

Sustaining Remote Patient Monitoring

Clinical Outcomes



Acknowledgement



This project was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under the National Telehealth Center of Excellence cooperative agreement (U66RH31459), which has a total award amount of \$4,250,000 for the approved project period. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, HRSA, HHS, or the U.S. Government.

Hypertension and Diabetes Outcomes

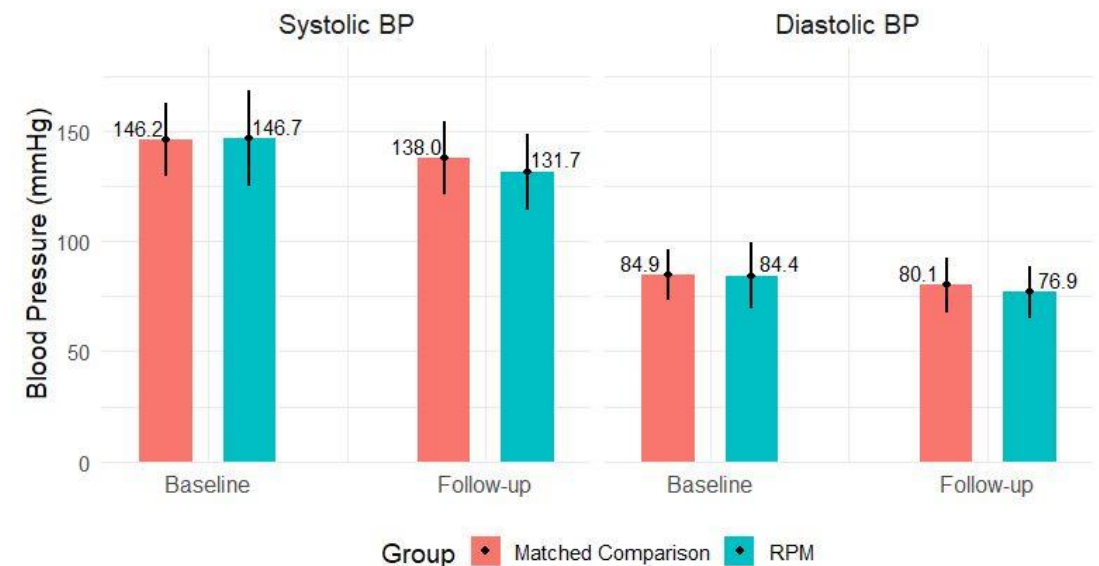


Hypertension Remote Patient Monitoring (RPM) Program

- Evaluated the long-term implementation of a pharmacist-led RPM program in routine clinical practice for patients with uncontrolled hypertension (HTN)
- Uncontrolled HTN was defined at a BP >130/80 mmHg at last clinic visit prior to RPM enrollment
- Patient reach:
 - 210 patients completed the program between 2018 and 2022
- Outcome:
 - RPM group achieved significantly greater reductions in systolic blood pressure (SBP) ($p < .001$) compared to controls

Diabetes RPM Program

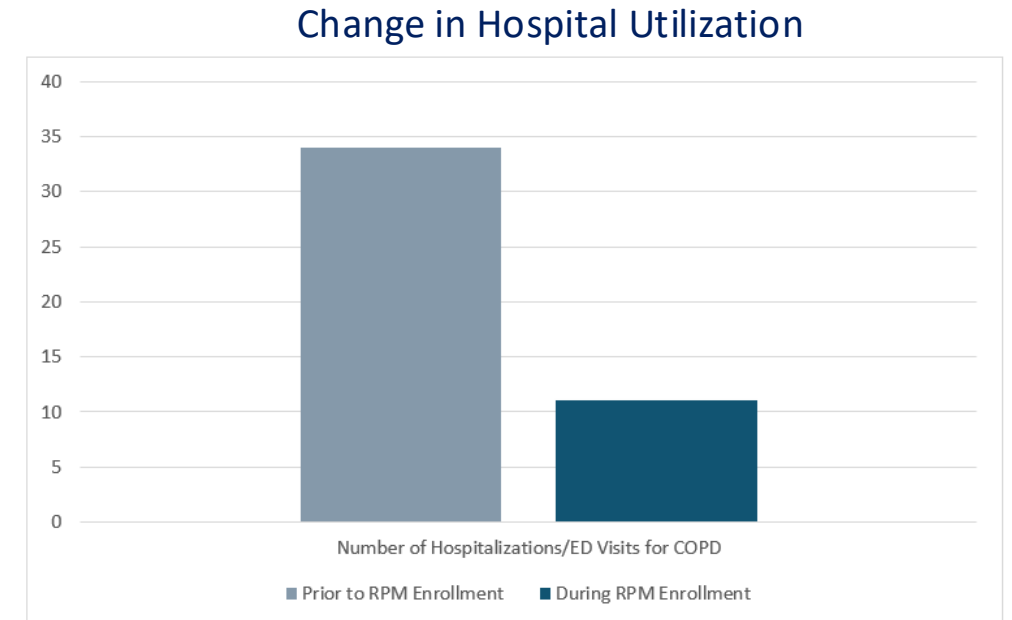
- Preliminary data suggests an HbA1c reduction of nearly 2% for patients enrolled



Chronic Obstructive Pulmonary Disease (COPD) Outcomes



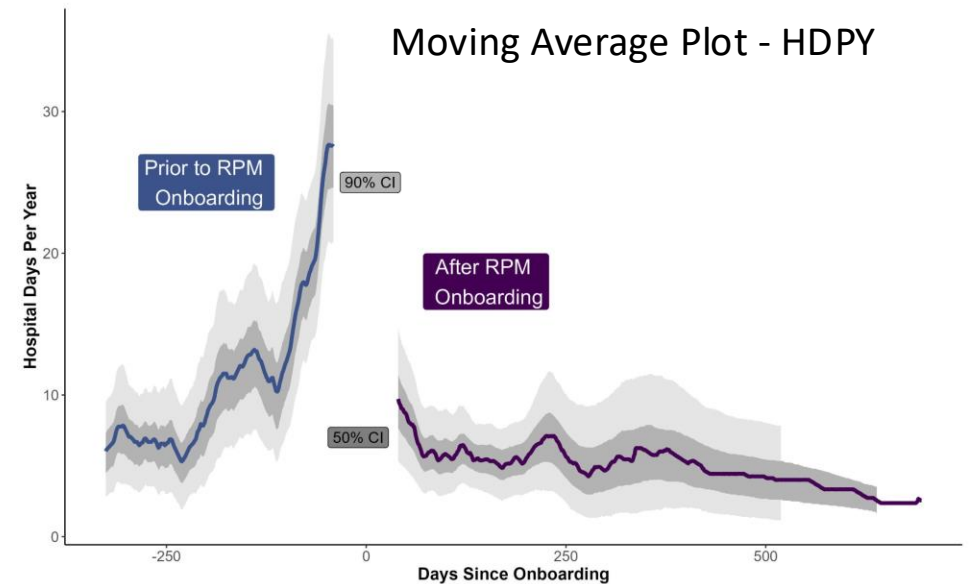
- Evaluated the effect of an RPM program using daily biometric and symptom tracking with protocol-driven escalation on hospital utilization
- Patient reach:
 - 30 patients enrolled between January 2023 and August 2025
- Outcome:
 - 68% reduction in acute care utilization ($p < 0.001$) for patients while enrolled in the RPM program when compared to 1 year prior to enrollment



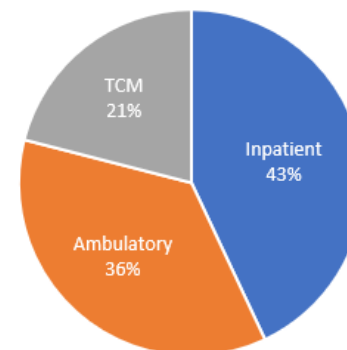
Congestive Heart Failure (CHF) Outcomes



- Nurse-led remote patient monitoring with real-time biometric review, structured onboarding, and monthly outreach
- Patient reach:
 - 103 patients enrolled between January 2023 and July 2025 following an inpatient stay, ambulatory visit, or transitional care management (TCM) phone call
 - 83 completed onboarding and were included in the analysis
- Outcome:
 - Nearly 50% fewer hospital days per year (HDPY) during RPM participation



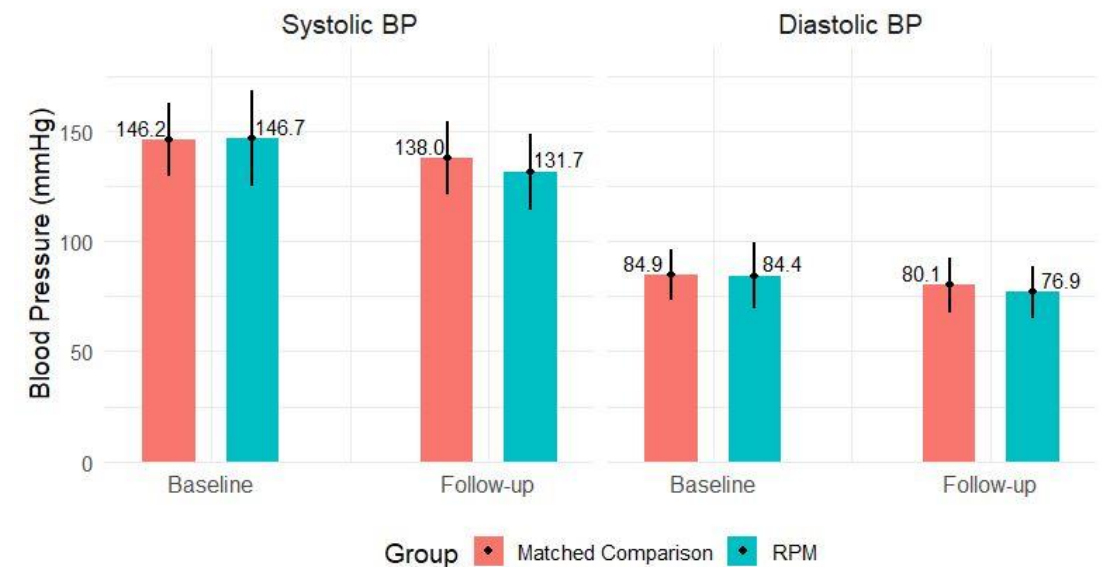
Referral Sources



Our Real-World Outcomes



- University of Mississippi Medical Center (UMMC) RPM Program for Hypertension
 - Of 210 patients completing RPM, SBP was reduced by **15 mmHg** – nearly double the blood pressure reduction seen of those receiving routine clinic care only
- Other UMMC programs
 - **CHF**: ~50% reduction in hospital days per year
 - **COPD**: nearly a 70% reduction in hospital utilization for COPD exacerbations
 - **Diabetes**: ~2% reduction in HbA1c



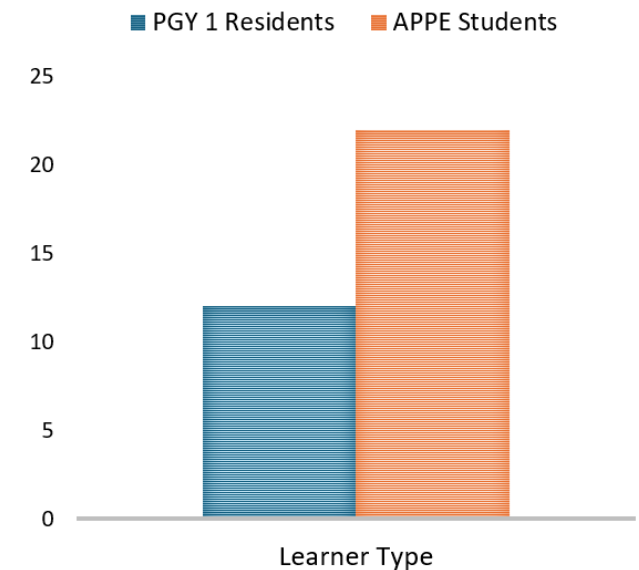
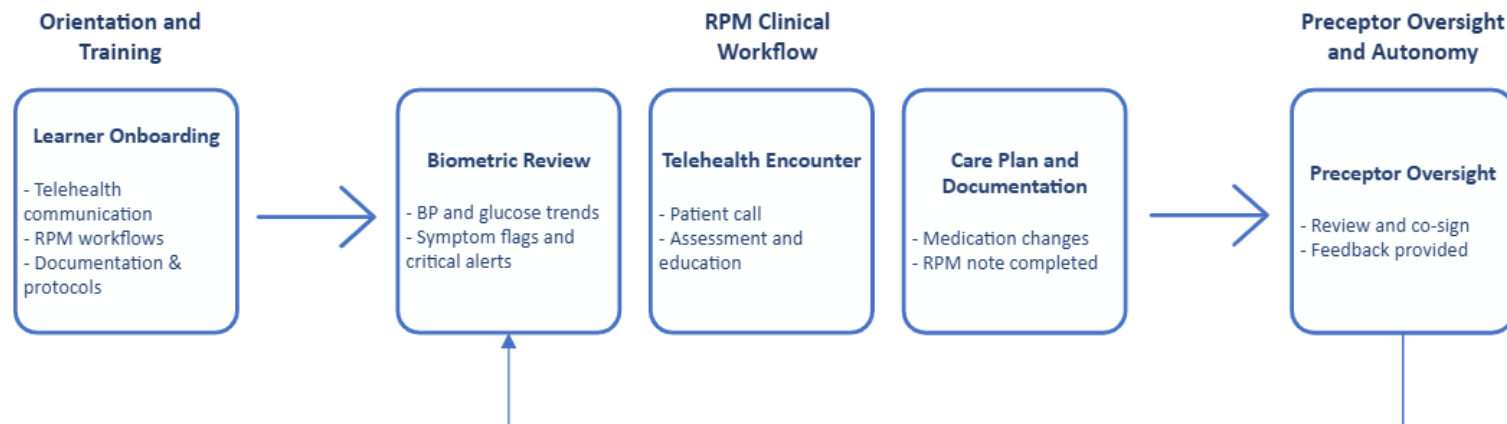
Workforce Integration



Telehealth Preceptor Model



- Structured telehealth preceptor model
 - Embeds pharmacy students and residents into an established RPM program
- Learner reach (2021-2025):
 - 12 pharmacy post-graduate year 1 (PGY1) residents and 22 Advanced Pharmacy Practice Experience (APPE) students
 - ~8,000 learner hours contributed to RPM services



Impact of Preceptor Model



- Expanded RPM capacity
- Progressive learner autonomy
- High evaluation scores

