Virtual Care and PGHD for Heart Health

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What We’ll Cover Today

- Heart Conditions in the Veteran Population
- Overview of Patient-Generated Health Data
- Evidence Base for Using Virtual Care and PGHD for Heart Health
- Current Virtual Care Resources for Heart Health
  - Coming Soon: Share My Health Data app
  - Case Scenarios
- Additional Resources
Heart Conditions in the Veteran Population
Cardiovascular disease refers to conditions that affect the heart or blood vessels.

It describes conditions ranging from peripheral artery disease and hypertension to heart attacks and strokes.
Cardiovascular Disease cont.

- Coronary artery disease
- Arrhythmias such as atrial fibrillation
- Heart valve disease
- Congenital heart disease
- Cardiomyopathy
- Heart failure
- Heart infections such as endocarditis, myocarditis, and pericarditis
Cardiovascular Disease and COVID-19

- COVID-19 is a multiple organ disease.
- Less is known about long-term effects.
- The cardiovascular system is significantly affected by COVID-19.
- Post-acute coronavirus infection will continue to be concerning for heart disease patients.

References: Cardiovascular Research, 2021
Prevalence of Risk Factors for Heart Disease

80%

VA patients with 2+ risk factors for heart disease
Prevalence of Heart Disease Among Veterans Receiving Care at VA

References: Groeneveld et. al, 2015

Annual Expenditure

$21,300  $52,800

Survival Rates

81.4%  88.9%
Prevalence of Heart Disease Among Veterans Receiving Care at VA

- Male Veterans: 32.3%
- Male non-Veterans: 26.6%
Prevalence of Heart Disease Among Veterans Receiving Care at VA

- Hypertension
- High cholesterol
- Coronary artery disease

References: Steinman et al., 2012
Overview of Patient Generated Health Data (PGHD)
Definition of PGHD

**Patient generated health data (PGHD)** is health-related data created, recorded, or gathered by patients, their family members, or caregivers outside of the traditional clinical health care setting to promote health and wellness or to help address a health concern.

- Patients capture their data through clinical apps, wearable devices, devices such as glucometers, and/or smart scales.
- PGHD is usually distinct from the data generated in clinical settings and through encounters with clinicians.
- Patients decide whether or not to share the data with their providers.
Important of Collecting PGHD

- Improve your understanding of the Veteran’s white space.
- Identify meaningful trends.
- Empower the Veteran to engage as an active partner in their care.
- Support shared clinical decision-making and delivery of care.

For more information on PGHD, read the [VHA Directive 6506](#).
Recommended PGHD Courses

Introduction to Patient-Generated Health Data

Clinical Use of Patient-Generated Health Data in Virtual Care Manager
Evidence Base for Using Virtual Care & PGHD for Heart Health
<table>
<thead>
<tr>
<th>Category</th>
<th>2020 Data</th>
<th>2021 Data</th>
<th>Increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Veterans Receiving VA Telehealth Care</td>
<td>1.6 Million</td>
<td>2.3 Million</td>
<td>44% increase</td>
</tr>
<tr>
<td>Episodes of Care Across All Telehealth Care Modalities</td>
<td>5.6 Million</td>
<td>11.2 Million</td>
<td>100% increase</td>
</tr>
<tr>
<td>Video Visits With Veterans</td>
<td>3.8 Million</td>
<td>9.6 Million</td>
<td>3,147% increase</td>
</tr>
</tbody>
</table>
Expanding Access

- Lower cardiac death rates: 27%
- Fewer fatal heart attacks: 25%
- Fewer nonfatal heart attacks: 21%

35 sites
6,000 patients

References: Drwal et al., 2020; Drwal et al., 2021
HBCR Effectiveness

• Adherence to therapy appears to be better in HBCR.

• No statistically significant mortality differences between institutional CR and HBCR.

• Highlights the need for VA to connect with Veterans wherever they live.

References: Thomas et al., 2019
Remote monitoring increases the quality of care in cardiovascular patients.

Harmful health events can be missed frequently.

Remote patient monitoring could help resolve timeliness issues.

Remote monitoring increases the quality of care in cardiovascular patients.

References: Heidenreich et. al, 2013; Viderman et al., 2022
Remote Monitoring in Heart Failure Patients’ Care Regimen

- 83% are hospitalized at least once, and 43% are hospitalized at least four times.
- 75% of the 30-day readmissions may be preventable.
- 79.1% of participants used the activity tracker, and 60.0% of the subjects wore the device for at least 70% of the study’s duration.

References: Sohn et al., 2020
Other Areas of Current Research

- Los Angeles VA cardiology program
- Mobile Health Strategies for Veterans With Coronary Heart Disease
- Video Blood Pressure Visits program
Preventative Interventions

Hospice/Palliative Care

Home Care Management
Provides in-home medical and palliative care management by Specialized Physicians, Nurse Care Managers, and Social Workers for chronically frail seniors that have physical, mental, social, and financial limitations that limits access to outpatient care, forcing unnecessary utilization of hospitals.

High-risk Clinics and Care Management
Intensive one-on-one physician/nurse patient care and case management for the highest risk, most complex of the population. As the risk for hospitalization is reduced, patient is transferred to Level 2. Physicians and Care Managers are highly trained and closely integrated into community resources, physician offices or clinics.

Complex Care and Disease Management
Provides long-term whole person care enhancement for the population using a multidisciplinary team approach. Diabetes, COPD, CHF, CKD, Depression, Dementia.

Self-management, PCP
Provides self-management for people with chronic disease.

Population Monitoring
Preventive care, education and monitoring for the community.
Tools for Cardiac Monitoring
Virtual Care Resources for Heart Health
Refill and manage prescriptions.
Send and receive secure messages with their care teams.
Schedule and manage appointments.
Download their health records.
Welcome, Madam President (Premium)
U.S. Air Force, U.S. Army, All of them
Account last accessed: 19 Jan 2022 @ 14:07 ET

Track Health
- Track Health
- Vitals
- Shared Vitals
- Labs + Tests
- Health History
- Journals
- My Goals
- HealtheLiving Assessment

Pharmacy
- Refill VA Prescriptions
- Track Delivery
- Medications Lists

Appointment
- View My VA Appointment
- Schedule a VA Appointment
- VA Facility Locator

Resources
- Benefits
- Veterans Health Library
- Mental Health
- Healthy Living
- Community
- Learn Your Health Age
VA Self-Contained Apps cont.

VA Exposure Ed  MOVE! Coach  Live Whole Health  Mindfulness Coach
VA Connected Apps

Airborne Hazards and Open Burn Pit Registry

Virtual Care Manager

Coming Soon! Share My Health Data
Accessing PGHD in VCM

**STEP 1**
Sign in to VCM.

**STEP 2**
Select the Patient Care tab.

**STEP 3**
Search for the patient.

**STEP 4**
Select Patient Data.

**STEP 5**
Review available PGHD.
Virtual Care Manager

TEST, PATIENT A.

DOB: ***/***/****
AGE/GENDER: **/
SSN: ***-**-****

Appointments

Patient Data

Vitals

Blood Pressure

DATE RANGE
From: 08/01/2018
To: 08/23/2020

Update

VA Health
JANUARY
VA Connected Apps cont.

Blood Pressures and Heart Rate Tracking
KEYWORD ‘SUB HTNP’

Blood Pressure Tracking
KEYWORD ‘SUB HTN’

Support to Increase Activity
KEYWORD ‘SUB BODY’
VA Connected Apps cont.

VA Screening and Assessment Platforms

- Behavioral Health Laboratory (BHL) and BHL Touch
- Mental Health Checkup (MHC)
- eScreening
- Mental Health Assistant (MHA)
Telehealth Tools

VA Video Connect

VVC Now
Case Scenarios
Scenario 1: Current State
Scenario 2: Future State
Additional Resources
Coming Soon! A durable training titled “Virtual Care and PGHD for Heart Health” will be published to Blackboard and TMS in the coming months.
PGHD ‘One-Stop Shop’ for Staff Training

Or go to: vaots.blackboard.com, click on ‘Communities’, and join the “Patient-Generated Health Data” Community
VA Virtual Care Resources

VA App Store:
https://mobile.va.gov/appstore

VA Whole Health:
https://www.va.gov/wholehealth/

Mobile Health ‘Tech Into Care’
SharePoint site:
tinyurl.com/tech-into-care

Annie SharePoint:
dvagov.sharepoint.com/sites/VHACCSF
vamobile/ANNIE/SitePages/Home.aspx

Office of Connected Care Outreach Toolkit:
connectedcare.va.gov/about/outreach-toolkit

Connected Care Academy:
https://vaots.blackboard.com

Connected Care Discussion Series:
mobile.va.gov/discussion-series
Heart Health Resources

- Telecardiology Communications Plan
- Telecardiology Outreach Toolkit
- VA Video Connect and TeleCardiology Strong Practices
- Video Blood Pressure Visits Program
- Cardiology Community in Connected Care Academy
VA Help Desks

**Office of Connected Care Help Desk (OCCHD)**
Portal: [https://occhdsupport.ironbow.com](https://occhdsupport.ironbow.com)
Phone: 866-651-3190
Hours: 24 hours a day, 7 days a week

**My HealtheVet Help Desk**
Phone: 877-327-0022
Hours: Monday through Friday, 8:00 a.m. to 8:00 p.m. ET

**VA Mobile Solutions Help Desk**
Phone: 877-470-5947
Hours: Monday through Saturday, 7 a.m. –7 p.m. CT
For TTY assistance, dial 711
Questions?


