

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Martinsburg VA Medical Center

HOME TELEHEALTH TeleMove! Improving Health Outcomes & Veterans' Quality of Life through Nutrition Case Management

May 2017

Karen Sassaman, RDN,LD

Nutrition and Food Service

Home Telehealth is defined as...

...a program that applies care and case management principles to coordinate care using health informatics, disease management and Home Telehealth technologies to facilitate access to care and to improve the health of Veterans with the specific intent of providing the right care right time.





Home Telehealth Modalities

In home hub device

- Hub device has built in cellular modem for data transmission
- Health check delivery: voice and written – uses push button for responses
- Scale is cabled to hub device

Tele-Response

Interactive voice response

- Uses any telephone and a passcode for data transmission
- Health check delivery: voice - uses speech of keypad for responses
- Subjective, self reporting of weight

Home Telehealth Modalities

Online, web based

- Uses any device with internet connection
- Health check delivery: written - uses click or touch for responses
- Subjective, self-reporting of weight





VHA's Home Telehealth TeleMove! model is focused on:

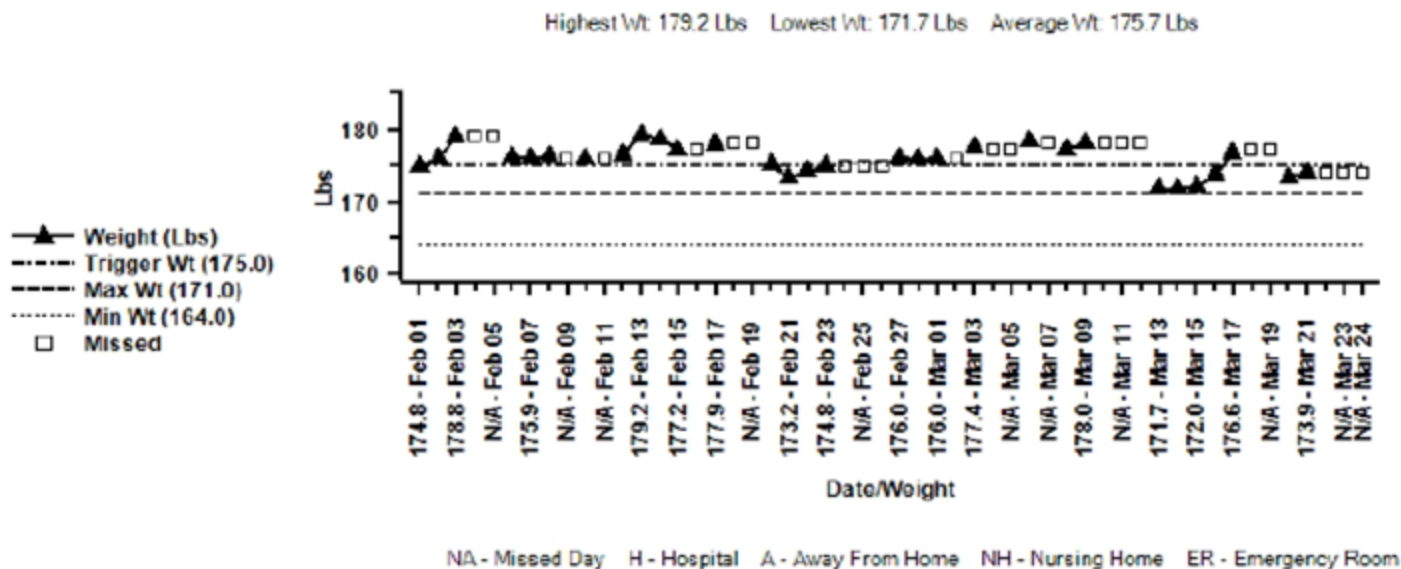
- Veterans who are obese/overweight
- Focus on Veterans who work full time or do not like the group setting
- Contacting patients with high risk responses or significant weight changes
- Identifying patients' knowledge, health factors, skills, and behaviors that support self management and identify gaps therein.
- Providing health care coaching, patient education, and motivational counseling and accountability.

Omnivisor Pro - Internet Explorer													
https://vaww.cardio... Omnivisor Pro													
File Edit View Favorites Tools Help													
Verified	DMP	COC	Transmitted [^]	HDR	Questions	Weight	BP	HR	Glu	SpO2	Peak Flow	Last Transmission	
✓	VHA-Wt Mgmt	HP/DP	3/24 16:06 (EST)		Alert	193.3							
✓	VHA-Wt Mgmt	HP/DP	3/24 15:06 (EST)		OK	203.9							
✓	VHA-Wt Mgmt	HP/DP	3/24 15:05 (EST)		Alert	189.3							
✓	VHA-Wt Mgmt	HP/DP	3/24 12:24 (EST)		Alert	193.0							
✓	VHA-Wt Mgmt	HP/DP	3/24 12:12 (EST)		OK	220.3							
✓	VHA-Wt Mgmt	HP/DP	3/24 12:09 (EST)		Alert	253.9							
✓	VHA-Wt Mgmt	HP/DP	3/24 11:43 (EST)		Alert	258.6							
✓	VHA-Wt Mgmt	HP/DP	3/24 10:53 (EST)		Alert	205.5							
✓	VHA-Wt Mgmt	HP/DP	3/24 10:52 (EST)		Alert	-							
✓	VHA-Wt Mgmt	HP/DP	3/24 10:49 (EST)		-	-							
✓	VHA-Wt Mgmt	HP/DP	3/24 10:44 (EST)		OK	246.7							
✓	VHA-Wt Mgmt	HP/DP	3/24 10:40 (EST)		OK	183.0							
✓	VHA-Wt Mgmt	HP/DP	3/24 10:39 (EST)		OK	326.1							
✓	VHA-Wt Mgmt	HP/DP	3/24 10:37 (EST)		Alert	167.3							
✓	VHA-Wt Mgmt	HP/DP	3/24 10:23 (EST)		OK	209.5							
✓	VHA-Wt Mgmt	HP/DP	3/24 10:19 (EST)		OK	253.7							
✓	VHA-Wt Mgmt	HP/DP	3/24 10:14 (EST)		Alert	237.0							
✓	VHA-Wt Mgmt	HP/DP	3/24 09:50 (EST)		OK	247.6							
✓	VHA-Wt Mgmt	HP/DP	3/24 09:41 (EST)		Alert	173.6							
✓	VHA-Wt Mgmt	HP/DP	3/24 09:28 (EST)		OK	241.0							
✓	VHA-Wt Mgmt	HP/DP	3/24 09:01 (EST)		OK	220.2							
✓	VHA-Wt Mgmt	HP/DP	3/24 08:40 (EST)		OK	189.1							
✓	VHA-Wt Mgmt	HP/DP	3/24 08:38 (EST)		OK	172.4							
✓	VHA-Wt Mgmt	HP/DP	3/24 08:32 (EST)		OK	282.1							
✓	VHA-Wt Mgmt	HP/DP	3/24 08:23 (EST)		Alert	312.0							
✓	VHA-Wt Mgmt	HP/DP	3/24 08:21 (EST)		Alert	238.8							
✓	VHA-Wt Mgmt	HP/DP	3/24 08:21 (EST)		OK	216.0							
✓	VHA-Wt Mgmt	HP/DP	3/24 08:19 (EST)		OK	258.9							
✓	VHA-Wt Mgmt	HP/DP	3/24 08:14 (EST)		Alert	233.4							
✓	VHA-Wt Mgmt	HP/DP	3/24 08:12 (EST)		OK	262.4							
✓	VHA-Wt Mgmt	HP/DP	3/24 08:05 (EST)		Alert	366.4							
✓	VHA-Wt Mgmt	HP/DP	3/24 08:03 (EST)		Alert	184.8							
✓	VHA-Wt Mgmt	HP/DP	3/24 08:01 (EST)		Alert	205.2							



Weight graph

Weight Graph





Question details

Question Detail	Mar 04	Mar 05	Mar 06	Mar 07	Mar 08	Mar 09	Mar 10	Mar 11	Mar 12	Mar 13	Mar 14	Mar 15	Mar 16	Mar 17	Mar 18	Mar 19	Mar 20	Mar 21	Mar 22	Mar 23	Mar 24
<i>Markers Indicate Question Response</i>																					
Wants a call from the Care Coordinator								•													
Medical problems get in the way of managing weight							•														•
Has not written the reasons to lose weight																		•			
Feeling more sad or unhappy than usual																					
Ate 2 meals/day in past week																		•			



Research results

California VA had 171 patients using TeleMove! weight loss at 90 days and 180 days

First 90 days: average loss 8.62#

Second 90 days: average loss 11.68#

Observational study of 699 Veterans enrolled in Move! or TeleMove!

Move!: mean weight loss: 4.5#

TeleMove!: mean weight loss: 8.6#



Findings of Martinsburg

Of 135 veterans— 68% lost weight

Average weight loss of 10.5#

69 of those veterans have been on the program for 1 year – 58% lost weight

Average weight loss of 8.9#



Success Stories

Antonio 41yo started on Telemove in August 2015 at 320.4#
BMI: 48.8

His goal was to walk 2000 steps a day and cut his soda intake
from 3 liters a day to 3 -12oz cans a day

He wanted Bariatric surgery so his weight goal was 290# and
BMI: 44

February 2016 Wt:282.5#

May 2016 Wt:270.7#

July 5, 2016 surgery day Wt: 238.3# BMI: 36.3

March 2017 Wt:219.7# BMI: 33.48

Overall 31% weight loss – 100.7#



Success Stories

Tom 72 yo began program in November 2015

Wt: 170.2# BMI: 29.3

May 2016 Wt: 164.4# BMI: 28.3

November 2016 Wt: 154.5# BMI: 26.6

March 2016 Wt: 157# BMI: 27

Overall 7.7%weight loss -13.2#

It's Not About The Technology...



It's About Making the Connection with our Veterans!

