

# The MEDCAL Touch Screen Coronary Heart Disease Tutor is to receive an award in the best Publicly accessible health-related information systems category in the 2002 Health care effectiveness awards at Harrogate on the 18<sup>th</sup> March 2002

The MEDCAL tutor developed in primary care is part of a Community Heart Disease reduction program which has shown substantial reduction in CHD risk factors and evidence of large reduction in Ischaemic Heart Disease admissions.

One of the main advantages of the Tutor and the CHD reduction system is that the design of the various component parts enables these systems to achieve better results while at the same time using less of the scarce resource of NHS doctors and nurses. This means it is possible to set a much higher outcome target than the Coronary Heart Disease National Service Framework does without breaching budgeting restrictions.

The CHD Tutor enables a patient to access research based heart disease risk assessment without "using busy health professional time". This means that the advice becomes available to people who would not consult over this matter. It enables the user to spend as much time as they need learning about their health risks and the possible changes they could make without any time pressure. This empowers the user and thus increases the effectiveness of the learning process. Open access to the tutor enables the patient to reinforce the education message by repeating the assessment whenever they want to.

A survey suggests that up to 30% of users made life style changes, reducing their risk of heart disease after using the tutor. At a likely cost of less than £1 per assessment the tutors will prove to be one of the most cost effective interventions that any community could make in heart disease prevention.

If used in conjunction with the health profession program it enables the primary care organisation to greatly increase their CHD prevention programme without funding large amounts of extra health professional time.

The Tutors have been developed and tested in various community settings where unaided a single tutor can assess more than 1000 people a year in a doctors surgery, or with a support worker over 500 in a week in a shopping centre.

The tutors are supplied and set up on site by technicians to ensure that the purchaser has a working tutor before the delivery is complete and onsite maintenance is part of the package.

To ensure the minimum cost for each heart attack prevented, MEDCAL do not use a sales force but supply direct to the health professional. This enables us to supply the Tutors at only £3800 +VAT less than half the price that would be needed if other sales methods were used. The directors of MEDCAL, half of whom are practising GPs, intend to produce further programs for the tutors in the near future to add to the educational value of each tutor. Programs in the areas of Teenage sexual health and depression are currently in development and others at the planning stage.

## **MEDCAL**

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