**Presentation title**

Chronic disease management using digital and remote monitoring technology - case study

**Explain why your paper is relevant, important and of interest to GP22 participants**

The Covid -19 pandemic has demonstrated that virtual care plays an essential role in monitoring, managing, and empowering patients to self-manage chronic disease1. We present one such example of the use of remote monitoring to manage chronic diseases in a diverse mix of patients attending our practice, and how this has enabled continuous quality improvement.

**Take home message**

* Remote monitoring and patient engagement tools are an essential aid in managing patients with chronic disease
* Smart phone apps enable GPs to engage, outreach and manage chronic disease, as well as maintain quality of care and PIPQI improvements

**Background**

Worldwide, social distancing measures have reduced face to face consultations. Chronic disease management relying on traditional general practice models of care has suffered2. In line with many practices across the country3, we have noticed a significant downward trend in process measures, such as blood pressure, weight and routine pathology tests for patients living with diabetes.

**Aim / Hypothesis**

Using a proprietary developed App4 along with telehealth consultations reduces the reliance of face-to-face care and improves quality and process measures.

**Method**

Our practice developed a team-based quality improvement strategy based around PIPQI measures, and actively engaged and encouraged over 200 patients with hypertension and diabetes to measure and self-record their own BP and blood sugar readings at home. We used opportunistic methods as well as planned outreach to target and engage patients.

**Results**

Within 4 months of implementing the strategy we noticed a significant increase in the frequency of BP readings and BSL readings recorded in our practice software. Measures of disease control including BP values, and HbA1c also showed trends towards improvement.

**Discussion**

In a world where patients and GPs have embraced telehealth, remote and app-based monitoring tools have become an increasingly important part of the doctor patient relationship. Using app-based technology can assist some patients remain engaged with their GP as well with their own health and wellbeing. Technology can support the maintenance of quality care and improvement.

**Conclusion**

Whilst virtual care will never fully replace face to face consultations, incorporating technology can assist GPs to maintain, measure and enable high quality care

References:

1. Application of Smartphone Technologies in Disease Monitoring: A Systematic Review. Healthcare **2021**, 9(7), 889; [**https://doi.org/10.3390/healthcare9070889**](https://doi.org/10.3390/healthcare9070889)
2. Carr MJ, Wright AK, Leelarathna L, et al. BMJ Qual Saf Epub ahead of print: 7 May 2022 doi:10.1136/ bmjqs-2021-013613
3. <https://polargp.org.au/wp-content/uploads/2020/05/COVID19-Insights-Paper-3-Telehealth.pdf>
4. [CareMonitor — Digital Health Innovation](https://caremonitor.com.au/)