



Remote Disease Monitoring

DOWNTOWN CLINIC:

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Downtown Clinic

Everyone is Valuable

Everyone Deserves High-Quality Care

Everyone Can Help

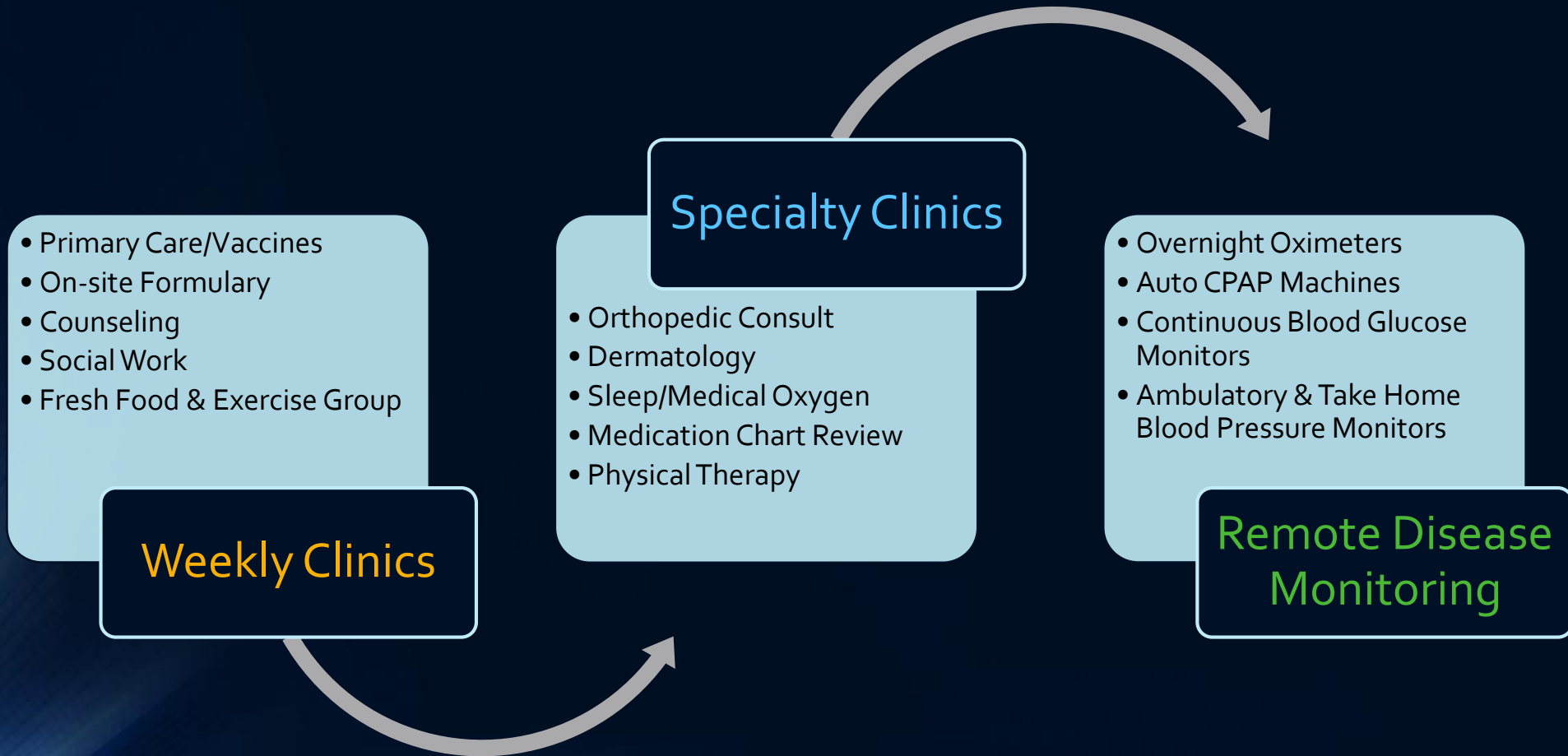
We're a Free Clinic:

- Begun in 1999 using Albany County Public Health after-hours to serve the uninsured living in poverty & the homeless person in our community
- Small staff (2 fulltime & 5 part-time <10 hours/week)
- Volunteer providers (MD, CNP, PA, RPh, LPC & MSW) & community volunteers
- Historical medical professional and community volunteer base is overwhelmingly female
- Technology focus – EMR, solar-powered facility with battery backup, wearable medical devices
- Technology goal – transition to telehealth services in every room

Who We Serve: *Uninsured Poor* ($\geq 175\%$ FPL)

- Women – nearly 60% of clientele historically
- Workers (more than 50% of clientele work full or part-time)
 - \$1,860 - monthly income for Individual
 - \$3,820 - monthly income for family of 4
- Hispanic – 20-25% of clientele
- Immigrants & families of foreign-born UW graduate students
- Concerns:
 - Persons with untreated mental health conditions & families in transition
 - New client increase is concerning

Downtown Clinic Services





Questions?

Diabetes

Continuous Blood Glucose Monitor



- Opportunities
 - Limited access to clinicians, fewer visits
 - May see more than 1 clinician w/different styles & prescription selection
 - Learning on the go, understanding the consequences of choices
 - Evaluations & improvements

Diabetes

Continuous Blood Glucose Monitor



- **Challenges**

- Cost of the sensor (\$60/each)
- Cost of the reader (\$80/each)
- Adherence to skin
- Patient selection
- Client education & use ideas
- Fear of breaking the reader
- Data review



Questions?

Hypertension

Ambulatory & Take Home BP Monitors

AMBULATORY BP MONITOR



TAKE HOME BP MONITOR



Hypertension

Ambulatory BP Monitor



- Opportunities
 - More accurate BP data
 - Quicker decision making about medications
 - Evidence to show the client
 - Print out/data (graphs/charts)

Hypertension

Take Home BP Monitor



- Opportunities
 - Check out w/logs
 - BID assessments generally

Sleep Apnea

Genesis of Program Development

- **Need for Innovation**
 - Rationale for purchase
 - Lease to own machines (oxygen concentrator, CPAP, BiPAP)
 - Helpful to direct need for sleep clinic referral or trial of nighttime oxygen therapy w/repeat nocturnal oximetry
- **Additional Considerations**
 - Pre-appointment printed educational materials
 - Epworth Sleepiness Scale
 - Mallampati Class
 - Overnight oximetry

Sleep Apnea Respiratory Therapy/Sleep Clinic

OVERNIGHT PULSE OXIMETER



AUTO CPAP (AUTOMATIC
CONTINUOUS POSITIVE
AIRWAY PRESSURE)



Sleep Apnea

Sleep Clinic Schedule

- **Initial Appointment**
 - Explain the disease/review OSA and why a person likely has it
 - Fit for a full or nasal mask, how to connect/use the Auto CPAP
- **2-4 week follow-up for repeat appointment**
 - SD card interrogation
 - Repeat mask fitting
 - Decision making
 - 2-16 week Auto CPAP loan



Questions?



Thank You!

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