



**SUPPORT-HF2: IT-supported heart failure management**  
in the community - January 2018



The George Institute  
for Global Health UK

### **Facts:**

- Half of all hospitalised heart failure patients die or are readmitted to hospital within a year after discharge.
- Inadequate drug treatment is a common reason for re-hospitalisation and early death.
- Home monitoring of heart failure patients has not been widely successful to date, possibly because of inadequate use of the information generated by this monitoring.

### **Partners:**

*Oxford Institute of Biomedical Engineering*

### **Supporters:**

*National Institute for Health Research*

*Oxford Martin School*

*The George Institute, University of Sydney*

### **Background:**

- The provision of evidence-based care to heart failure patients is a major challenge to health systems worldwide.
- Technological advances in information and communication technology (ICT) can overcome many of the barriers facing health systems worldwide.
- Enabling patients and their carers to monitor and manage their own health - in particular when supported appropriately by healthcare professionals remotely - may improve patient outcomes and reduce healthcare utilisation.

### **Aims:**

- This study aims to assess the clinical effectiveness and cost-effectiveness of an IT-supported home-care disease management system with sophisticated real-time data analysis and decision support for heart failure patients.

### **Methods:**

- 200 patients with significant heart failure were included in the study.
- All patients received the IT-supported disease management system, with one-half of the patients randomly allocated to receive the sophisticated realtime data analysis and decision support component.
- After 9 months. use of optimal drug treatment to prevent progression and complications of heart failure will be compared between the 2 groups. " => "After 9 months, the use of optimal drug treatment to prevent progression and complications of heart failure will be compared between the 2 groups.
- Results from the study are now being analysed.

### **Impact:**

- Remote data capture, processing and communication systems enable more frequent monitoring at lower cost and with greater accuracy.
- By reducing unnecessary face-to-face interactions with healthcare professionals, such ICT based systems can provide a more sustainable and affordable alternative to the prevailing labour-intensive models of care for heart failure patients.

### **Contact:**

To find out more about Support HF 2 study and its principal investigators Prof. Kazem Rahimi or The George Institute for Global Health, please contact: Julia Timms +61 410 411 983 jtimms@georgeinstitute.org.au or email kkrishnaswamy@georgeinstitute.org.in

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