

# Information Sheet CardioPod



The **CardioPod** enables health care professionals to carry out a health check in the minimum time with maximum efficiency, accuracy & consistency.

By use of peripheral equipment results are transferred directly to the touch screen computer to avoid transcription errors, and the cardiovascular risk is calculated using the required risk engine.

A major feature of the CardioPod is that at the point of consultation the professional can adjust the patient's actual measurements to demonstrate how easily their risk level could be lowered by making simple lifestyle changes (such as quitting smoking). Thus it is demonstrated to the individual the required behaviour modification and the best chance of a lowered cardiovascular risk.

A carbon monoxide analyser 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, avoiding 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.

As a result, 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 single session. This encourages patients to make beneficial lifestyle changes, as well as giving health services the capacity to make the next steps more immediately, reducing the gap between screening, diagnosis and treatment. As a result, lives are saved and long term conditions avoided.



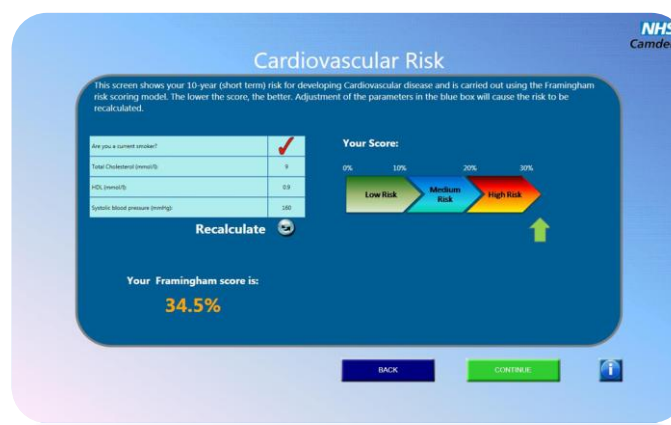
## Benefits to the Health Services

The CardioPod dramatically reduces the resources required to complete a tests enabling previously challenging test targets to be met with ease.

More importantly, the engagement of both tester and patient in a single session and the personalised printout greatly encourage beneficial lifestyle change.

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

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.



# Information Sheet

## CardioPod



The CardioPod has been used with great success in GP 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 substance abuse questionnaire, HbA1c/microalbumin analyser and more. Telehealth Solutions appreciates that the healthcare industry faces a fluid and ever-changing situation, so 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 prioritised 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.

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 only they are capable of; diagnosis, treatment, and support.

### Checks available

**NHS Health Check** (including QRISK2 and Framingham CVD risk algorithms and visualisation)

**Diabetes**

**Hypertension**

**Hypercholesterolemia**

**Kidney Disease**

**GPPAQ – Physical activity**

**PHQ9 – Depression**

**GAD7 and HADS – Anxiety**

**AUDIT-C – Alcohol consumption**

### Devices

**Scales (to 200kg):** A&D UC321 or combined automatic height-measuring device and scales.

**Blood pressure meter:** A&D UA767PC

**Blood analyser:** Cholestek LDX or CardioChek PA systems

**Carbon monoxide analyser:**

An HbA1c and  $\mu$ albumin analyser is also available.