

16 Care Settings and Use Cases for Remote Patient Monitoring and Telehealth

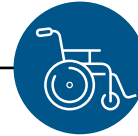
Telehealth and remote patient monitoring (RPM) supports patients throughout the patient journey by providing tools to improve engagement and outcomes. RPM has traditionally been rooted in post-acute care, but has since expanded into myriad areas of the health system, helping patients at every step throughout their healthcare journey.



Prevention



Acute Care

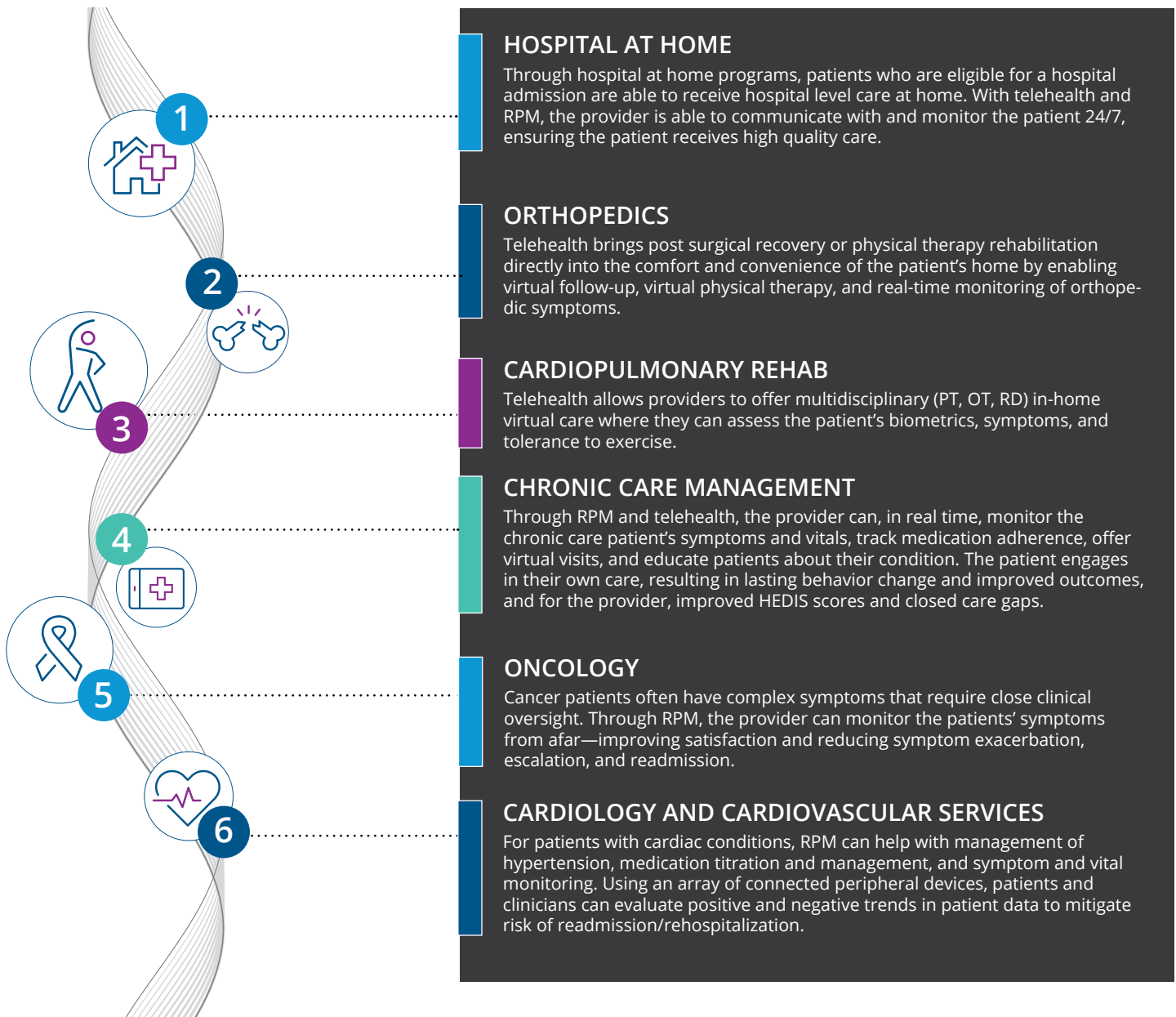


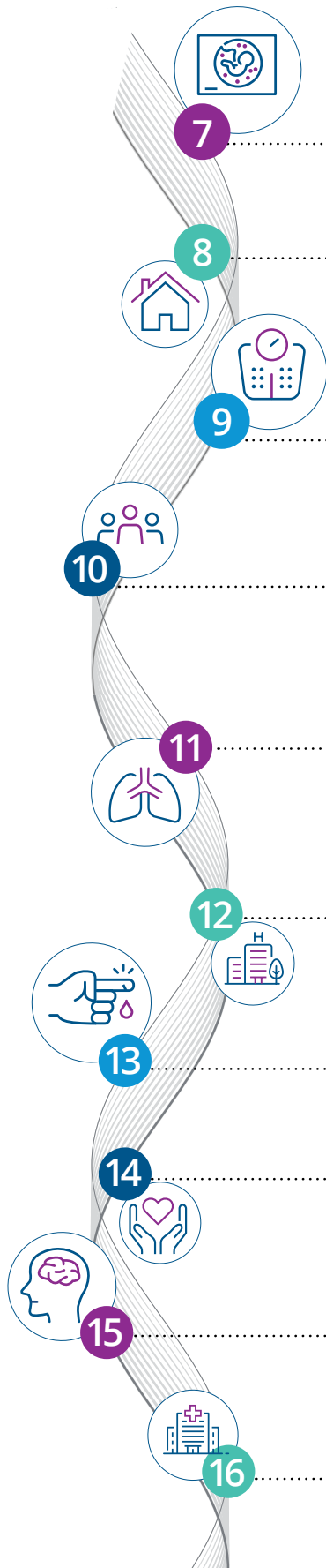
Chronic Care



End of Life Care

The 16 Care Areas that Can Benefit Most from HRS RPM and Telehealth:





PRENATAL AND POSTPARTUM

With telehealth, providers are able to remotely monitor the physical and emotional health of prenatal and postpartum women, especially those who are rising or at a high risk. Offering telehealth visits improves access and reduces patient burden. The emotional needs of the patient can be supported and monitored through symptom surveys and the PHQ9 assessment.

HOME HEALTH

Leveraging telehealth, home health providers can offer a continuous care experience, one that balances clinical support with self-symptom management. Telehealth helps home health patients avoid readmission by engaging them in their own recovery.

BARIATRICS

Post bariatric surgery, RPM and telehealth can help a patient remain adherent to their dietary guidelines, medication, and exercise regimen, while also providing educational tools on surgical recovery and nutrition.

POPULATION HEALTH SERVICES

Incorporating telehealth into population health initiatives supports the shift to value based care, focusing on holistic patient care and the social determinants of health. "Low touch" RPM and telehealth solutions like a BYOD (Bring Your Own Device) solution allows for a low cost way to manage large patient populations while still playing an active role in their health and wellness.

PULMONOLOGY

RPM can help with management of COPD, asthma, and other respiratory conditions by providing tools for vital sign monitoring, symptom management, and patient-provider communication. Pulmonologists can empower patients to remain adherent to their care plan, specifically to their medications, with telehealth and RPM.

ACCOUNTABLE CARE ORGANIZATION

ACOs can use RPM to address Medicare penalties for readmissions, close gaps in care, improve HEDIS score, offer financial incentives for chronic disease management, or to involve patients in their own health and encourage them to have an active role in managing their health outcomes.

ENDOCRINOLOGY

Leveraging telehealth for glucose monitoring can help diabetic patients manage their symptoms over time. The endocrinologist can, using the data from RPM, make necessary changes to the patient's care plan that drive beneficial behavior change.

HOSPICE AND PALLIATIVE CARE

For hospice and palliative care patients, telehealth can provide an opportunity for patients to remain in the comfort of home. Telehealth allows the provider to triage patients virtually to avoid readmission and return the patient to comfort as quickly as possible.

BEHAVIORAL HEALTH

With virtual care and symptom surveys, providers are able to track their patients mental health, and intervene if decline is apparent. Through the embedded PHQ9 survey, educational videos, and quizzes, patients are able to improve their health literacy and care plan compliance.

PHYSICIAN GROUP

Through telehealth, physicians can remain well connected to their patients, even beyond the office visit. Telehealth helps physicians educate their patients, offers a convenient way to follow up after office visits, and allows for real-time symptom monitoring. Additionally, with the availability of reimbursement, physician practices have a strong financial case for converting more of their visits into virtual visits.