

Remote monitoring for long-term physical health conditions: an evidence and gap map

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Plain language summary

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Plain language summary

What is this map about?

Remote monitoring is when an aspect of a patient's health, such as blood pressure, is measured at home, and this information is passed to a healthcare professional. We created an evidence and gap map for remote monitoring in adults with long-term physical health conditions. The map is presented as an interactive online table, which can be used to find the number and quality of systematic reviews that address specific questions (e.g. remote monitoring in diabetes). The map does not summarise findings from the reviews (e.g. whether remote monitoring works or not).

What studies are included?

We found 72 reviews investigating whether remote monitoring works and/or how to implement it, including whether it is acceptable to patients, carers and healthcare professionals.

What are the main findings?

Thirty-seven reviews included studies from the United Kingdom. The most common health conditions were heart disease, diabetes and lung conditions. There was little or no evidence for some health conditions (e.g. epilepsy). Data from patients were collected mainly using common devices (e.g. heart rate monitors) and passed to healthcare providers using computer applications, websites and telephone calls. Most feedback received by patients was motivational/educational. There was evidence about the acceptability of remote monitoring for patients, but little for carers and healthcare professionals. Reviews focused on whether remote monitoring affected physical and mental health, health service use, acceptability or implementation.

More than half the included reviews were judged to be low quality; however, they may still include high-quality studies.

What do the findings mean?

The map could help to design and deliver remote monitoring programmes and guide further research and technology development.

Stakeholder and public and patient involvement

Stakeholder and public and patient representatives provided feedback throughout the project.

How up to date is this map?

The map contains reviews published between 2018 and March 2022.

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