

► 中心簡介

台大醫院出院病人遠距照護服務結合心臟內科、心臟外科，由專業個案管理師提供24小時遠距生理數值監控及個別化的衛教諮詢與醫療轉介服務。提供病友從院內病房的床邊遠距照護延伸出院準備服務，遠距式的持續照護，結合居家遠距照護資訊網路與遠距照護生醫感測技術，建構一個病人之遠距照護中心平台，使病友從出院返家後，仍可獲得健康諮詢與持續照護，減少病友出院後疾病復發或嚴重併發症，以提升健康照護品質及減少醫療資源的消耗。

► 適用對象

- ◎糖尿病高風險併發心血管疾病
- ◎高血壓高風險併發心血管疾病
- ◎心肌梗塞、心臟衰竭、中風
- ◎昏厥、心律不整、狹心症
- ◎健康人士自覺身體健康但期望更健康者
- ◎潛在性心血管疾病患者（有心血管疾病危險因子之一者、有胸悶顧慮者）
- ◎高血壓高風險併發心血管疾病
- ◎國外長期居留之心血管疾病患者
- ◎經心導管、開心手術等心血管患者
- ◎裝置心律調節器患者
- ◎亞健康人士自覺不適但欲回到原先健康狀態者

► 服務內容

◎遠距生理量測

提供心電圖儀器與本院之資通訊平台鍵結，讓病友在家自行量測，並結合居家自備量測儀器之量測紀錄回傳醫院，供個案管理師及醫師作為協助病友之依據，持續掌握健康狀況。

◎心律調節器居家監測（限與本中心簽約之廠牌）

監測裝置具有遠距傳輸功能之心律調節器病友其上傳數值，持續掌握病友的身體健康狀況。

◎遠距持續性照護

由個案管理師負責遠距生理監控與24小時諮詢服務，依不同需求提供個人化健康服務管理。

◎遠距即時辦門診

星期一至星期五早上9點~晚上9點，及星期六早上9點~12點，提供病友臨時需要掛號看診或開立藥物等必要醫療或照護處理。

◎通訊診療門診

星期一至星期五早上9點~晚上5點，視病友需求及徵求醫師之同意，提供門診之預約，以改善病友疾病追蹤及出院後的照護服務。

◎緊急護理諮詢

個案管理師發現病友檢測值異常或緊急狀況，可即時提供諮詢及協助安排進一步醫療處理。

► 遠距照護服務資費方案詳洽本中心



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遠距 照護中心 Telehealth Center

➤ About the Center

The NTUH Post-Discharge Telehealth Service integrates cardiology and cardiac surgery. Case managers provide 24-hour remote physiological monitoring, personalized health education, and medical referrals. This service continues patient care after hospital discharge, extending bedside monitoring to at-home telehealth. By combining home networks with biomedical sensors, it creates a patient-centered telehealth platform, allowing patients to receive ongoing support at home, reduce disease recurrence or severe complications, improve healthcare quality, and save medical resources.

➤ Eligible Participants

- ◎ Patients with a high risk of diabetes complicated by cardiovascular disease.
- ◎ Patients with a high risk of hypertension complicated by cardiovascular disease.
- ◎ Patients with a high risk of hyperlipidemia complicated by cardiovascular disease.
- ◎ Patients with cardiovascular disease living abroad for long periods.
- ◎ Patients who have had a myocardial infarction, heart failure, or stroke.
- ◎ Patients with severe cardiovascular disease who have undergone cardiac catheterization or open heart surgery.
- ◎ Patients with syncope, arrhythmia, or angina pectoris.
- ◎ Patients with implanted cardiac pacemakers or rhythm management devices.
- ◎ Individuals who are healthy and wish to maintain or improve their health.
- ◎ Individuals with mild health concerns who wish to restore their health.
- ◎ Domestic and overseas patients with potential cardiovascular disease
(those with at least one risk factor for cardiovascular disease or concerns about chest discomfort)

➤ Service Items

◎ Remote Physiological Measurement

We provide ECG devices linked to the hospital's platform, allowing patients to measure heart activity at home. Measurements can be taken using hospital-provided or patient-owned devices. Data are transmitted to the hospital, enabling case managers and physicians to monitor health and provide timely support.

◎ Home Monitoring for Pacemakers (Only Available for Contracted Brands)

For patients with pacemakers equipped with remote transmission capabilities, uploaded data allow continuous monitoring of their health status.

◎ Remote Continuous Care

Case managers provide remote physiological monitoring and 24-hour consultation services, offering personalized health management based on each patient's needs.

◎ Remote Real-Time Outpatient Services

Available Monday to Friday from 9:00 A.M. to 9:00 P.M. and Saturday from 9:00 A.M. to 12:00 P.M., these services cover urgent or temporary needs such as registration, prescription, or medical consultation.

◎ Virtual Clinics

Outpatient appointments are available Monday to Friday, 9:00 A.M. to 5:00 P.M., upon patient request and physician approval, aiming to improve disease follow-up and post-discharge care.

◎ Urgent Nursing Consultation

If case managers detect abnormal test results or emergency situations, they provide immediate consultation and assist in arranging further medical care as needed.

For details on service fees, please contact the NTUH Telehealth Center.



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