

## EKSOTE, Remote Monitoring and Health Coaching in South Karelia

<i>Category</i>	<i>Description</i>
<b>Title of intervention</b>	Remote Monitoring and Health Coaching in South Karelia (EKSOTE)
<b>Objectives</b>	<p><b>Objectives IROHLA taxonomy</b></p> <ul style="list-style-type: none"> <li>✓ To inform and educate older adults</li> <li>✓ Improving skills of older adults</li> <li>✓ To support behaviour change and maintenance</li> </ul> <p><b>Short description of the objectives of the intervention</b></p> <p>The main objective is to promote patients health knowledge and that patients could take better care of their own health via remote telemedicine services. All patients have in addition a health coach who checks their health data, gives guidance and support.</p>
<b>Target groups</b>	<ul style="list-style-type: none"> <li>✓ older adults (50+)</li> <li>✓ young seniors: 50-60</li> <li>✓ pensioners: 65-80</li> <li>✓ oldest group: 80+</li> <li>✓ vulnerable groups</li> </ul> <p><b>Short description of the target groups</b></p> <p>Patients that were involved in this project, had type-2 diabetes, coronary artery disease or heart failure. The mean age was 70 years, min 44 years and max 88 years.</p>
<b>Problem analysis</b>	<p><b>Scope and distribution of the problem</b></p> <p>Amount of older people and diabetes type 2 is increasing all the time. Large problem that has an impact for the whole society.</p> <p><b>Consequences for individual and/or society</b></p> <p>Decrease of health and costs for society. The aim is that during and after the project, patients who participated in the project could take better care of their health/ manage their disease.</p> <p>The Finnish project is part of The Renewing Health approach, to revolutionise the management of chronic diseases. This is done via transfer of parts of the care process from an acute care environment to a home care one in order to improve</p>

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	quality of life and use healthcare resources more efficiently, while maintaining or increasing quality care. This approach can be seen as a contribution to the vision of a healthcare paradigm shift.
<i>Short description of the modifiable determinants of older adults with respect to this intervention.</i>	<p><b>Modifiable determinants of older adults</b></p> <ul style="list-style-type: none"> <li>• Lack of knowledge and skills to monitor and promote own health.</li> <li>• Older people have to be motivated to participate in the project. They need to manage their health themselves by e.g. blood pressure monitor and send results to their own health file via a mobile phone. Equipment are easy enough to use for older people and they are taught to use those. Their knowledge, skills and self-efficacy will increase during the project. They should trust their own health coach and themselves to make healthy choices in their everyday life.</li> </ul>
<i>Short description of the modifiable determinants of professionals.</i>	<p><b>Modifiable determinants of professionals</b></p> <p>Professionals, in this case nurses, were educated to be health coaches. They already have health care skills and knowledge. Their awareness of the projects subjects were promoted as well they have to be motivated and committed to work as health coach through the whole project. Their task was to motivate patients throughout the project.</p>
<b>Components of the intervention</b>	<p><b>Components</b></p> <ul style="list-style-type: none"> <li>✓ Individual counselling/coaching by professionals</li> <li>✓ E-health technology</li> </ul> <p><b>Description of components</b></p> <p>Each patient has an own health coach that checks patient's health profiles and results of e.g. blood pressure measures. The Coach gives advice to the patient. An e-Health technology has also been used: for example blood measurements are taken by the patients themselves and directly add to their own electrical health file via mobile phone. The coach can check the results from the file.</p>
<b>Approach</b>	<p><b>Didactics used</b></p> <p>Special education for health coaches. Cognitive, behavioural</p> <p><b>Techniques used</b></p> <p>Specialised companies (in this case the Preve Oy) organise the education of the health coaches. Information sharing, changing older adult's life style towards healthier style.</p>

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	<p><b>Stakeholders involved</b> Different educational companies and e-health organisations.</p> <p><b>Type of professionals involved</b> Nurses who take care of the health coaching of the patients and those professionals who will teach the nurses.</p>
<b>Resources and qualifications</b>	<p><b>Duration of the intervention</b> 7.2.2011 – 31.7.2012</p> <p><b>Financial costs for the implementing organisation</b> Overall budget of the project was € 14.000.000.</p> <p><b>Financial costs for the target groups</b> Likely to be minimal, means of communication or transport may require some costs to be incurred (such as mobile phone-ownership related costs).</p> <p><b>Required competencies of professionals</b> Knowledge about health care and diseases that are handled in this project, nurse education; good consultation and motivational interviewing (coaching) skills.</p>
<b>Implementation</b>	<p><b>Implementation strategy</b> Effective communication between professionals and patients, teaching patients how to use health technology in this project, professionals reporting results regularly for project coordinator.</p> <p><b>Conditions for effective implementation</b> Regular contacting between health coach and patient, patient's commitment to monitor and saving their own health data.</p> <p><b>Stakeholders involved</b> Health care centers, nurses, e-health technology companies, special companies that organise the health coach education for nurses</p>
<b>Transferability</b>	Training of the professionals is a necessity but training modules or manuals are not directly available.

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<b>Evaluation</b>	<p><b>Methods used</b></p> <p>To validate this approach, the nine regions of Renewing Health have designed and implemented different types of telemedicine services depending from the health conditions, the need to be answered by the new service and of course the environment in which the service is being implemented. The services are aimed at managing one or more of three chronic diseases: Diabetes Mellitus type 2, COPD and Congestive Heart Failure. During the course of the Project, the nine regions in Europe have validated the services in 21 different pilots, and thus a total of about 7000 patients have participated in this study making it one of the largest studies in Europe. The evaluation has been conducted by the use of MAST, evaluating the service though seven domains.</p> <p>MAST –evaluation model that is developed in the EU-project, SF-36 –instrument and monitor what kind of changes in life style has happened.</p>
<b>Effectiveness</b>	<p><b>Main results</b></p> <p>Results have been positive. E.g. waistline of diabetes patients reduced during the project and patients were satisfied that they got more knowledge and skills for monitoring their own health.</p>
<i>Key elements/components of the intervention that must stay intact in order to have an effective intervention</i>	<p><b>Key elements</b></p> <p>Effective communication and easy to use health technology.</p>
<b>Level of evidence</b>	✓ Quasi-experimental or cohort studies
<b>Sector</b>	Health sector
<b>Country of development</b>	Finland
<b>Provider</b>	<p><i>Name:</i> Tuula Karhula,  <i>Name of project:</i> EKSOTE / South Karelia Social and Health Care District (part of Renewing Health project)  <i>Type of organisation:</i> Governmental, Regional Social and Health Care provider  <i>Post address:</i> Valto Käkelän katu 3, 53130 Lappeenranta  <i>E-mail:</i> tuula.karhula@eksote.fi  <i>Telephone number:</i> +358 40 1944 936</p>
<b>Relevant documents/links</b>	<p><b>Relevant links:</b></p> <ul style="list-style-type: none"> <li>• <a href="http://www.renewinghealth.eu/en/home">http://www.renewinghealth.eu/en/home</a></li> <li>• <a href="http://www.eksote.fi/Fi/Eksote/Tutkimus_kehittaminen/Documents/SA-seminaari_Tuula_Karhula_1109.pdf">http://www.eksote.fi/Fi/Eksote/Tutkimus kehittaminen/Documents/SA-seminaari Tuula Karhula 1109.pdf</a> (in Finnish)</li> </ul>

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	<ul style="list-style-type: none"><li>• <a href="http://www.renewinghealth.eu/documents/28946/1008625/D1.12+v1.5+Renewing+Health+Final+Project+Report+-+Public.pdf">http://www.renewinghealth.eu/documents/28946/1008625/D1.12+v1.5+Renewing+Health+Final+Project+Report+-+Public.pdf</a></li></ul>

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