



Nurse Ann Brosseau takes a blood pressure remotely, using March Networks technology.



The patient places the blood pressure cuff on her arm, turns on the machine, and interacts with the Nurse through a television monitor and speakers, as she has her blood pressure taken remotely.

REMOTE BLOOD PRESSURE MONITORING IN THE ELDERLY: END-USER ACCEPTANCE & IMPACT ON BP CONTROL

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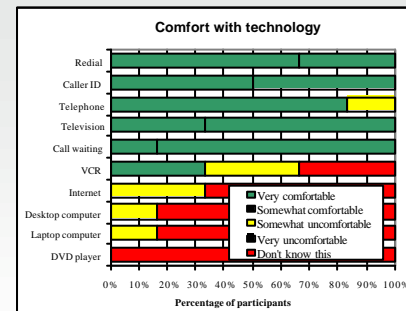
OBJECTIVES

- To determine if technology naïve elderly long-term care residents could adapt to remote blood pressure (BP) monitoring.
- To determine the impact of having many technology-assisted BP readings on resident medications.

- When:** September 1, 2003 to February 28, 2004
- Where:** Résidence Sacré-Cœur (LTC) Ottawa
- Who:** 14 Religious Sisters treated for high BP

	Experimental Group	Control Group
Number	7	7
Average Age	88.4	86.7
Years of high BP	20.1	17.7
# Cardiac History	6	4
# Vascular Family	6	6
# of Meds @ start	8.9	6.3
# of Card Meds @ start	3.9	2.6

METHODS

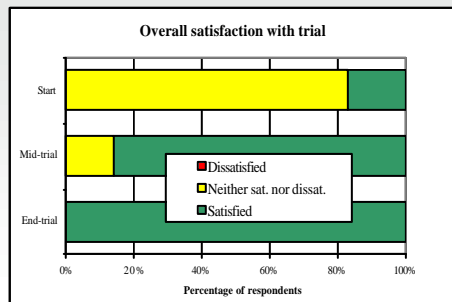


What: Remote BP monitoring using March Networks Technology

Evaluation Tools

- Questionnaire (en français) administered by a Psychology student to the experimental group: pre-trial, mid-trial and post-trial.
- Comparison at the end of six months of:
 - The absolute number of medications
 - The number of medication changes

RESULTS



	Experimental Group	Control Group
Av. Total # BPs	81.4	23.6
Total # of Meds 2003	8.9	6.3
Total # of Meds 2004	8.9	7.3
# of Cardiac Meds 2003	3.9	2.6
# of Cardiac Meds 2004	3.7	3.1
# of Days Cardiac Medication Changed	5	7
# of Cardiac Medication Changes	7	10

CONCLUSION

- Technology naïve elderly clients appear able to adapt to "high-tech" remote BP visits, although this group had some difficulty putting on the BP cuff by themselves.
- In this group, the fact of having more than 3 times as many BP readings in the experimental group, did not seem to have an impact on the absolute number of cardiac medications taken, nor the number of medication changes they had.
- Remote monitoring may be a method of reducing visits to doctors' offices or a viable alternative to home visits by nurses for BP monitoring.