

Remote Patient Monitoring: Expanding Healthcare Beyond the Clinic in Rural South Carolina

Kamryn Williams, LPN Remote Patient Monitoring Telehealth Coordinator Palmetto Care Connections

INTRODUCTION

Remote Patient Monitoring (RPM) assists patients and providers by expanding beyond the walls of the clinic. It allows the provider to obtain insight into the patient's day-to-day life, while in the comfort of their own home. RPM is a component of telehealth that involves that use of digital technology to monitor patients' chronic health conditions and promote early intervention. Digital technology is used to collect and transmit clinical data (blood pressure, heart rate, oxygen levels, weight, etc.) to a health provider and team for review and needed intervention.

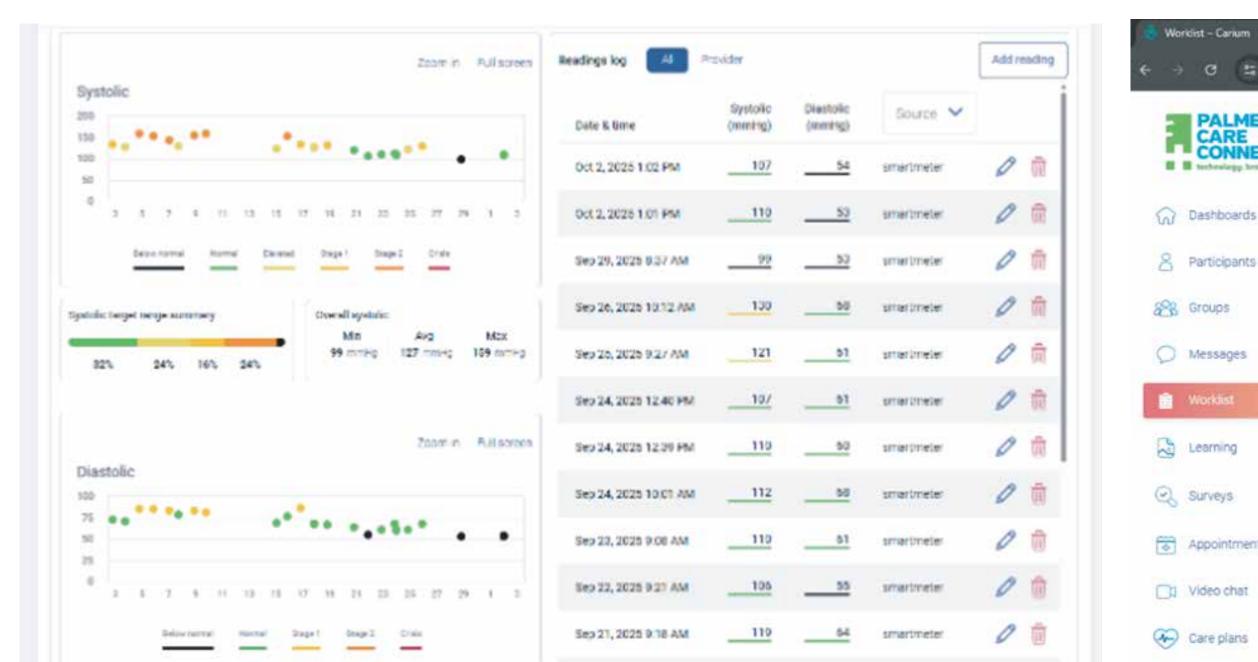
- Improves Patient Outcomes
- Enhances Access to Care
- Increases Patient Engagement

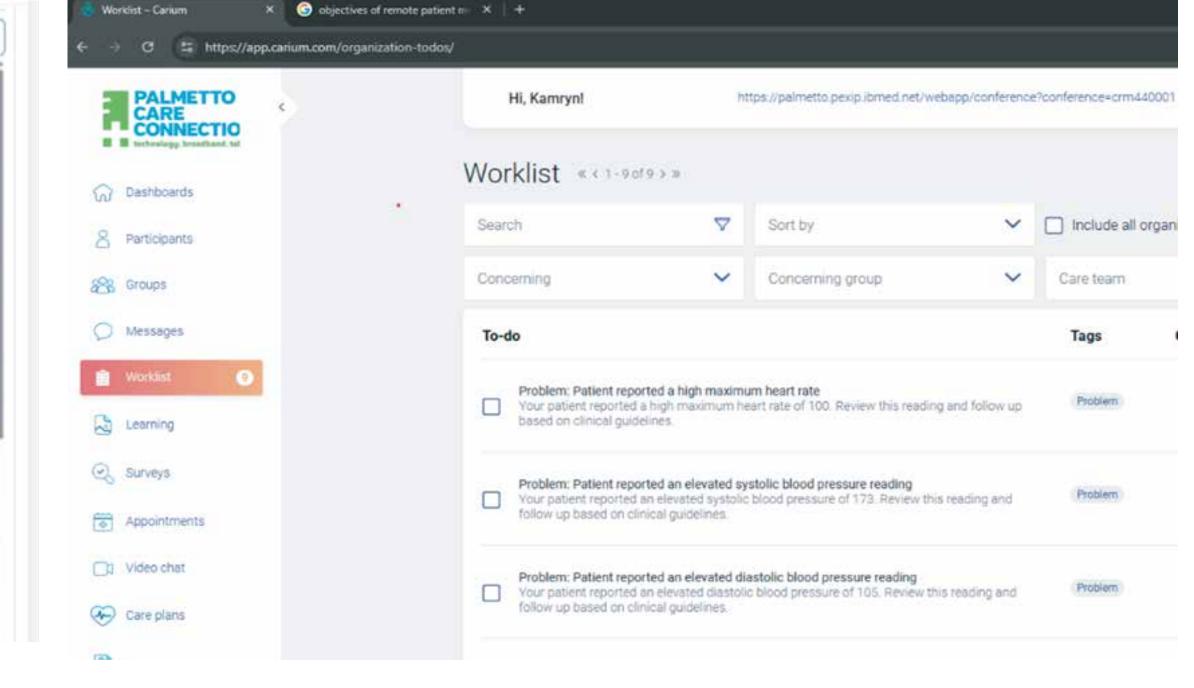




METHODS

- During a chronic condition check-up or an acute visit with a healthcare provider, remote patient monitoring services are discussed between the healthcare provider and patient.
- 2. A referral is ordered by the provider, and the remote patient monitoring team is notified.
- Digital technology devices are distributed to the patient via in home or in office, with the remote patient monitoring coordinator and education is provided.
- 4. Data is entered into the platform, Carium and provider managed parameters are set for the individualized patient.
- 5. Data securely transmits to the designated healthcare provider and RPM team.
- 6. The dashboard will trigger alerts when abnormal or outside of parameter readings are received.
- Intervention or Care Plan Adjustments are made based on patient





RESULTS

On Average 8 medicine

changes per month

based on 50 patients

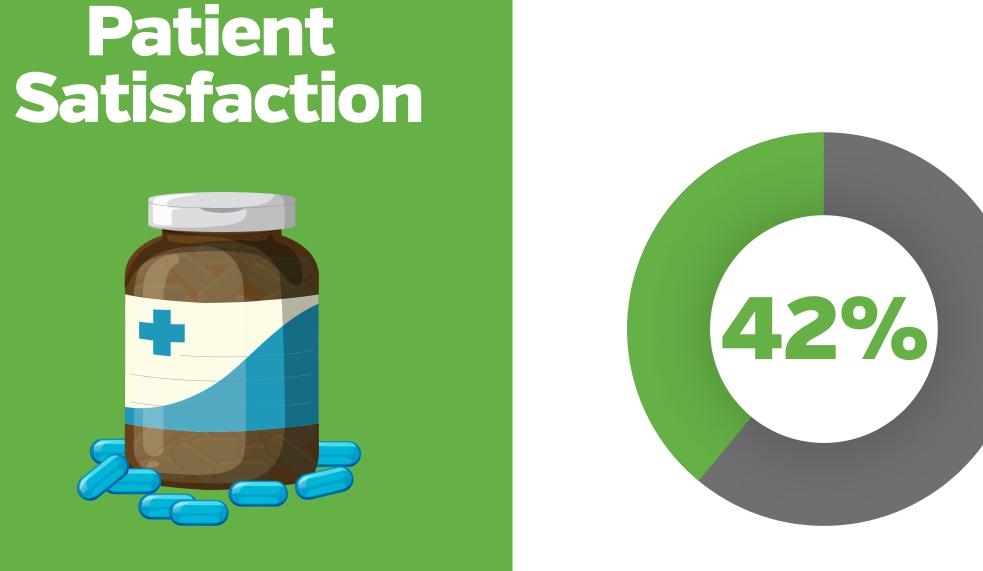
Average of 6

Telehealth Visits

monthly based

on 50 Patients

RPM IMPROVEMENT STATISTICS



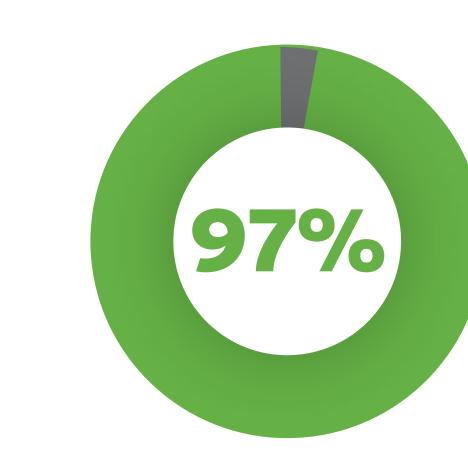


Statistics based on 6 month time frame

Improvement in Blood Pressure

Patients released from care after stability

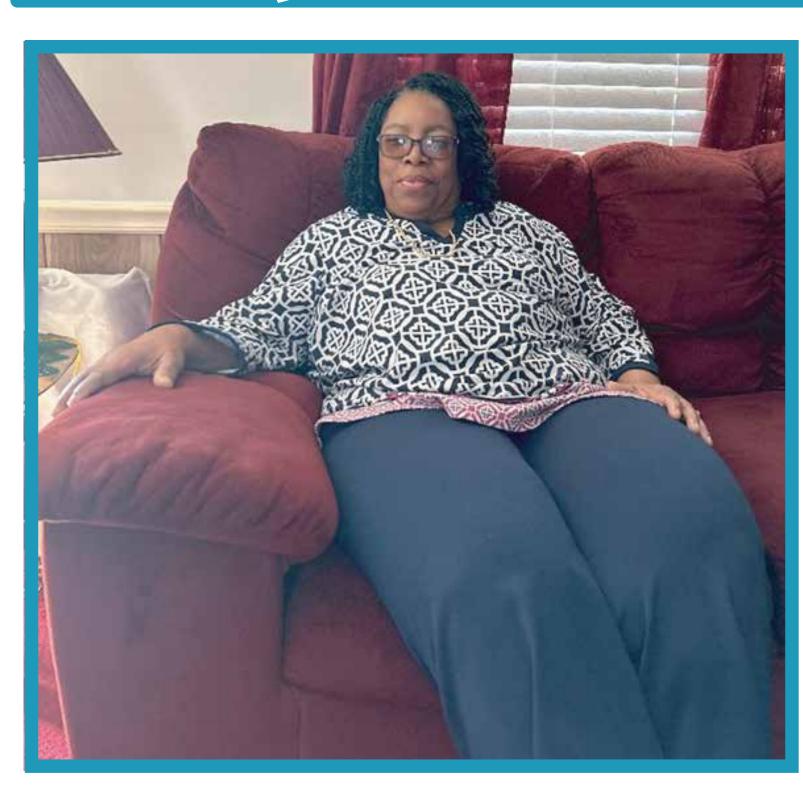
Patient Engagement & Compliance



Maintained

Billing Eligible Patients

OBJECTIVES/PURPOSE



- Promote patient engagement and accountability in their health management and condition treatment.
- Integrate a continuous and proactive model versus an all in-clinic, episodic model for chronic condition management.

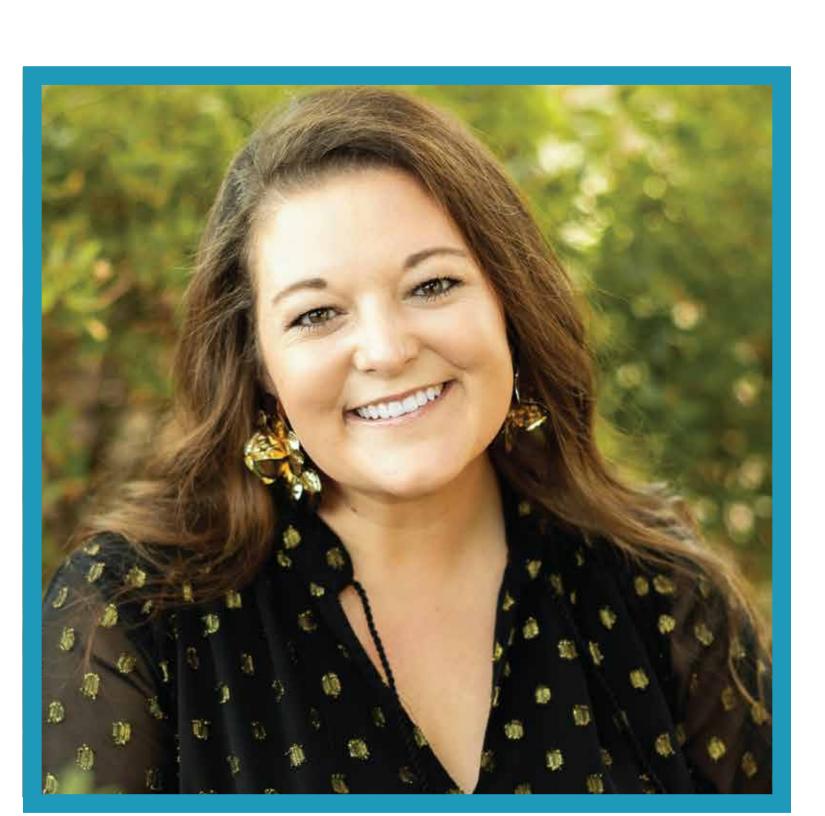
Patient credited RPM team with improving her quality of life, helping her manage medications, and providing support she wouldn't have otherwise.







AUTHOR/INSTITUTION



Kamryn Williams, LPN

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BENEFITS

- Patients Better chronic disease management, convenient care, lower healthcare cost, fewer trips to the doctor's office or hospital, control over personal health, active participation in care, increased patient education and knowledge
- >> Providers Improved patient health, more timely decision-making ability, more access to care in the home setting, helps reduce patient load and reduce unnecessary in-person appointments
- >> Health Systems Improved quality measures, reduced hospital and ER visit, successful billing options for financial benefits, practice growth, increase patient satisfaction

Resources

- American Heart Association (2022): Remote Patient Monitoring for Hypertension Management: An Evidence Review
- Journal of Medical Internet Research (JMIR): The Impact of Remote Patient Monitoring on Chronic Disease Management
- Annals of Internal Medicine (2021): Effectiveness of Remote Patient **Monitoring for Chronic Conditions**
- Centers for Medicare & Medicaid Services (CMS): Remote Physiologic Monitoring Codes & Guidance
- Agency for Healthcare Research and Quality (AHRQ): Remote Patient Monitoring Technologies for Acute and Chronic Condition
- American Medical Association (AMA): Remote Patient Monitoring Implementation Playbook
- Healthcare Information and Management Systems Society (HIMSS): How Remote Patient Monitoring Supports Value-Based Care

