

Revolutionizing Endocrine Care Pathways through Remote Patient Monitoring and Virtual Follow Up

The Challenge

Using traditional care pathways Endocrine patients experience prolonged delays at every step of their journey. At St. Barts, which is home to one of the largest centres for endocrine disease in Europe, Graves disease patients can be expected to wait **3 months** for an initial appointment with a specialist and on average, **106.8 days for a follow up**. In addition, patients experience delays in receiving clinic letters as these are sent via post. Often this delay leads to delays or confusion in treatment plans.

The Solution

By introducing the Ortus iHealth remote patient monitoring system endocrine wards were able to reduce initial follow up times by **44%, to a mere 6 weeks**. This incredible reduction in time to follow up was made possible due to the diverse functionality of the Ortus Product.

For clinicians, Ortus has an easy to use portal where providers can create a virtual ward, and safely manage multiple patients at once. Through the portal clinicians can access the most up-to-date information on patient health status through biometric monitoring, lab results, and questionnaires (PROMs), and can make real-time decisions on medication adjustments, changes in treatment, or directly communicate with the patient.

For patients, the addition of video appointments greatly reduced delays in accessing follow up appointments, and reduced transport or work barriers in accessing face-to-face appointments. With Ortus there was an 88% attendance rate. In addition, patients now have immediate access to clinic letters detailing treatment plans and can initiate treatment without delay.

Traditional Care Pathway



Ortus Care Pathway



Functionality



Two way communication between clinicians and patients.



Online portal for clinicians to easily access patient records, blood work and vital signs



Patients can view clinic notes immediately with no delays in treatment



Patients no longer have to travel for appointments or take leave to have adequate follow up care