

## Using Remote Patient Monitoring Technologies for Better Cardiovascular Disease Outcomes

Remote patient monitoring (RPM) can empower patients to better manage their health and participate in their health care.<sup>1</sup>

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increased number of adverse outcomes such as stroke, heart failure, increased number of hospitalizations, and mortality. 36-38 Therefore, an early diagnosis of this arrhythmia is crucial in order to adopt the most appropriate treatment strategy.

According to non-randomized trials, RPM has the potential to improve outcomes by enabling accurate and early detection and decreasing all-cause mortality rates and hospitalizations. <sup>17, 18, 39, 40</sup> Recent clinical guidelines strongly recommend the use of RPM for AF detection in both stroke and non-stroke patients. <sup>41</sup> However, RCTs have not conclusively shown such a reduction in hospitalization rates compared to in-office follow-up. <sup>42</sup> RCTs have also not convincingly shown any differences in cardiovascular mortality and all-cause mortality compared to traditional in-office follow-up. <sup>42</sup> However, the relative equivalence in overall clinical outcomes with guidelines-consistent office-based follow-up should provide reassurance to patients and providers in health systems and geographic regions where RPM may be the only option for AF follow-up. <sup>42</sup>

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extent to which a

product can be used by specified users to achieve specified goals with effectiveness, efficiency, and satisfaction in a <sup>43</sup> RPM often involves the interaction between multiple user groups through a digital system, or with GP at their office. Communication in these use scenarios is usually multimodal, which makes it crucial to know between whom, how and when the information transmission and personal communication occur.

In device development, a user-centered design approach involves endneeds and the context of use, which are key elements for the construction of a system framed within a clinical workflow. APM that does not include a user-centered design can lead to low uptake and adherence rates. APM ther, user errors can result from poor usability. APM Research has shown that a user-centered design appeals to a wide variance of ages and health and digital literacy levels, and increases patient satisfaction. Thus, because ensuring adequate usability is of the essence for the individual patient, effective RPM requires a detailed analysis of end-designers.

<u>Guiding Principle: Remote Patient Monitoring technologies should reflect evidence-based, user-centered design</u> principles, human factors science, and best practices.

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