

## IN THIS ISSUE...

- *In the news: BCATPR telehealth work featured in Vancouver's Province newspaper*
- *Lancet article looks at prevalence of multimorbidity and need for care reform*
- *Free Online Mental Health Resource: Antidepressant Skills Workbook*
- *Local and international telehealth companies experience growth*

## In the news: BCATPR telehealth work featured in Vancouver's Province newspaper



Study participant Donald Kinder, as pictured in *The Province* newspaper

Study participant Donald Kinder, pictured above, and BCATPR members Dr. Scott Lear and Bev McCarthy were recently interviewed by **The Province for a telehealth feature** that included BCATPR's research in virtual care. The article discusses the use of telehealth in rural areas, and as part of the interview, Mr. Kinder and Bev, the program nurse, also offer personal insight into telehealth programs from a user's perspective.

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, visit:  
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## Lancet article looks at prevalence of multimorbidity and need for care reform

In the same vein as BCATPR's Internet-based Chronic Disease Management study, a **recent paper by Karen Barnett and colleagues** examined the prevalence of multimorbidity - the presence of two or more chronic conditions in a patient - from 1.75 million patient records in Scotland. Using a list of 40 eligible conditions, 23% of patients were found to have multimorbidity, while of those with a chronic condition, over half had at least one additional morbidity. Interestingly, 36% of people with multimorbidity had a mental health as well as physical disorder. In deprived areas versus high socioeconomic ones, there was a higher prevalence of multimorbidity and a much higher prevalence of a mental/physical comorbidity. Overall, these numbers contribute to the notion that we need to move away from treating diseases individually and instead move forward in developing coordinated care.

## Free Online Mental Health Resource: Antidepressant Skills Workbook

Featured briefly in Dr. Dan Bilsker's presentation at the BCATPR 2012 workshop, **The Antidepressant Skills Workbook (ASW)** is an excellent free online resource for people experiencing depression, those close to individuals with depression, and healthcare providers looking for information to supplement treatments. It has been downloaded and used widely, including in BCATPR's



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chronic disease management studies at times when participants are suffering from low mood. Written by registered psychologists Dr. Dan Bilsker and Dr. Randy Paterson, ASW is a self-care manual based on the experience of the authors and on scientific research about which strategies work best in managing depression. It provides an overview of depression, explains how it can be effectively managed according to the best available research, and gives a step-by-step guide to changing patterns that trigger depression. The ASW is available at no cost in English, French, Punjabi and Chinese. This and other self-management workbooks co-developed by Dr. Bilsker are available for free download at: [www.carmha.ca/selfcare](http://www.carmha.ca/selfcare). As an additional resource, **Anti-Depression Skills Online** is an interactive website based on the ASW book; it is hosted through the BCATPR and Cardiac Telehealth Initiative, funded by the PHSa Cardiac Services BC Innovation Fund.

## Local and international telehealth companies experience growth

The telehealth field is quickly gaining popularity, as can be seen by the dramatic growth of **GlobalMed**, a telemedicine hardware and software development company based out of Arizona. **Featured in the Financial Post**, GlobalMed was included in the top 100 of Inc. Magazine's 2012 list of fastest growing companies. **According to the magazine**, the company saw a 3,094% revenue growth in the past 3 years.

Local web-based social support company, **Tyze**, is also expanding its services by teaming up with Indiana University to develop a demonstration project called **Hoosier TYZE**. Having just received funding, the project will create online family and community support networks to adults with disabilities and their caregivers.

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