



Edition #11
December 27th



REMOTE CARE INTEL ©

Introductory Note

We close out the year, with our 11th, and final edition of 2019. Remote Care Intel started in August, and has been bringing all news in the remote care space under one report, with opinions to match the news. It's called Remote Care Intel for a reason, as it seeks to establish itself as the premier news aggregator of remote care, every two weeks. The content is always fresh, and the opinions are all original. For the past three editions, we have been categorizing all stories under one of four categories. Namely: Innovation, Vendor/Provider, Projects and Environment. Such classification have served us well, and indeed all occurrences in the remote care space can be easily stowed away in one of those four categories. Next year, we will try to reach out to some of the journalists whose stories we feature from time to time. Remote Care is truly an exciting space to be in, and its ecosystem of vendors, consultants, organizations, and journalists continue to grow every day! Greater collaboration can only mean better access to exclusive news and takes. Till that comes to fruition, enjoy the 11th edition of RCI! First-time readers, you are welcome to check out all [prior versions](#) of the RCI. Regular readers [skip](#) to this edition's overview.

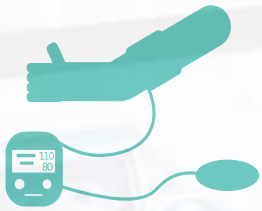
Purpose

After the word telehealth entered mainstream lexicon, most hospitals offer services remotely in some shape or form. But its implementation is taking many twists and turns, that is dependent not just on a hospital's internal situation, but a host of external factors as well from the legal and technological landscape. Remote Care Intel (RCI) is a bi-weekly news report on everything remote care that keeps you updated on what's happening in the industry on matters of digital care. It includes coverage of all components of remote care management such as patient engagement, care coordination, HIPPA compliant messaging, documentation and execution of clinical workflows, patient monitoring, chronic care management, and everything else that gets added to the mix. The information presented on RCI is best suited for those who want to stay up to date with the latest insight on remote care. Unlike our other content, it is not published on our website but distributed to individuals who are in a position to affect patient care management using telehealth. The distribution channels are exclusively email and relevant social media. We hope that readers find the content useful in discerning the ins and outs of remote care, figure out to make it work for them, and stay one step ahead in cognizing its future development.



WHO SHOULD READ THIS?

We think all stakeholders in healthcare who are eying remote care closely would stand to benefit from such aggregated knowledge. Particularly those inside a provider organization may find it especially helpful due to the time efficiency it offers. In an industry as dynamic as healthcare, it is crucial to be briefed on the latest intel. RCI brings it all together in one place. The following positions below will find RCI's content right up in their wheelhouse.



Responsible for implementing remote care on the ground. Have direct contact with patients, and thus are in the best position to evaluate what is working and what is not.

- RN, Telehealth
- RN, Chronic Care Management
- Advisor, Complex Chronic Care
- Telehealth Coordinator
- Outpatient Therapist
- Chronic Care Coordinator



Responsible for overseeing the deployment of remote care. Have to run the program, and thus are in the best position to understand the various factors that help or hinder the program's execution.

- Primary Care Transformation Manager
- RN, Care Manager
- Director Telehealth
- Director of Care Coordination
- Patient Care Manager
- RN, Case Manager



Accountable for remote care in their organizations. Have a bird's eye view of the successful piloting, monitoring and updating of remote care delivery, and thus are in the best position to formulate strategy.

- Chief Patient Engagement Officer
- Chief Executive Officer
- Chief Medical Officer
- Chief Innovation Officer
- Chief Medical Information Officer
- Chief Nursing Informatics Officer

Overview

aTouchAway™
by Aetonix

December 7th to December 20th

Innovation Centric

While telehealth has been used in telestroke units, RPM is more suited to manage chronic neurological conditions such as Parkinson's and Epilepsy.



St. Peter's University Hospital works with VOX Telehealth, to create a RPM surgery program for c-section and hysterectomy.

Vendor/Provider Centric

Environment Centric

Digital therapeutics is the latest strategy to manage chronic diseases using RPM.



RN Staffing Solutions and ForaCare combine their expertise to develop an end to end RPM program.

Project Centric

December 7th to December 20th

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11th

Neurological diseases such as [Multiple Sclerosis](#), [Parkinson's](#) and [Epilepsy](#) are chronic in nature, and they impair cognitive and physical functionalities. Avalere, the healthcare consultants, say that such conditions are ideally suited to be treated using RPM as they are ongoing in nature, and require multiple episodes of care to diagnose, treat and evaluate progress. Through wearable technology, one can track mobility by collecting data on seizures, sleep, physical activity and even style of gait.



RCI Takeaway: *Apart from chronic care, acute care and neonatal care, neurological care may be the 4th great area where RPM can be used in a mass scale. There have been plenty of news stories about the first three categories, while neurological care has gotten a lot of attention from telehealth, in what is known as tele-neurology. Such tele-neurology centers bank on quick expert video consultation from neurologists in ambulatory settings. But a longer term non acute neurological care has not been discussed as much. It could be a fantastic opportunity for RPM to treat such neurological diseases.*

Acute care, especially care surrounding an operation procedure has always been a major focus for RPM programs. St. Peter's University Hospital, based out of New Jersey has [teamed up](#) with VOX Telehealth to launch Enhanced Recovery After Surgery (ERAS) for its patients going through C section or hysterectomy. The program provides preoperative education and coordinates pre-screening assessments. It also provides peri-operative and post-operative coordination of care that includes an alert system and medication management system. It's supposed to help those recovering to gradually wean off the medication.

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RCI Takeaway: *Acute care has always been a strong hub for RPM care. It is interesting to see RPM programs being developed for specific surgical procedures. Gone are the days where RPM was only used for post-acute care. These days, the whole patient experience from announcement of the need for surgery to complete recuperation is captured on RPM platforms. When certain procedures are focused on, it also allows the clinicians to build specialized workflows.*

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Remote Patient Monitoring was featured as one of the [top trending stories](#) of 2019 by mHealth. It recapped the general sentiments throughout the year, the fact that more and more organizations were eyeing RPM as a tool to treat the chronically ill. It talks about how RPM has been clinically proven to be effective in detecting early symptoms. In addition, it talks about chronic disease management strategies. Digital therapeutics is a noteworthy mention, which can be used to change behavioral patterns in obese patients. Cognitive behavioral therapy is used to address anxiety and depression, which is also included as a part of digital therapeutics.



RCI Takeaway: *It's great when you address the root of the problem. While RPM has been more or less successful in addressing chronic conditions, part of its allure has been early symptom detection, thus facilitating the management of those conditions for the long term. But many of those diseases, though not all cases, are brought about by past or present bad habits. To truly enable a change of behavior, digital therapeutics could be explored.*

RN Staffing Solutions [partnered](#) with ForaCare to pilot a RPM program for hypertensive patients. As the name suggests, RN Staffing Solutions equip hospitals with trained and certified nurses. With ForaCare's RPM devices and 24/7 HealthView Telehealth Solution, their nurses now have the tools in place to monitor vital signals of their patients remotely. This program for hypertension is just the beginning for them, as ForaCare is one of the leading providers of devices used for RPM. They have the devices for the other major chronic diseases out there such as diabetes and COPD.

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RCI Takeaway: *Interesting, as RN Staffing solutions do not merely fill gaps or supplements existing staff, but they now have nurses specialized to take advantage of certain programs, such as the RPM program being one. ForaCare is also increasingly becoming a formidable player as they always had a collection of RPM devices, and now have a telehealth software to go collect readings from those devices. It's yet another example of vendors expanding their functionalities and partnering to strengthen the full suite of services offered.*



2019 ended with a whirlwind of news that shows the innovations are collaborations that are possible in the RPM space. Acute care can be siloed into specific operations, and neurological care can be siloed into specific diseases, that goes beyond just treating the odd stroke. Digital therapeutics also made an entrance, as a way to get people to adopt healthier lifestyles and reduce chances of becoming depressed or obese, conditions that have high correlations to other chronic diseases later on in life. Seeing the greater technical and technological advancements in healthcare, vendors continue to partner, either with each other or with hospitals, to run RPM projects. The RPM space is still relatively new, and so 2020 should be an action-packed year, where more such projects continue to materialize.

What's Next?

The next RCI will be released on Tuesday, January 7th. It will build a report using articles from December 21st to January 3rd. If you are a subscriber, rest assured, it will be delivered to your inbox. But to be doubly sure, please make sure you opt in [here](#).

We will also be circulating this report on our social media channels. If you are receiving this on Twitter, LinkedIn or Facebook, please make sure you subscribe to our list by clicking [here](#). It will allow us to maintain a more direct relationship with you.

If you know someone who will benefit from this report, please do share. For any questions regarding RCI, please email the editor at rahat.haque@aetonixsystems.com

