Technology Solutions for Stroke Prevention

Right Care Initiative Leadership Summit

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www.health.citris-uc.org www.techandaging.org
Stroke Prevention Technologies

- Early Detection of Stroke
- Monitoring of stroke risk factors
- Monitoring of anticoagulant therapy
Monitoring of Stroke Risk Factors

Stroke Risk Factors
• Hypertension
• Type 2 Diabetes
• Smoking
• Obesity
• Lack of Exercise
• Poor Diet

Technologies to reduce and monitor risk factors
• RPM
• Telehealth
• mHealth texting programs
• Apps
• Activity sensors and platforms
Monitoring of Stroke Risk Factors

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Toolkit Example – Patient Engagement Materials

Contributed by Sharp HealthCare, NEHI

Technology Enables Patient Engagement

- Use the device and results as the education, confidence building tool
- Regular use of the device creates a ritual for patients to manage their chronic conditions

Patient

mHealth Device

Health Coaching

Care Coordinator

Clinician

Data System

EMR

Automated Health Coaching

Data System

Health Data

Health Data

Reminder: Time to check your BEFORE meal glucose. Reply with your BEFORE meal glucose reading (e.g. 125).
**Care4Life | Overview**

- SMS text messaging system based on national Diabetes education standards
- Algorithm-driven, customized messages related to diabetes education, reminders, and lifestyle coaching (English and Spanish)
- Multi-channel approach
  - Two-way interactive text messaging
  - Personal web portal (optional for participant; provider can use to review progress)

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**Glucose reminder**

*Care4Life. Reminder: Time to check your BEFORE meal glucose. Reply with your BEFORE meal glucose reading (e.g. 125).*

**System feedback**

*Care4Life. Before meal readings under 70 can be dangerous. Do you know what to do when readings fall below your target? Text LOW for more info*

**Education and Tips**

*Care4Life. How are you? Feeling stressed about diabetes is normal. Getting support will help you feel better & control glucose. Ask for help when you need it.*

*Care4Life. Hi, it’s Paula. Make a date to exercise. Call a friend to take a walk. Go dancing. Come up with new ideas to get active. It’s good for both of you!*
Personal Web Portal

- **Glucose Readings**
- **Exercise Progress**
- **Manage Subscriptions**
- **Medication Reminders**
- **Weight Loss Progress**
- **Medication Adherence**
- **Appointment Reminders**
Early Detection of Stroke

Technologies for Early Detection of Stroke

• Remote diagnostics for cardiologist consultations
• Telemedicine for acute stroke care (EMS, spoke and hub telestroke programs)
• Imaging
Monitoring of Anticoagulation Therapy

Technologies to monitor anticoagulation therapy

- Decision support tools for dose calculations
- IVR
- Home monitoring devices and communication tools
- Apps
- Medical Devices and Surgical Approaches:
  - Lariat
  - Watchman
  - Atriclip
Additional Resources

CTA Program Impact Report:

The New Era of Connected Aging Brief:

mHealth Program Outcomes:
http://www.techandaging.org/mhealth_program_page.html

ADOPT Toolkit:
http://toolkit.techandaging.org/

ROI Tool:
http://www.telemedroi.com/

Thank You!
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