Remote Patient Monitoring:
For Chronic Disease Management

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Disclosures

I do not have any affiliation with the resources used in this presentation. I do not have a financial relationship with or interest in a commercial entity.
Agenda

• Demographics
• Collaborative Community Partnerships
• Diabetes Self-Management Education Program
• Remote Patient Monitoring
Learning Objectives

• Understand how patient engagement can impact their chronic disease management.
• Discuss how continuous glucose monitoring (CGM) has improved our patient A1C scores and management of diabetes.
• Discuss the future of remote patient monitoring with continuous glucose monitoring (CGM).
Community Health Center (CHC) Locations
Critical Access Hospitals & Referral Centers

North Dakota Critical Access Hospitals & Referral Centers

Referral Centers
- Trinity Hospital
- Altru Health System
- CHI St. Alexius
- Sanford Health Bismarck & CHI St. Alexius
- Sanford Health Fargo
- Sanford Health Fargo & Essentia Health Fargo

Critical Access Hospitals

Map showing critical access hospitals and referral centers in North Dakota.
Collaborative Community Partnerships

Coal Country Community Health Center-FQHC
- 9,026 unique patients in 2022
- 4,500 square miles of rural/frontier service area

Sakakawea Medical Center
- Critical Access Hospital

Knife River Care Center
- Long-Term Care

Western Plains Public Health Unit
Diabetes Self-Management Education (DSME)

On staff

• 17 providers throughout 4 clinics
• Licensed Registered Dietitian Nutritionist
• Patient Education Specialist, RN
Certification for DSME Program

American Diabetes Association (ADA)

Association of Diabetes Care and Education Specialist (ADCES)
America Diabetes Association

ADA support services include online toolkits, discounted ADA publications, free patient education materials, free continuing education opportunities, scientific sessions and conferences, DSMES serve referrals from ADA call center.
Diabetes Self-Management Education (DSME)

- Initial referral for DSME
- Patient education
- Patient driven goals
- Follow up
Patient Engagement

- Provide continuous education
- Open line of communication
- Frequent follow up
Continuous Glucose Monitoring
Continuous Glucose Monitoring

How do you know if your DSME program is effective?

• Quality analysis
• A1C review
• Medication management
Remote Patient Monitoring

Servers with Internet applications

Clinical summary

Specialists for diabetes care

Improved self-awareness

Blood glucose patterns and trends

Improved clinical insights & timeliness

Communications and clinical interventions

Person with Diabetes

Wireless glucose-meter

Smartphone Application

Clinician portal

Diabetes nurses at a tertiary diabetes care center

Clinic
Questions?
Thank you!

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