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Taking it to Another Level: the internet Chronic Disease Management (iCDM) Project

The BCATPR's latest project, *The Utilization of an Interactive Internet-based Platform for Managing Chronic Diseases at a Distance*, received funding from the Canadian Institutes of Health Research and the Michael Smith Foundation for Health Research earlier this year. The project which also receives support from partnering health authorities, builds on the previous work of BCATPR team members dedicated to the development of novel methods for the delivery of chronic disease management to small urban and rural communities. Working alongside five health authorities and one health organization, the project investigators aim to develop an Internet-based chronic disease management (iCDM) program that will bring much needed patient and provider support to patients' homes and communities.

300 rural patients with two or more conditions including ischemic heart disease, heart failure, diabetes, chronic kidney disease and COPD will be recruited and randomized to either usual care or the iCDM program. The patients will be followed for 24 months. The iCDM will support patient self-management and patient monitoring, and allow patients to enter their vital signs and symptoms, track their progress, and communicate with allied health professionals in real-time. The project will also determine the effectiveness of the iCDM program on healthcare and patient outcomes in patients with two or more chronic diseases.

To date, Dr. Scott Lear and Dr. Adeera Levin, the principal investigators of the iCDM project have organized a clinical advisory committee that has been working together to develop the iCDM platform. Members of the clinical advisory committee include primary and secondary care healthcare providers including family physicians, specialists and nurse practitioners, allied health professionals including an exercise specialist, a psychologist, and a dietician as well as patients with



The British Columbia Alliance on Telehealth Policy and Research is a multi-disciplinary health services research team studying ways to bridge traditional health care services and emerging communication technology to meet the changing needs of patients and care providers in our province. For more information, please visit our website at www.bcatpr.ca.

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chronic diseases.

With the iCDM project, the BCATPR team has taken their endeavours to another level. Aware that most patients have more than one chronic disease, the team now strives to address the issue of increased patient burden and healthcare inefficiencies that stem from traditional patient management which is limited to disease-based strategies independent of one another. It is anticipated that the iCDM platform will improve patient care and optimize healthcare resources at the same time, in which case the partners of the BCATPR will work to quickly implement the program.

Aboriginal Telehealth Literature Review Study Wraps Up

The Aboriginal Telehealth Literature review undertaken by BCATPR member, Dr. Josée Lavoie has been completed. The review, entitled *Systematic Review of Published and Grey Literature Evidence to Inform the Development of an Analytical Framework and the Deployment of Telehealth/E-Health Initiatives on First Nation Reserves* identifies what telehealth interventions may best meet the healthcare needs of First Nations living on BC reserves.

The briefing note of the Aboriginal Telehealth Literature Review study is now on the BCATPR website. The full report of the study will be available on the website early next month.

Click [here](#) to view a PDF of the briefing note.

Welcome aboard Tara!

The BCATPR welcomes Tara Wong as the new northern research coordinator in Prince George. Tara who has just completed her Master's degree in Chemistry at the University of Northern British Columbia, took the reigns from previous coordinator, Regan Whelan in September 2010. Regan has since left the team to pursue a career in physiotherapy. The BCATPR team is excited to have Tara onboard and looks forward to working with her.

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