

Repository of Resources & Supports to Enable Virtual or Remote Monitoring & Management During COVID-19: Heart Failure-Specific Resources

DISCLAIMER: This document represents a dynamic, central repository of resources for the enablement of virtual or remote monitoring and is not an exhaustive list of all existing resources. The resources included in this central repository will continue to be updated as applicable.

1. Medly

Medly is a digital program that allows heart failure patients to manage symptoms from home. Medly reduces hospitalizations and improves self care and quality of life. Medly provides heart failure patients with individualized self-care and coordinated clinical support. Patients record and store physiological measurements and symptoms via the Medly app. Medly runs this data through a clinically-validated algorithm which provides instant feedback and push instructions including diuretic dosing tailored to the patients and their clinicians. The model of care delivery incorporates 1 Medly nurse coordinator providing care for up to 350 HF patients. Additional information on Medly can be found at: medly.ca

2. Ottawa Heart Institute's Telehome Monitoring Program (THM)

The Heart Institute's Telehome Monitoring Program (THM) is a nurse-run, intensive, post-discharge home health program designed to improve patient outcomes and reduce hospital readmissions. It is part of the Telehealth Programs run by the Cardiac-Telehealth department. For more information, please visit the website: <https://www.ottawaheart.ca/healthcare-professionals/regional-national-programs/telehome-monitoring> or contact **Erika Macphee** emacphee@ottawaheart.ca

3. Telehomecare for COPD and Heart Failure

A free, six-month health coaching and remote monitoring program for your patients with chronic obstructive pulmonary disease (COPD) and congestive heart failure. Not all areas in Ontario provide this service. For more information, please visit the OTN website: <https://otn.ca/providers/telehomecare/>

4. Community Paramedicine Remote Patient Monitoring (CPRPM) Program

The CPRPM program is an initiative of Community Paramedics across Ontario to keep patients with chronic illness, such as HF and chronic obstructive pulmonary disease (COPD), safe at home and out of the hospital. A unique feature of this program is the addition of highly mobile community paramedics who are able to respond, in real time,

to alerts generated by built in program logic. Costs for the system are roughly \$70/month per patient. For more information please contact either Brent McLeod at brent.mcleod@hamilton.ca or Rick Whittaker at rick@wwcf.ca.