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**Remote Monitoring Improving Patient Care and Outcomes through Digitally Enabled Healthcare at Home**

**Biography** **Shaun Kinghorn Digital Services User**

In June 2010, aged 49 I was admitted to a medical emergency unit via A&E with severe breathlessness and intermittent confusion. Further investigations confirmed a diagnosis of an unprovoked bilateral pulmonary embolism with significant clot burden requiring lifelong anticoagulation with warfarin. During this phase several underlying long-term conditions were identified which would require long term management and support. I remain under the care of three hospital consultants and INR testing is provided by a combination of self-testing and telehealth. Over the last ten years I have found the following digital tools helpful adjunctive solutions in combination with access to health care professional expertise.

* Pulse oximetry (home)
* CPAP with web support Bluetooth enabled machine
* NHS digital app
* Telehealth
* INR blood testing – Bluetooth enabled
* Health tracking devices
* Health apps
* Social media
* Reputable internet resources

Shaun is semi-retired and works part time with the University of Sunderland supporting academic staff design and deliver online learning solutions for health care professionals. I have worked with NHS, charitable sector, academic institutions, and Health Education England sectors designing and delivering online learning solutions for health care professionals.

**Abstract - A Lived Experience Perspective**

This session will consider a selection of challenges and benefits associated with using digital solutions to remotely monitor patients within a long-term care context. The presentation will be framed around the following themes.

* My digital remote monitoring journey
* Opportunities and barriers
* The benefits of home monitoring from a patient perspective
* Covid 19 lessons learned and a glimpse into the future