

What is ITTS?

Implementing Transnational Telemedicine Solutions or ITTS is a European-funded project that uses international knowledge sharing to implement and assess telemedicine projects in Scotland, Norway, Sweden, Finland, Ireland and Northern Ireland.

ITTS includes ten different telemedicine projects based around three areas:



- 1 Video-consultation**
Seeing a specialist via a video link to reduce travel and allow more frequent appointments.
- 2 Mobile self-management**
Using a mobile phone to monitor health conditions by daily symptom recording.
- 3 Home-based health services**
This covers various projects, such as joining rehabilitation classes from home and using home-based health measurement systems for daily care.

ITTS aims to:

- Improve access to health care, situating services in local communities or in patients' homes
- Encourage the use of helpful technology in everyday health care practice
- Promote knowledge sharing between countries to put previous experience and expertise in telemedicine to good use.

Further Information



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University of Aberdeen and the University of the Highlands & Islands working in partnership



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Smartphones for Tracking Physical Activity



Information for Patients

www.transnational-telemedicine.eu

Smartphones for Tracking Physical Activity



It is important to include physical activity in your day as it has been shown to significantly improve health. Walking is the perfect activity for all ages

and abilities. It is free, can be done anywhere and you can start at your own pace.

There are several ways of tracking your steps including smartphone applications and pedometers. The advantage of the smartphone over the pedometer is that the smartphone will count your steps and show graphs so you can monitor your progress. Knowing how many steps you take in a day and what your goal is can help motivate you to increase your activity. Your daily step count can be emailed to your practice nurse who can monitor your progress. Many people already carry a smartphone and so no additional equipment is required.

About 10 minutes of brisk walking will equal 1,000 steps. If you aren't used to being active, start slowly wearing cushioned trainers and work towards your goal. If you have any concerns contact your practice nurse.

Above all don't worry! The smartphone application we have chosen for you is..... Seamless /autonomous /user friendly and will allow you to continue with your day without interruption.

WHAT ARE THE BENEFITS?



WHY IS MY PRACTICE INVOLVED?

Your General Practice is using one of the ITTS telemedicine services and has signed up to the project to help us evaluate this new care option. NHS Highland has approved our patient data collection plans.

HOW CAN I GET INVOLVED?

We are collecting three types of data to evaluate the service

- 1 Questionnaire** asking about you and your experience with the service.
- 2 Practice information** looking at how often you see the doctor or other health staff.
- 3 Interview** asking you about your experience, face-to-face.

We will then analyse all the data collected to find out whether this new telemedicine service is useful and cost-effective, and what patients think about it. This could help determine what future health care services are offered.

You do not have to take part in the evaluation if you do not want to and your medical care or legal rights will not be affected by your choice. There is no financial incentive offered.

WHO SHOULD I CONTACT WITH ANY QUESTIONS / COMMENTS / SUGGESTIONS?

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