



TEC4Home Blood Pressure

Telehealth for Emergency-Community Continuity of Care Connectivity via Home Tele-monitoring

What is this study about?

TEC4Home BP evaluates how home health monitoring can support patients with elevated blood pressure manage their health at home after visiting the emergency department (ED). The aim is to show how home health monitoring can be a safe and effective pathway for discharging these patients from the ED.



Why does this matter?

High blood pressure is a complex health condition often requiring multiple visits to the hospital. We want to see how support at home can help patients recover quicker and stay healthier longer.

Who conducted the study?



Karen Tran MD, MHS, FRCPC
Clinical Assistant Professor
General Internal Medicine

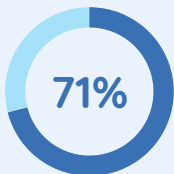


Kendall Ho MD, FRCPC
Professor
Department of
Emergency Medicine

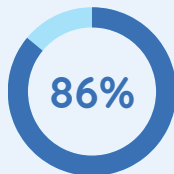
We would like to thank you for your participation in TEC4Home BP. By participating, you contributed to the development of a potential strategy that allows patients with elevated blood pressure to return home safely from the hospital. The outcome of the trial will provide physicians with important knowledge to integrate home health monitoring into the care of patients like you.

Results

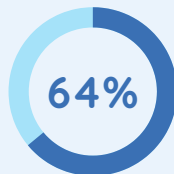
After participating in TEC4Home BP for 3 months:



71.4% of patients* achieved **systolic** (≤ 135 mm Hg) blood pressure control.

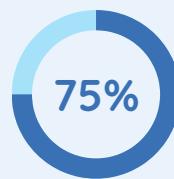


85.7% of patients* achieved **diastolic** (≤ 85 mm Hg) blood pressure control.

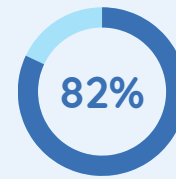


64.3% of patients* achieved **overall** blood pressure control.

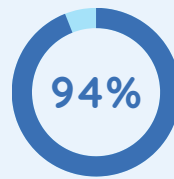
Patient Feedback Survey



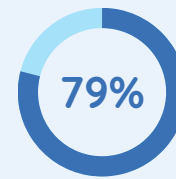
75% of patients were **highly satisfied** with the TEC4Home BP monitoring program.



82% of patients **agreed** that they had a reduced need to visit an ED since starting the program.



94% of patients **agreed** that the digital health tools/connected devices used in the program were easy to use.



79% would **definitely** recommend the TEC4Home Home Health Monitoring program to others with similar medical problems.

Our participants say it best!

"This program allows me to monitor my own health and gives me comfort knowing there are health care professionals watching over me. Also, this program provides very timely information and if a change [in medication] is required."

"I now understand that my blood pressure changes often and I am beginning to understand what activities affect it."

"The monitoring program was easy to maintain. The physician care was exceptional."

