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### Tunstall

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Telehealth technology can enable patients to live more independently and improve quality of life whilst delivering savings to the NHS.

NHS Plymouth has partnered with Tunstall to implement a telehealth programme that will support the management of long-term conditions (LTCs) for patients in Plymouth.

The telehealth initiative will give patients greater control over their condition, allowing them to monitor it from home with the reassurance that professional support is available if required. This will significantly reduce the hospital admission rate for patients living with LTCs, giving them greater freedom and the opportunity to live more independent lives.

NHS Plymouth's decision to undertake a telehealth programme came about following the need to drive efficiency within its services by tackling the rising costs of treating long-term conditions whilst at the same time improving patients' quality of life. The programme will initially be available to 100 patients living chronic obstructive pulmonary disease (COPD), and/or chronic heart failure (CHF).

Jane Griffin, Lead Commissioning Manager of Long Term Conditions for NHS Plymouth, said: "We were aware of the possible benefits of telehealth from a number of schemes carried out by other PCTs, and so the decision was made to implement a small-scale programme to see if it could be as beneficial for us and our patients' needs. This is an opportunity for NHS Plymouth to use technological advances for the benefit of our patients. Our aim is to support patients to self care and give them greater independence and we are confident that the telehealth programme will enable this to happen."

For more information, please visit: [www.tunstall.co.uk](http://www.tunstall.co.uk)

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