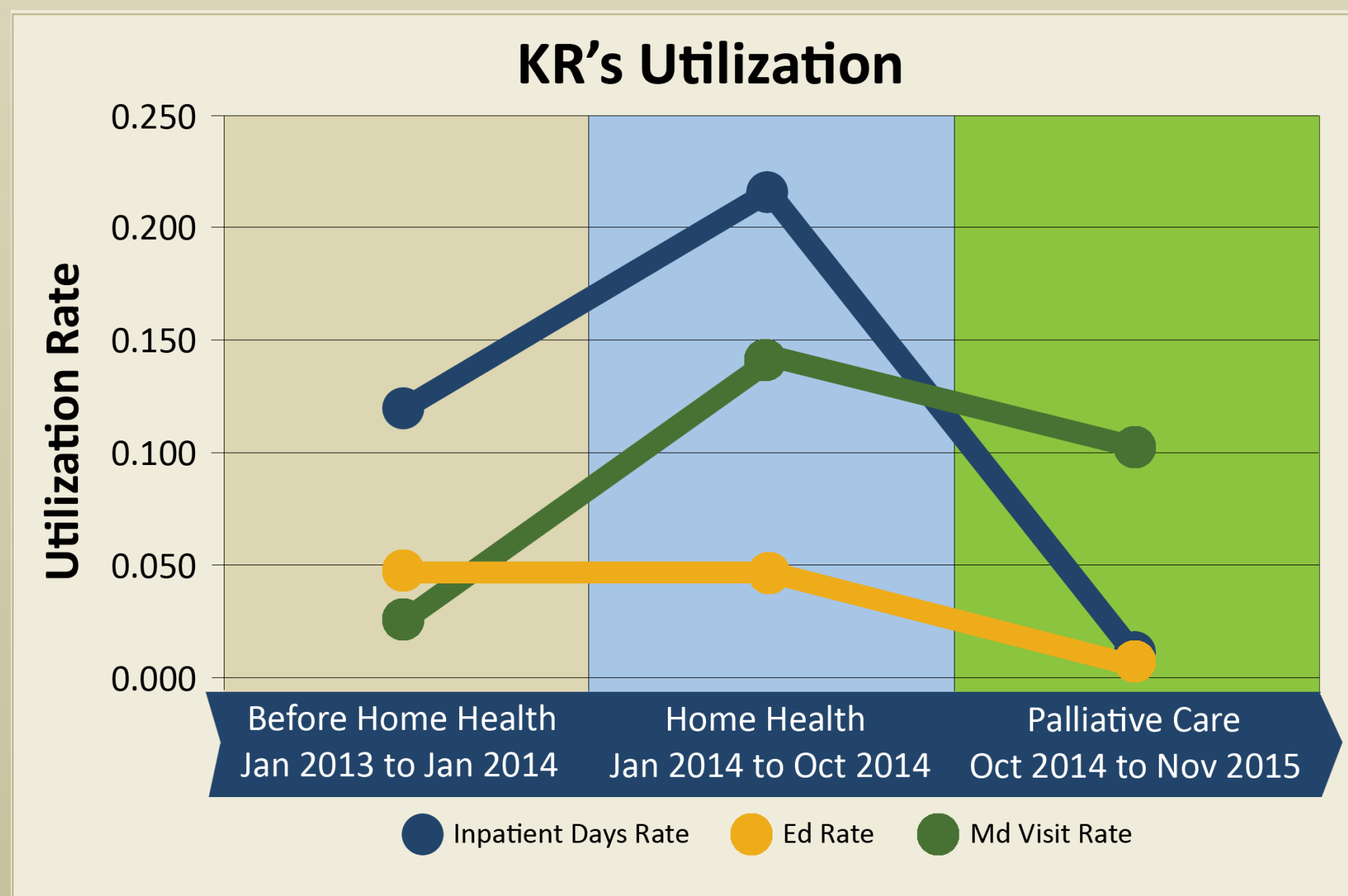


## 1 Objectives

1. Name two ways remote patient monitoring (RPM) can decrease Emergency Room (ER) utilization and hospitalizations.
2. Name two benefits of palliative care philosophy in developing a nursing plan of care.
3. List four steps needed to utilize RPM and palliative philosophy to change patient behavior.



## 2 Case Study

KR is a 57 year old patient with high ER and hospital utilization preceding her admission to homecare. KR was initially started on a home health RPM program. KR's vital signs were monitored 3 x daily where she was able to monitor her trends with relation to her diet and activity.



1 month post implementation her ER and hospital utilization had decreased, but she continued requiring twice daily nursing visits. Home based palliative was implemented. The palliative care case manager worked with KR to identify her goals and understand her barriers to compliance. The case manager was able to personalize and target education.

With this partnership, KR's compliance with medications and diet improved. Within 1 month the nursing visits were decreased to daily with one hospitalization due to acute renal failure, and no ER visits. Within 3 months nursing visits were decreased to three times weekly with one hospitalization due to acute myocardial infarction.

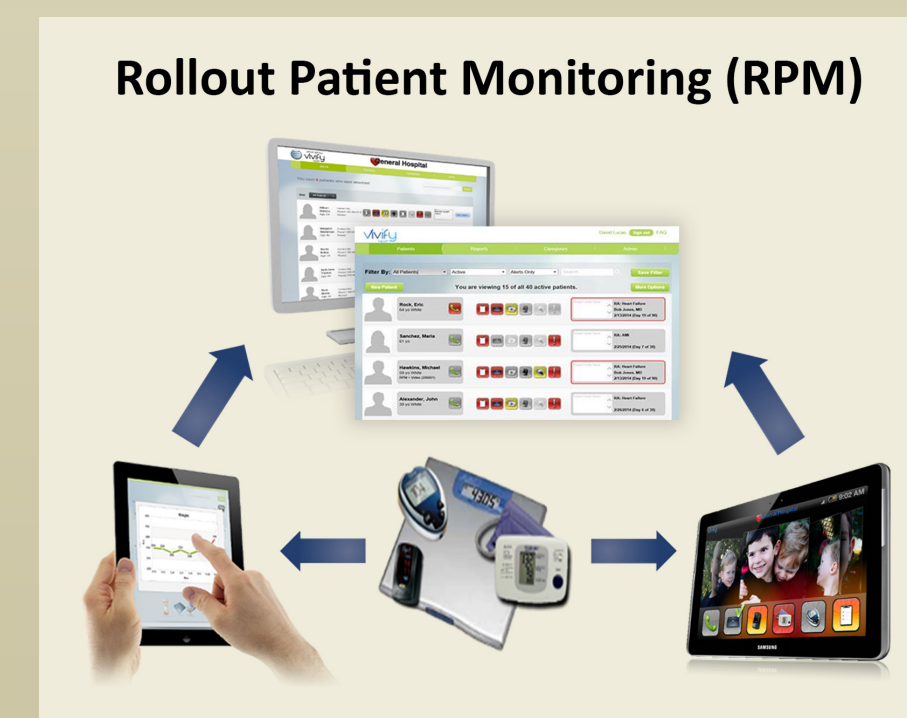
## 3 Discussion

Palliative care has demonstrated effectiveness in managing patients with complex medical issues while at the same time decreasing medical utilization.

1. Despite this benefit, palliative care in the home has been difficult to develop due to a lack of funding and appropriate staffing models.
2. RPM has shown high quality outcomes without in-person contact with a healthcare provider.
3. In this case study, the utilization of RPM allowed the nursing staff to monitor vital signs frequently, educate KR to interpret her vital signs and act appropriately, and educate KR on the impact that her non-compliant behaviors have on her wellness.

The palliative care philosophy allowed the nurse and patient to develop a partnership. Through the clarification of goals, focused education was provided and the patient became engaged in her wellness.

The combination of the palliative philosophy and RPM, KR was able to improve her wellness and decrease hospital and ER utilization which supports the hypothesis that adding PRM to an in home palliative care program may create a sustainable funding and staffing model for this care.



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