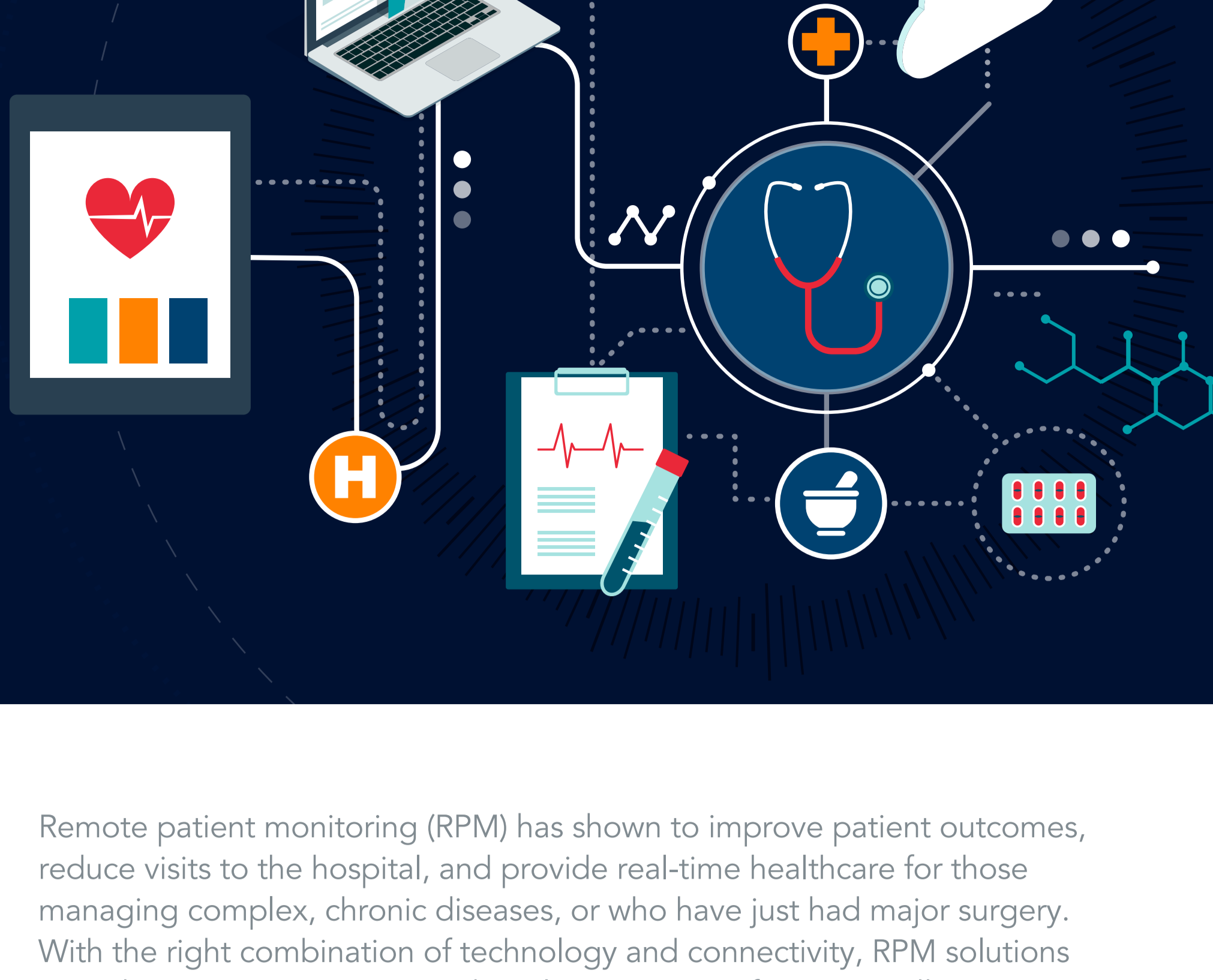


5 Innovative Use Cases for Remote Patient Monitoring



Remote patient monitoring (RPM) has shown to improve patient outcomes, reduce visits to the hospital, and provide real-time healthcare for those managing complex, chronic diseases, or who have just had major surgery. With the right combination of technology and connectivity, RPM solutions provide patient centric care with early intervention for an overall more successful patient outcome.

Here are our top 5 examples of successful IoT healthcare deployments.

1 Remote Monitoring Promotes Comprehensive Cardiac Care

Chronic cardiac disease management and post-operative care has been performed by using pre-programmed devices such as tablets, scales, and pulse oximeters to record important patient vitals.

These vital signs are then sent to care providers for ongoing monitoring.

For post-operative patients, RPM technology allows for recovery updates, videos, and photos of incision sites to be sent to providers, as well as daily health numbers. Through these records, healthcare professionals can detect shortness of breath, dehydration, arrhythmias, fluid retention, early signs of pneumonia, and adverse reactions to medications – thus allowing for early intervention.

Wearables have been leveraged in RPM for patients who have undergone coronary angiography. The device measures autonomic function in predicting coronary artery disease. The correlation between lower heart rate variability and subclinical myocardial ischemia has led to an innovative use of RPM in early detection of this heart disease. This passive monitoring of patient data is a cornerstone in RPM technology.

2 Diabetes Management Builds on Solid Foundation

Monitoring blood glucose levels via remote technology has been on the market for a few years. Dexcom, for example, is a company that developed the Dexcom G6, which is a wearable patch that continuously monitors blood glucose levels.

This IoT health device sends data wirelessly every five minutes to a connected device to for easier, more comprehensive diabetes management.

Screening devices have been developed and are being adopted to detect diabetic retinopathy, which is the leading cause of blindness in diabetes patients. These types of developments are critical in making diabetes a much more manageable disease.

Additionally, for added support, patient health stats can be communicated not only with providers, but also with approved family members.

3 COPD Patients Can Receive More Care from Home

Chronic Obstructive Pulmonary Diseases (COPD) patients often find themselves needing the care of an emergency room or the hospital when managing this tricky disease.

But with remote patient monitoring, early intervention can significantly reduce hospital visits.

By using a connected device, COPD and pneumonia patients can report weight, blood pressure, respirations, and oximetry, which can then be transmitted to an online platform that alerts medical staff when an intervention is needed – most often through a telemedicine appointment. For example, a patient experiencing shortness of breath can connect with a provider, who can coach the patient on how to increase oxygen saturation using their prescribed nebuliser.

4 Pediatric Post-Operative and Chronic Disease Care

RPM can be leveraged for the ongoing care of pediatric organ transplant patients. The recovery process for organ transplants is complicated and the medication regiment is strict, all which can lead to post-operative complications.

To increase the success of transplants and to reduce hospital visits, RPM can collect real-time data through a connected tablet that monitors vitals.

For pediatric patients with chronic diseases who don't have access to specialty pediatric care, due to location or socio-economic disadvantages, RPM can be largely beneficial in receiving the necessary care without the cost or strain of having frequent visits to specialists or the hospital. Whether a pediatric patient suffers from heart disease, diabetes, or other long-term diseases, RPM can improve the patient outcome through the use of connected devices and secure connectivity.

5 COVID-19 Potentially an Accelerant for Remote Patient Monitoring

The pandemic may become an emerging use case for the acceleration of RPM.

Dexcom, the same company that leveraged IoT for diabetes management, also used RPM technology at the onset of the pandemic to monitor diabetes patients in the hospital while reducing risk of exposure and reducing the use of personal protective equipment.

Healthcare professionals continue to see COVID-19 patients and monitor those who have recovered, as they may experience long-term side effects of the disease. RPM may enable providers to do both without becoming overwhelmed. In the United States, the Centers of Medicare and Medicaid Services to Current Procedural Terminology (CPT) codes that allows for providers to bill Medicare for acute remote patient monitoring in light of COVID-19. Prior to that, CPT codes only provided for the billing of chronic remote monitoring of patients.

Partnering for IoT success

Remote patient monitoring is a complex IoT ecosystem comprised of:



Connectivity



Hardware and Devices



Platforms



Managed Services

With KORE, you can choose from a suite of comprehensive solutions that enable caregivers to electronically access and record patient data outside of the clinical setting for ongoing monitoring to enhance the quality of care and improve patient experience while reducing healthcare costs. We are a trusted, FDA- and ISO-compliant partner, and our data transfer is HL7 compliant in accordance with HIPAA guidelines.

Together, we'll help simplify the complexity of IoT.