider in the implementation process.

- Technically **difficult** for the **older adults**, 87%
- Technically **difficult** for the **professionals**, 30%
- Telemonitoring provides **greater safety and security**, 94%
- Different **experiences** of using technology between **professionals**
- Requires **preparation** before implementation

Next step is to evaluate the effects of telemonitoring as well as older adults' experiences of telemonitoring.



Identified Facilitators and Barriers

Results	Tips for implementation
Facilitators when implementing telemonitoring <ul style="list-style-type: none"> Identifying healthcare professionals' previous experiences with telemonitoring Identifying healthcare professionals' knowledge gaps early Early detection of deterioration 	<ul style="list-style-type: none"> Identify key persons with positive experiences to help out at the start Include all personnel early in the process to avoid misinterpretations. Regular meetings. Use telemonitoring for preventive healthcare
Barriers when implementing telemonitoring <ul style="list-style-type: none"> Legal, logistical, or economic perspectives Joint project with both region and municipality Technical literacy 	<ul style="list-style-type: none"> Identify stakeholders early in the process and have them involved during the whole process to facilitate the process Decide who will be responsible for different parts of the project Educate and involve healthcare professionals in the implementation process

Investing in Telemonitoring

Conditions:

- Anchoring – organisation and leadership
- Collaboration – within and between organisations (both social and healthcare services)
- Communication – all levels included
- Education – healthcare staff

Why:

- Use of resources where best and most needed
- Health promotion and prevention
- One size does not fit all
- Promote independence

Scientific publication

