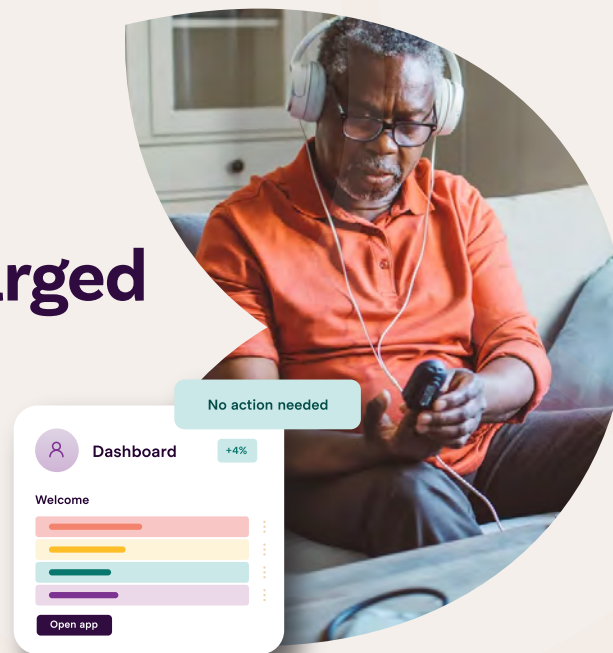




# COPD virtual ward helps patients to be safely discharged and cared for at home

An NHS trust in Leicester is using a virtual ward for chronic obstructive pulmonary disease (COPD) patients. Utilising remote patient monitoring through the Clinitouch platform to safely discharge patients from the hospital and monitor them at home.

The virtual ward was put in place after the success of remote patient monitoring of COPD patients in the community, as well as the Covid-19 virtual ward. The trust realised that this approach could also be applied to COPD patients admitted to hospital with an exacerbation of their COPD and that they could be safely discharged and recover at home.



**“Good evidence has shown that COPD patients can be safely and effectively managed at home through remote monitoring. Especially as they require quick access to healthcare due to the variable nature of the condition. Recognising the benefits of assisted discharge and remote monitoring, the implementation of the COPD virtual ward helps to safely discharge patients and support their recovery at home.”**



Dr Noel O’Kelly – Medical Director at Spirit Health

## Aims & Objectives

- ✓ To enable a safe and earlier supported discharge from hospital
- ✓ To avoid hospital re-admission for COPD patients
- ✓ To provide patient centered care for COPD patients
- ✓ To empower patients to self-manage their condition at home



## How it works



### Patient

Referred by hospital clinician providing patient meets referral criteria. Patient is given access to Clinitouch and remote monitoring equipment. At home, patient answers health questions and takes vital sign readings on Clinitouch.



### Clinitouch

The platform has unique algorithms that automatically analyse and risk-score the data. It will highlight when any patient moves outside the agreed parameters.



### Respiratory Specialist Team

Remote monitor COPD patients using the information the patients submit on Clinitouch. If patient is flagged amber or red on Clinitouch interventions are made.

Who monitors the patient?	Respiratory Specialist Team
How are patients onboarded?	<p>Patients are onboarded onto the Clinitouch platform by the hospital respiratory team.</p> <p>They are given access to Clinitouch and remote monitoring equipment including a tablet, blood pressure machine and pulse oximeter.</p>
What questions are patients typically asked?	<p>Patients answer questions on Clinitouch as requested by the healthcare professional.</p> <p>Questions patients answer include how they are feeling, how much energy they have, if they can carry out normal activities, about their breathing, coughing, any phlegm and rescue medication.</p> <p>Patients are also asked to take clinical observations including blood pressure and oxygen saturation.</p>
When are patients monitored?	<p>Daily (8am – 6pm)*</p> <p>*Monitoring times chosen by NHS Trust. Platform is flexible to meet local needs.</p>
What might cause a red flag to be generated?	<ul style="list-style-type: none"> <li>• Severe breathlessness</li> <li>• High temperature</li> <li>• Onset of an exacerbation</li> </ul>
How are patients discharged?	Clinician reviews patient whilst on the platform and when appropriate patient is discharged on the platform Clinitouch. This is inputted in the patient medical record.

## Expected Outcomes

- ✓ Reduction of length of stay in hospital
- ✓ Prevent hospital re-admissions
- ✓ Improved patient self-management and knowledge of their condition - COPD education resources available on the Clinitouch platform



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