

## Revolutionizing Acute Myocardial Infarct ( AMI) remote follow up at **St. Barts Hospital in London**

### The Challenge

Adequate follow up, careful monitoring, and uptitration of medication post an MI, are integral to positive outcomes. Yet, prior to the integration of Ortus iHealth follow up times at St. Barts were more than 3 months and only 11% of patients' cardiac medications were titrated to appropriate levels. This situation was further exacerbated by COVID19 which led to the cancellation of face-to-face appointments.

The delays in follow up, and low rates of uptitration were multifactorial and included, 1) Not having a standardized care pathway 2) administrative hurdles when scheduling high volumes of appointments 3) extended clinician appointment times (>90mins); reducing the number of patients that could be seen a day 4) High rates of cancellations due to patient inability to take/afford leave from work.

### The Solution

As a diverse product offering, Ortus was able to optimize the follow up care pathway at St. Barts and address the multiple factors that contributed to massive delays:

- 1) **Remote video follow-up** meant patients could have specialist appointments at home, reducing the rates of cancellations.
- 2) Robust remote **patient monitoring** in-between appointments allowed clinicians to prep for appointments and preemptively intervene if needed. Clinicians can access **biometric data** (blood pressure, heart rate), patient questionnaires (**PROMs**), and communicate directly with the patient through video or chat. The ability to keep track of a ward of patients easily and safely via the app makes it ideal for large patient lists.
- 3) Provide patients with immediate access to medical documentation and clinic notes so they can act on treatment advice right away.

The integration of Ortus at St Barts truly revolutionized the AMI follow care pathway:

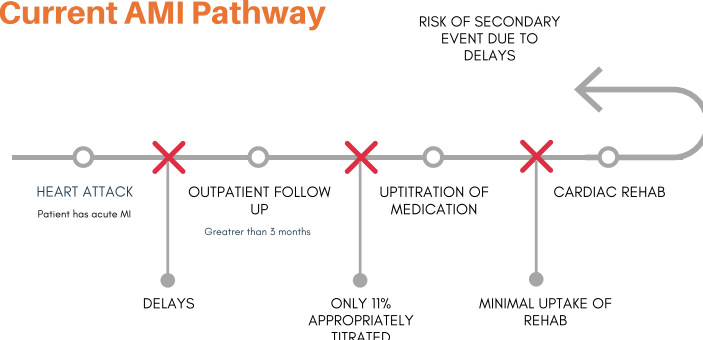
A decrease in follow up times (**from 3 months to 8 weeks**)

8 times as many patients reached the appropriate medication levels (**from 11% in community to 88%**);

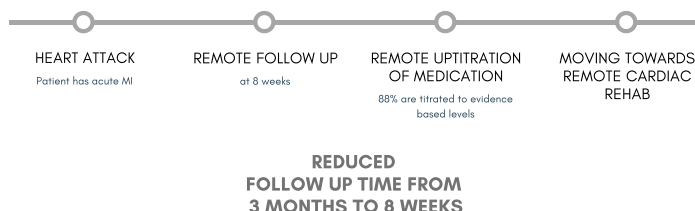
Increased clinic **productivity** with reduced cancellations and shorter appointment times, allowing for more appointments each day. And all with nearly **90 % patient satisfaction**.

In addition, Ortus is able to scale its product in a short amount of time. During COVID 19, Ortus was able to safely move a high number of patients to a de facto **virtual ward**, in as little as an afternoon. The robust remote monitoring meant that Clinicians could trust that patients would be safe in home settings, and that they could **communicate** with their doctors or pharmacists as needed.

### Current AMI Pathway

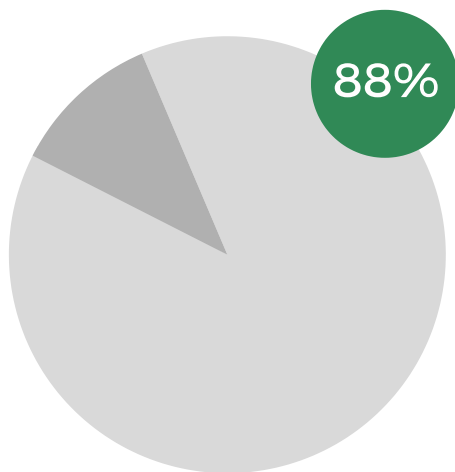
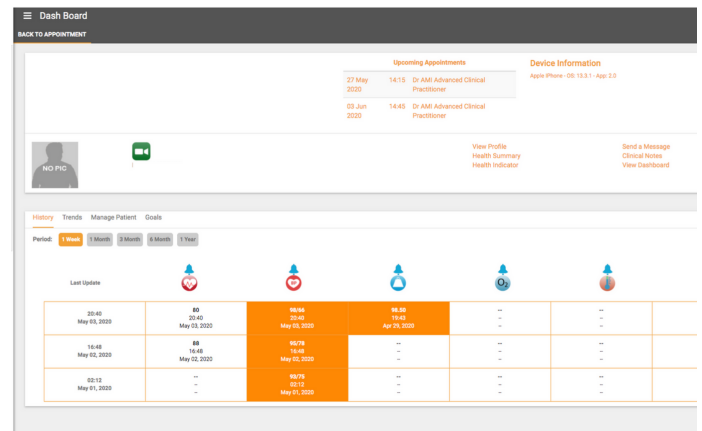


### Ortus Remote Follow Up Pathway



Online easy to use portal allows clinicians to manage high volumes of patients safely as a **virtual ward**

Captures biometric data including, **blood pressure and heart rate** and patient subjective data (**PROMs**)



Allows for safe **remote uptitration** of medications.

Prior to Ortus only **11%** of patients were at appropriate medication levels, **after Ortus 88%** are at the recommended dose

**87%** of patients were **very satisfied** with the app. And use of the portal increased **attendance rates to 88%**

Due to continuous monitoring, appointment times were **reduced** from **20 minutes to 6 minutes**

