

# Information Sheet Cardio Pod



The **CardioPod** allows pharmacists, nurses and healthcare assistants to carry out the NHS Health Check with unprecedented precision, in a fraction of the time a conventional test requires.

Not only does it very successfully reduce the effort and time required from healthcare professionals, but presents the results of the test in a dynamic and striking way, ensuring the patient is not only informed but motivated.

The software is typically installed on a touchscreen device, with plug-in medical measuring instruments which feed their data directly into the computer. The effect being; full accessibility of information and a tactile method of interaction that is simple and intuitive.

A carbon monoxide breathalyser can be added, turning the simple binary 'yes/no' question of smoking, into a more accurate assessment of the risk presented. Those who self-identify as 'non-smoker' may unknowingly inhale a dangerous amount of smoke second-hand, or one smoker might do so much more intensively than another.

A blood chemistry analyser is available as an option, to measure cholesterol and blood glucose levels. What needed a lab test two years ago, can now be done at the point of care. Thus Health Checks can always be completed in one sitting, so no hassles with follow-up appointments- patients get instant feedback, and direct advice on how to improve their health.

Depending on your requirements, information can be uploaded to a secure database for appropriate analysis and review. This information can also be delivered to GP practice management systems.

The result being, the carer can engage and interact directly with the patient. Testing, information and feedback are not stratified chronologically over a period of weeks, but are instead condensed into one ten minute test. Giving health services the capacity to make the next steps more immediately, reducing the gap between screening, diagnosis and treatment. As a result, saving more lives.



## Benefits to Health services

The CardioPod means more information, in less time with more healthcare professionals capable of carrying out the test.

The touchscreen interface is simple and intuitive, and makes it easy for all healthcare assistants to use the CardioPod comfortably and effectively.

The CardioPod can send information directly to the GP, as well as arrange follow-up appointments and call-backs from relevant services with the patient. Eliminating time spent confirming patient contact details and availability.

The CardioPod also uses industry standard risk assessment tools – Framingham and Qrisk®2 (below) – for algorithmically robust analysis of patient data, giving accurate information about the implications of their test results; not two or three weeks from the screening – but directly at the point of care.



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The CardioPod has been used with great success in GP's consulting rooms, pharmacies and – in its portable form – any location a travelling clinic might visit.

Many aspects of the CardioPod can be personalised and calibrated to suit the needs of your practice and your patients, and a range of peripherals and software tools beyond those mentioned here are available, such as the Audit-C substance abuse questionnaire, HB1AC/microalbumin analyser and more. Summarily, Telehealth Solutions appreciates that the healthcare industry faces a fluid and ever-changing situation, and knowing this, the CardioPod has been designed to respond to the needs you have now, just as well as it can adapt to meet the needs you may have in the future.

Telehealth Solutions works closely with selected information management partners, who can (with permission) access GP and other local health records to create a list of patients who could be at elevated risk, allowing the practice to contact them for an NHS Health Check more promptly and approach their risk of cardio-vascular disease more aggressively, instilling lifestyle and diet changes before they become preludes to seriously ill health.

Definitively, the CardioPod represents the emerging paradigm in medical care: using new technologies and ideas to allow healthcare providers to focus on the most vital aspect of their field – care. Tasks like measurement, collation, and calculation - simple, but essential, tasks that were once a misallocation of precious labour resources can now be carried out for them. Allowing them to focus on the most important tasks that only they are capable of; diagnosis, treatment, and support.