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## Innovative Approach in Caring at Home The Experience of the Bulgarian Red Cross

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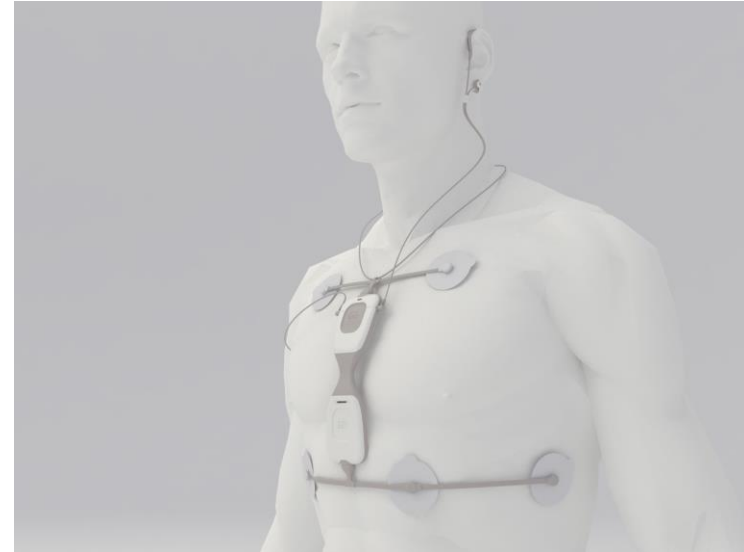
## Home Care Services of the Bulgarian Red Cross

- The patient at the centre of services;
- Integrated approach;
- Efficient and effective use of resources;
- Development of a home care network;
- Building on home care services with new technologies.



## Distant cardiac telemonitoring of the beneficiaries of the HC Centers

- Cardiovascular diseases – a leading cause of death in Bulgaria (65 %);
- Distant 24-hour cardiac telemonitoring;
- ECG and consultation with a cardiologist from a distant telemonitoring medical center provided in real time.



## Advantages

- Equal opportunity for proper diagnostics of the patients with serious chronic diseases, especially in small and remote locations;
- Allows to create a system of following the vital signs of the patients in real time and the course of the disease;
- A prerequisite for establishment of a system for permanent telemonitoring on the execution of the overall treatment prescribed;
- Better communication patient - family doctor – cardiologist.



## Results

- In 83 % of the patients were noticed non-registered cardiologic violations;
- Organization of additional consultations with cardiologists with the help of the HC Centers' staff which led to change of the therapy in almost 90 % of the cases;
- Positive reception of the telemonitoring devices on behalf of older beneficiaries.



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