

What is ITTS?

Implementing Transnational Telemedicine Solutions, or ITTS, is a European-funded project that uses international knowledge sharing to implement and assess various 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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Innovatively investing in Europe's Northern Periphery for a sustainable and prosperous future



Remote Exercise Classes for the Rehabilitation of Patients with Chronic Obstructive Pulmonary Disease



Information for Patients

www.transnational-telemedicine.eu

Remote Exercise Classes for the Rehabilitation of Patients with Chronic Obstructive Pulmonary Disease

Exercise classes are used in the rehabilitation of a number of long term conditions such as Chronic Obstructive Pulmonary Disease (COPD). Patients who live in remote and rural areas may be unable to attend established rehabilitation classes because of the considerable travel times involved.

A technology solution offers patients the opportunity to take part in exercise classes at their local hospitals. The use of video-conferencing enables a physiotherapist to deliver a class to patients who are based in a number of different locations across Highland. These patients can see, hear and talk to their physiotherapist and to the other participants in the class; some of whom may be more than one hundred miles away.

The introduction of this service in Highland ensures patients with COPD, living remotely, receive the same clinical, social and educational benefits as those living closer to cities.



*Dr Mackinnon
Memorial Hospital,
Broadford*

WHAT ARE THE BENEFITS OF THIS NEW SERVICE?

reduced travel
less admissions
Education **Social**
Improved quality of life
Reduce cancellations
more classes **more patients**
Increase confidence

WHY IS THIS SERVICE INVOLVED?

This service is using one of the ITTS telemedicine applications 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 Clinic 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 and legal rights will not be affected by your choice. There is no financial incentive offered.

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

PHYSIOTHERAPY DEPARTMENTS:

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