

Bridging the Digital Divide in Healthcare: An Australian Story

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Why is Monash Health a good case study for digital health equity?

- Australia has a universal public health insurance program (Medicare) financed by tax revenue
- Monash Health is the largest public tertiary healthcare network in Victoria
- Delivered 3.24M episodes of care in 21/22





Optimising One Medication for Patients with Cirrhosis (OOMPA-C)

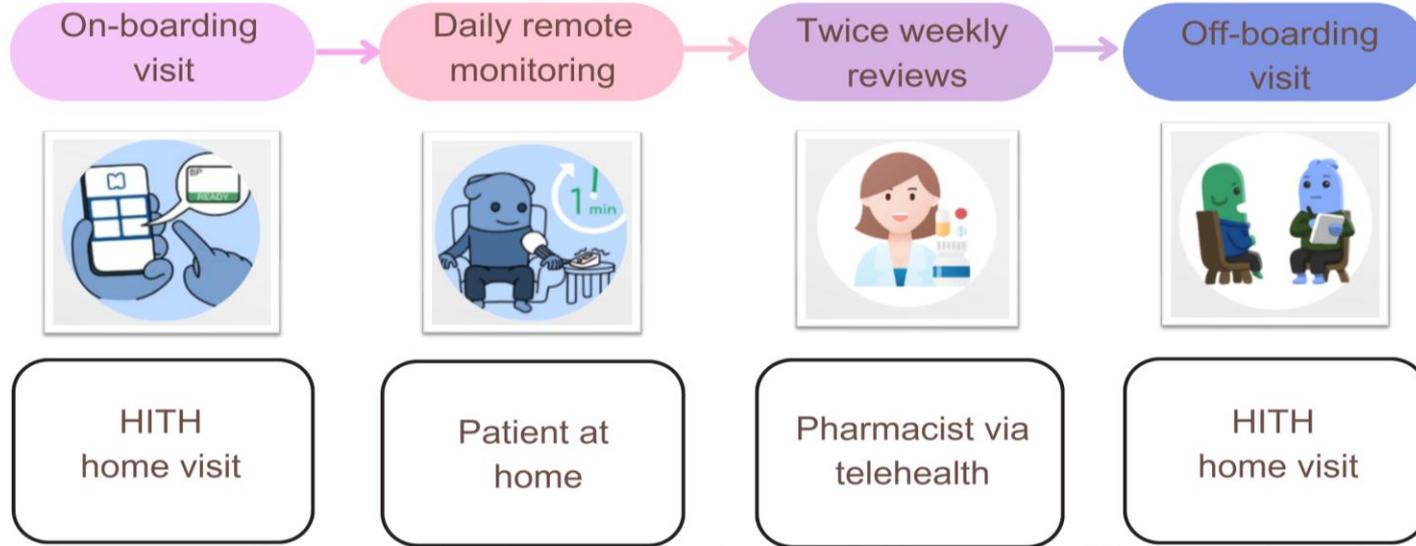
A Pharmacist led telemonitoring and titration of carvedilol for ambulatory patients with compensated cirrhosis and clinically significant portal hypertension

Carvedilol (a beta blocker) prevents hepatic failure + improves survival

Carvedilol is under-prescribed and under-dosed in clinical practice



Model of Care

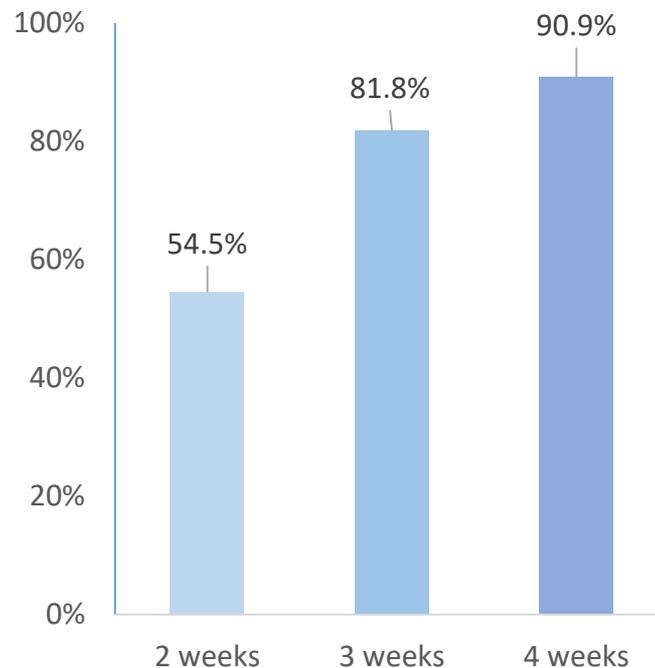


Aim to dose titrate up to 12.5mg carvedilol per day or max dose tolerated (SBP \geq 90mmHg, pulse \geq 50bpm, no significant adverse effects)



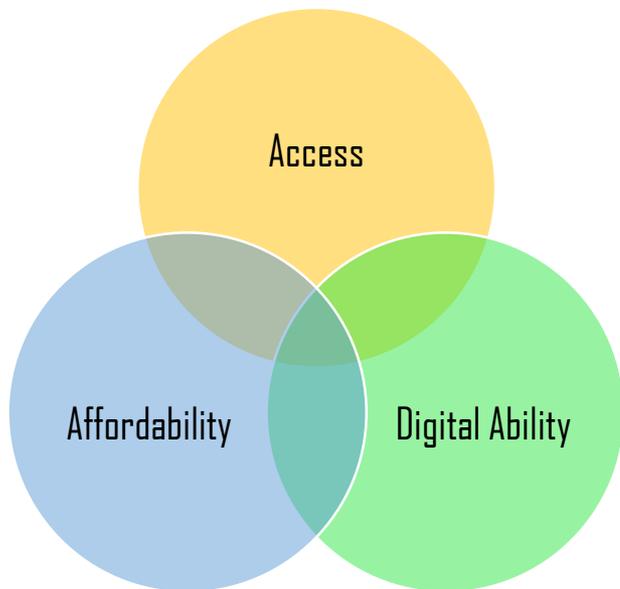
Outcomes

	(n=22)
Age (years), median (IQR)	57 (46-66)
Gender (male), n (%)	16 (72.7%)
NESB (requiring interpreter), n (%)	2 (9.1%)
Unemployed/unable to work, n (%)	10 (45.5%)
Completed secondary level of education, n (%)	10 (45.5%)
Dose optimised, n (%)	20 (90.9%)
Time to optimisation (days), median (IQR)	12 (11.5 - 17)





What issues did we encounter....?



- Ms. Y (65F)
- Requires a Tibetan Interpreter
- Lives outside the Monash Health catchment area
- Low levels of formal education attainment, health and digital literacy

