

World Congress & Expo on

Healthcare IT and Nursing

August 21-22, 2018 | Paris, France

Chronic care @ Home- technology driven remote chronic disease management @ Aster DM Healthcare, Dubai, UAE

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UAE is reeling through the rise in lifestyle diseases. It is ranked 16th worldwide, with a staggering 19% of the UAE population plagued with diabetes and 24.6% with Hypertension.

Technology

Smart applications designed at Aster provides remote healthcare monitoring of chronic disease conditions through a mobile application, the intelligent health service platform (web portal) specially designed for remote chronic disease management and contact center. Aster Chronic Care @Home was born to add more dimensions to help people lead better lives.

Study Design

A 3 months study of 100 diabetic patients, of which there were 61 patients were having co-morbidities with hypertension (15 females and 85 males of age between 25 – 68 years) under therapy at Aster medical centers. An intelligent health service platform to monitor blood glucose and blood pressure with use of smart devices from FORA CARE(Swiss).

The 24*7 contact center provided real time feedback and Aster provided constant connectivity & to interact with clinical team & dietitians.

Value Derived/Outcomes

- 60 patients of the identified 100 diabetic patient and 30 patient out of 61 identified hypertensive patient followed the monitoring regime.
- Out of 60 complied patients of diabetes, around 58% of the patients showed improvement in managing diabetes even without change in any medication therapies.
- Out of 30 complied patients of Hypertension, around 66 % of the patients showed improvement in managing their hypertension

Conclusion

The Aster chronic care aims to help people effectively manage Diabetes and Hypertension to live healthier, longer and quality lives, with focus on empowering patients to take control, with shared responsibility, employing smart technology.

Biography

Srivatsan Sridhar has completed his MBBS, FCCE (Endocrinology), PGP (Cardiology), Clinical Diabetes, MBA with more than 10+ years of enriched good experience across Healthcare spectrum as a Clinician, Senior Medical Advisory & Senior Leadership roles. Currently, as a Chief Operating Officer & Head of Transformation for a 250 bedded hospital at Aster Sanad Hospital, Riyadh with a P&L responsibility of USD 85million/annually. Other role is as a Group Corporate Strategist @ Aster DM Healthcare, a C-suite/Executive Director suite role for Global Strategies, Frugal innovations, Annual operating plan, Medical & Strategic affairs etc.

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Notes:

Impact of the Monitoring (HbA1c)

