



## How Dartford and Gravesham NHS Used Current to Reduce Therapy Visits by 22 Percent

The Dartford and Gravesham NHS Trust's Hospital at Home team identifies patients who may be appropriately managed at home. The purpose of the service is to redirect these patients and avoid hospitalizations, minimize readmissions and reduce Emergency Department (ED) visits.

A multidisciplinary team of nurses and physiotherapists support patients at home for at least a day and as long as two weeks. This team has deep experience managing complex patients, including those with cardiovascular and respiratory diseases. Patients are visited multiple times, some of which are just for the team to collect vital signs.

The Trust's overarching clinical strategy identifies increasing care closer to home as a key enabler to improving patient outcomes. Neil Perry, CIO at Dartford and Gravesham, wanted to use remote monitoring to increase the efficiency of home visits, reducing the ones used only for vital sign collection, prioritizing patients most in need, and facilitating earlier intervention to prevent hospitalization. For Perry, it was critical to avoid issues of traditional telehealth, including not having real-time vital signs and key clinical indicators, and relying on patients to provide updates to the hospital or manually log data into an online portal. The Trust's Clinical ICT Strategy identified wearables and sensors as the most cutting-edge way to achieve these goals. That's when Perry discovered Current.

Dartford and Gravesham NHS Trust is one of the largest hospital trusts in North Kent, with services at four sites serving a local population of over 500,000 people.

### TOP RESULTS INCLUDED

- **Training to deployment took less than 24 hours**
- **92 percent RPM adherence**
- **Reduced ED readmissions**
- **22 percent decrease in home visits**
- **Patients felt safer and more secure**

# Dartford and Gravesham NHS Home Health and Current's Partnership to Reduce Readmissions and ED Visits

Dartford and Gravesham NHS Trust's Hospital at Home team is a leading example of a multidisciplinary team working to deliver more healthcare within the community. Dartford and Gravesham recognized that innovation and technology are key to the delivery of new healthcare models that can reduce readmissions and pressure on the ED.

Training the Hospital at Home team to use Current took less than one hour and patient monitoring started within 24 hours. With the very first patient, a decline in oxygen saturation was detected sooner than standard care would have caught it, allowing for earlier intervention in the patient's own home.

For background, the Hospital at Home team reviews patients from all over the hospital - ED, acute and long stay units- to allow for a quicker and smoother patient flow. When admitted, the Hospital at Home team links the patient to Current, taking only two minutes to complete the entire process.

Patients are sent home with two Current wearables, a Homehub and a charger. Patients simply plug in the Homehub to receive reliable WiFi in their home and securely transmit health data using a cellular network. Patients are instructed to change the wearables at the same time every day, placing one wearable on the charger. Patients reported finding it easy to change - some even took pride in getting to use Current.

The Hospital at Home team uses the Current mobile application, deployed on iPhones, to monitor patient health, both in real-time and in reviewing trends. An early warning alarm is generated when a patient's health shows signs of deterioration.

“With Current, we’ve seen the ability to deliver intervention at a far earlier point and prevent hospital readmission.”

Neil Perry, CIO  
Dartford and Gravesham

## Reducing Visits & Increasing Capacity

Using Current, the Hospital at Home team has reduced the number of visits solely to collect vital signs and now has the potential to increase the cohort of patients cared for at home.

**THIS AMOUNTED TO A 22 PERCENT REDUCTION IN THERAPY VISITS OVERALL.**

A considerable amount of nursing time was freed – some patients require a round trip travel time of 90 minutes. Current also allows the crucial prioritization of therapy visits for the patients most in need, both on a daily basis and based on objective data. If there's any uncertainty or anything unexpected, the Hospital at Home team will always call the patient immediately to ask how they are feeling.

By freeing up this skilled nursing time, the Hospital at Home team will be able to increase the cohort of patients cared for at home without increasing staff. It also allows the service to be maintained during periods of staff shortage and increases the main acute hospitals' bed capacity for urgent and planned admissions.

## Improving Patient Security & Confidence

When asking patients how they felt about Current, there was a common message: They feel safer and more secure.

**THAT'S EXEMPLIFIED BY THE ADHERENCE RATES OF PATIENTS AT DARTFORD AND GRAVESHAM TO CURRENT – 92 PERCENT.**



That's unheard of in the remote patient monitoring and telehealth space. Previous studies have shown an adherence rate of around 50 percent is standard.

Patients' emotional and mental health are just as important as their physical health. By reassuring patients through Current, the team has improved the patient's healthcare experience. This has great potential to improve recovery.

## Delivering Intervention Earlier

Early warning alarms are sent directly to the Hospital at Home team. Through Current, the team is able to check in on the patient's health and then make contact. They've also been able to work directly with the patient's primary care physician to change treatment, making proactive, data-driven and well-informed decisions.

Moreover, the initial intention was to focus Current on those patients with respiratory disease, particularly COPD. After a cardiovascular patient suffered a deterioration that required hospitalization, the team subsequently expanded Current out to all patients within the Hospital at Home service.

“After discussion with a respiratory team consultant, we discharged a patient a day earlier because we used Current.”

Catarina Dantas, Sister  
Hospital at Home Team

## Results

To date, Dartford and Gravesham NHS Trust has used the remote patient monitoring and telehealth capabilities of Current to:

- **Prioritize therapy visits to patients who need clinical attention first**
- **Deliver appropriate intervention to patients earlier**
- **Reduce emergency department readmissions**
- **Decrease home visits by 22 percent**
- **Achieve patient adherence to the remote monitoring system of 92 percent**
- **Make patients feel safer and more secure in their own home**
- **Maintain service levels even when short-staffed due to illness**

## What's Next?

There are several areas where Current can help Dartford and Gravesham in the future:

### **Increase capacity of Hospital at Home team**

– By minimizing unnecessary therapy visits, the team can increase the number of patients managed, further reducing hospitalizations and readmissions, and helping more patients get home and stay home.

**ECG monitoring** – Current is adding ECG integration, allowing the team to monitor for arrhythmias.

**Empower patients** – In a future Current release, patients will receive educational content, use secure text or video chat with their physician, access their health data and report symptoms.

**Predictive stratification of risk** – Current's ability to use data to predict future events is appealing to Dartford and Gravesham. This has the potential to drive the preventive medicine of the future.

**Expand mobile integration** – The hospital expects to take advantage of Current's mobile app to eliminate a large amount of manual paper reporting.

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