

# E-Health support for HD patients living at home: results of 3 years in practice

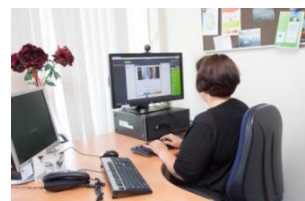
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## Background

Topaz Huntington Centre Overduin is a 72 bed long-term care facility with specialized daycare and an ambulant support centre for 100 HD-patients. For patients at home additional support and treatment by video-conferencing through e-health technology (EHT) is used since 3 years.



Social worker using video-conferencing

## Aim

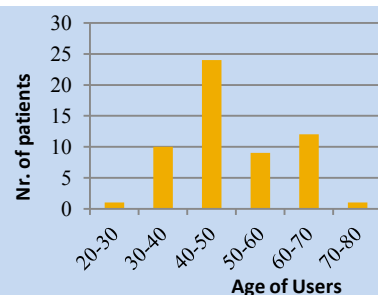
To describe the results after 3 years of using EHT for support and treatment.

## Results

EHT has been used by 55 HD patients at average age of 49 years (27-75)  
A total of 22 patients have stopped using EHT after mean 419 days. Reasons: admission in a facility (9), cognitive decline (4), refused to use it (3), it was too confronting with the disease (3), died (1), social decline (1).

At this moment the platform is used by 33 patients with an average duration of use of 556 days (11-1326). Support and treatment that are provided:

- Support from the social worker regarding daily life and support system issues (27 patients), 1/1 or 2 weeks
- Treatment for mood, behavior and acceptance of the disease by the psychologist (12 patients), 1/3 weeks.
- Treatment for swallowing and speech intelligibility by speech therapist (7 patients), 1/2 weeks.



## Possibilities of e-health technology

- Support and treatment
- Contact with experts
- Information about HD
- Support in planning
- Send video messages
- Contact with family
- Easy access to internet:  
Huntingtonplein.nl  
News & meetings  
Instruction videos  
Games for cognition



The interface of the e-health platform



Scan QR code for a video about video-conferencing

*'It is a lot better than calling'*

*'I do not have to wait so long; I can ask questions in a short notice'*

*'It feels like you are at my home'*

*'The frequent contact is so nice'*

*'The platform is so easy to use, simple icons'*

*'It is so nice that I can see you'*

*'Access to expertise without traveling is amazing'*

## Conclusion

E-health technology can be a sustainable blended care intervention.

At our center, we have shown that we can be in intensive contact with our patients who live at home.

It gives HD patients the opportunity to receive treatment at home.

For the organization it is cost-effective because of less travel time.