

Heart Disease & Stroke Cross Party Group
Annual General Meeting
Wednesday 11th March 2015,
Committee Room 5, 1800-2000

The application of Telemedicine in caring for people with heart disease and stroke

1. Welcome & Apologies

MSP Attendance

Dave Thompson
Nanette Milne

MSP Apologies

Dennis Robertson
Richard Simpson
Alison McInnes

2. Matters arising

2.1 Minutes from previous meeting of 4th December 2014

Proposed by Gordon Snedden ; Seconded by Chris Macnamee

2.2 Update on MSP membership of the Cross Party Group

Following the appointment of Maureen Watt MSP to the position of Minister for Public Health the CPG membership has been updated as she can no longer remain a member of the group.

2.3 Stroke Charter sub-group update

- The group continues to meet with the support and guidance of Dennis Robertson and his team, under the auspices of the CPG for HDS. The subgroup membership feels that its ongoing success will be dependent upon continuing support and strategic direction from within the CPG.
- The Stroke Charter is now established and has been widely circulated nationally in Scotland in both hard copy and electronic formats. The subgroup feels that the ownership of this Charter continues to sit within the wider CPG and that the aspiration to meet its recommendations will continue to challenge us.
- The sub-group raised the issue of driving tests being centralised as an issue that is still on going and questions had been suggested to be sent to the Minister
- The issue of health care professional's contracts was raised in relation to the 7-day service and concerns about the ability for this to be implemented.

2.4 Update on ACHD (adult congenital heart disease) petition

No update was given but it was agreed by the group that this should remain a standing order for the CPG until further notice

3. Presentations

4.1 **Anne Reoch**, Telehealthcare Advisor at the Scottish Government, JIT Action Group

Anne Reoch spoke to the Cross-Party Group on the work of the Scottish Government to implement telehealthcare across Scotland and the future role of telehealth in health and social care.

4.2 **Frances Divers**, Cardiology Nurse Consultant, NHS Lothian.

Frances Divers spoke to the group regarding the “Activate Your Heart” On-line Cardiac Rehabilitation Programme.

4.3 **Professor Brian McKinstry**, Professor of Primary Care E-Health, University of Edinburgh; Director of the Telescot Programme; Director of the Edinburgh Health Services Research unit; General Practitioner in MacKenzie Medical Centre in Edinburgh.

Professor McKinstry spoke to the group regarding the role of telehealth in monitoring blood pressure in patients. His presentation focussed on a recent study undertaken by patients and the impact of self-monitoring and reporting on their blood pressure levels and likelihood of treatment.

4. Discussion

Following the three presentations the Chair invited comments and questions from the Group. There were a wide range of questions for the panel some of the themes have been highlighted below;

Reliance and ease of self-monitoring – This issue was raised a number of times how Professor McKinstry highlighted that blood pressure monitors do not require re-calibration and at its simplest they either work or don't work. Therefore readings from these machines can be deemed accurate and not require cross-checking. He also highlighted the ease in which these machines can be used in the home setting.

Rural challenges – There was question raised about the challenge rurality may play in accessing telehealth in relation to broadband availability. The panel highlighted that the Scottish Government aims of rural connectivity would support this and many rural areas are already using telehealth. It was recognised that telehealth would have a huge role to play in supporting rural communities to have better access to health care as well.

Supporting patients – It was recognised in its broadest sense that telehealth will support patients. However there was a discussion how telehealth might better empower patients to raise issues with doctors. There was a discussion around AF patients who may be able to record episodes on devices and use them in consultation with GPs, also regular blood pressure readings could empower patients to challenge “white coat” hypertension.

5. AOCB

At the close of the meeting the chair Dave Thompson MSP stated that the Cross Party Group for CHD and Stroke would like to take this opportunity to say thank you and farewell to David Clark, Chief Executive of Chest Heart & Stroke Scotland, who is retiring after twenty years of leading the medical charity. David was instrumental in setting up the Cross Party Group in partnership with the British Heart Foundation and Roseanna Cunningham MSP, our first convener.

Unfortunately David was unable to attend his last meeting and everyone wishes him all the best in his retirement.

7. Dates for meetings in 2015:

- **Wednesday 10th June 2015: 'Scotland on the road to 25 x 25'**
(Stemming from a declaration from the United Nations General Assembly, countries have begun working toward achieving a 25% relative reduction in overall mortality from cardiovascular disease by 2025).
- Wednesday 16th Sept 2015
- Wednesday 9th Dec 2015