

SMILE

Supporting Multi-morbidity self-care through Integration, Learning and eHealth

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National Programmes Day
7th October 2022

Sláintecare.



Rialtas na hÉireann
Government of Ireland



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service

- SMILE provides an innovative way for people living with chronic disease to self-manage their health at home
- Commenced in February 2020

Objectives

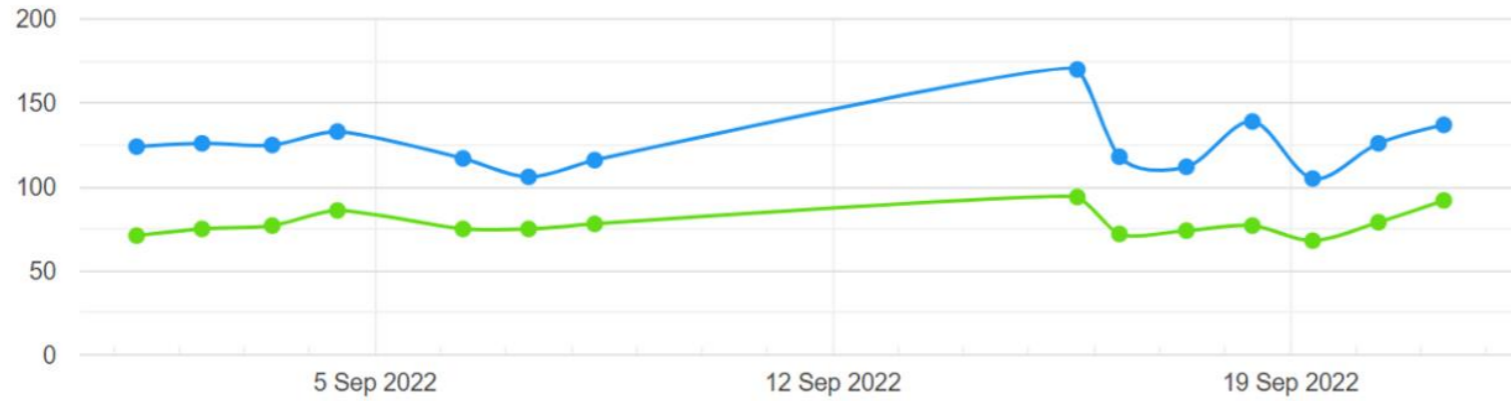
- Empower and educate citizens to proactively self-manage their care
- Improve integration of services around patients with multi-morbidity
- Reduce unscheduled healthcare and hospital visits
- Enable identification of worsening symptoms

Supported by a patient IT platform developed by Dundalk Institute of Technology (NetwellCASALA) and Trinity College Dublin

- Participants include patients with COPD, Type 2 Diabetes, Heart Failure or other chronic cardiac and respiratory conditions
- Care is tailored to each patient and their specific needs
- Monitoring devices are allocated based on individual's chronic disease
- Patient specific thresholds are set by the Caredoc nurse within the ProACT platform
- Alerts are triggered when vital signs are outside of range
- Triage nurse reviews the alerts and if necessary advises follow-up
- Over time the frequency and the pattern of alerts stabilise
- Triage nurse provides outbound telephone consultations, motivating, educating and supporting patients at each contact



Blood Pressure



Pulse

08:20am, Tue 20th Sep 2022

Europe/Dublin

Device Input

78 bpm

08:21am, Tue 20th Sep 2022

Europe/Dublin

Device Input

81 bpm

08:20am, Wed 21st Sep 2022

Europe/Dublin

Device Input

Abnormal Reading

95 bpm

08:21am, Wed 21st Sep 2022

Europe/Dublin

Device Input

88 bpm





Martin

(Age 70 - *Enrolled in SMILE October 2021*)

COPD, Coronary Heart Disease

“.....I feel my health and awareness about my health has dramatically improved. I no longer wait until I am **forced** to attend the Doctor, I know now when things are not right and see the benefit of getting treated early.....”

“....I was borderline Type 2 Diabetic, but have lost almost two stone (12 Kg) since joining the SMILE program and am no longer at high risk...”

“.....I was surprised at how easy the technology was to use, as I am not technically minded at all! Even I have no problem using the system!!.....”

SMILE Research Outcomes - Analysis by TCD/DkIT

Use of the monitoring equipment and nurse support led to:

- better health literacy and understanding of their condition
- more confidence in self-management
- participants being empowered to take an active role in their health and wellbeing
- increased awareness of clinical conditions and indicators of worsening health

Participants brought their tech to hospital/GP appointments and shared their data with their treating clinicians

Analysis of Phase 1 participation:

- **63%** of all participants interacted with the platform once a day
- **74%** reported more effective self-management - resulting in weight loss, increased mobility, smoking cessation
- **92%** of participants stabilised their conditions
- Activity/mobility increased across all participants

Thank you

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