

Transplant patients in control

Home monitoring / measurements

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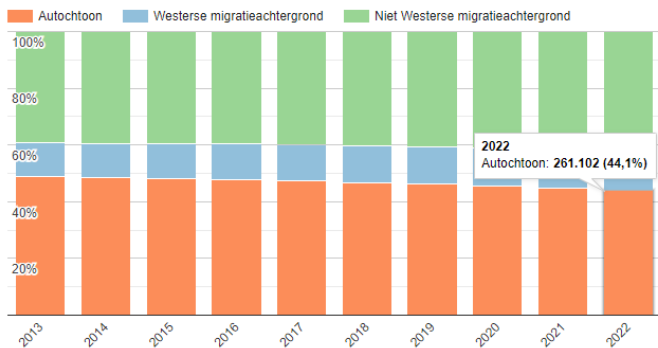
Potential conflict of interests

All business relations (2019, 2020,2021,2022) irrespective of relevance to this meeting (see also www.transparantieregister.nl)	Names of businesses
<ul style="list-style-type: none">• Research funding • Honoraria or other (financial) reimbursement	<ul style="list-style-type: none">• Astellas• Novartis • Astellas• Astra-Zeneca• Chiesi• GSK• Mundipharma• NovoNordisk• Sanofi / Genzyme• Vifor



This is Rotterdam!

- 2nd largest city in The Netherlands 592.000
- ~175 nationalities



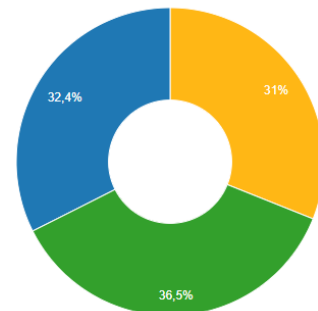
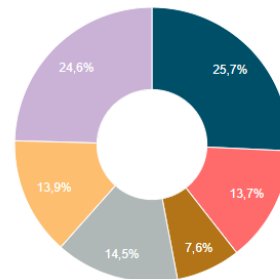
● Westers ● Marokko ● Antillen ● Suriname ● Turkije ● Overig

Erasmus MC in number (2021)

- 1220 beds 16.180 employees
- 659.317 patient visits € 2.1 billion revenue
- 30.771 hospitalizations 203.000 m² floor area (41 football fields)

Opleidingsniveau van de inwoners van 15 tot 75 jaar

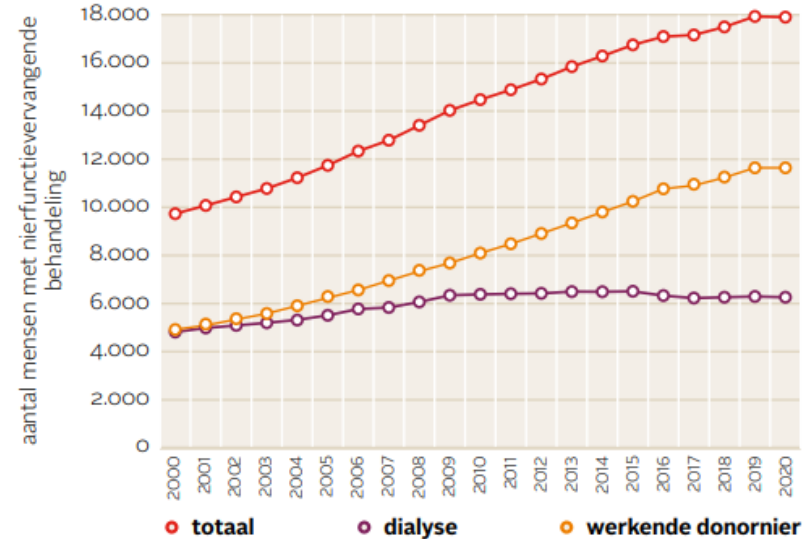
● Laag opleidingsniveau ● Middelbaar opleidingsniveau ● Hoog opleidingsniveau



Why telemedicine / home measurement?


- To organize care around patient NOT hospital
- Give control to patients
- More efficient use of scarce time of both healthcare provide AND patients
 - Reducing clinic visits
 - Optimize preparation (digital) consult
 - Focused education / information
- More reliable measurements
- More efficient and better estimation of seriousness of situation (in case of an acute situation at home)
- We went from 5000 to 12000 living transplant recipients in 20 years, still go up!

Aantal mensen dat dialyseert of leeft met een donornier tussen 2000 - 2020



Nefrodata

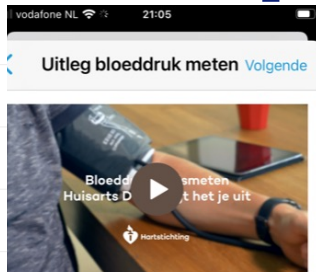
What do you need?

- Tools; our **SeCReT box**
 - Blood pressure monitor
 - Thermometer
 - Oxygen saturation
 - Scale
- Application for patient  **Luscii**
 - To record / save measurements
 - To give information
 - To transfer measurements
- Application for healthcare provider
 - Essential is integration into existing systems



We developed a few protocols

Wond	Zuurstofsaturatie
Medicatie-inname	Hoe werkt Thuismeten?
Water en zout	Kortademigheid
Uitleg bloeddruk meten	Jouw mening over zorg op afstand
Jouw pijn	Stappen
Temperatuur	Gewicht
Urineproductie	Seks
Vocht inname	Roken
Foto van de wond	Glucose
Tijd binnen doelbereik	Hartslag
Ontlastingsproblemen	
Bloeddruk	



Bloeddruk meten

Als gebruiker van de Luscii app meet je thuis zelf jouw bloeddruk. Maar hoe doe je dat op de juiste manier?

Bekijk het filmpje van de Hartstichting en ontvang nuttige tips.



Annuleer Medicatie & bijwerkingen



Medicatie inname & bijwerkingen

Welkom!

Deze les bestaat uit 4 onderdelen:

- Informatie over medicatie en bijwerkingen. Zie het het filmpje hierboven
- Tips voor een goede medicatie inname
- Leefadviezen bij je medicatiegebruik
- Een vraag

	Medicatie in eigen beheer Zichtbaar in Zelfzorg Verwijder bij protocol wis
	ZORGGIDS NIERTRANSPLANTATIE Zichtbaar in Zelfzorg Behoud bij protocol wis
	1. INLEIDING Zichtbaar in Zelfzorg Behoud bij protocol wis
	2. HET ERASMUS MC, UNIVERSITAIR M... Zichtbaar in Zelfzorg Behoud bij protocol wis
	3. ACHTERGRONDINFORMATIE BIJ NIE... Zichtbaar in Zelfzorg Behoud bij protocol wis
	4. TRANSPLANTATIEMOGELIJKHEDEN Zichtbaar in Zelfzorg Behoud bij protocol wis
	5. DE SCREENING EN WACHTPERIODE Zichtbaar in Zelfzorg Behoud bij protocol wis
	6. DE NIERTRANSPLANTATIE

Our COVID program

March 21 – Oct 14, 2021

41 patients included, 56% female

Average 49 years, 22-82 years

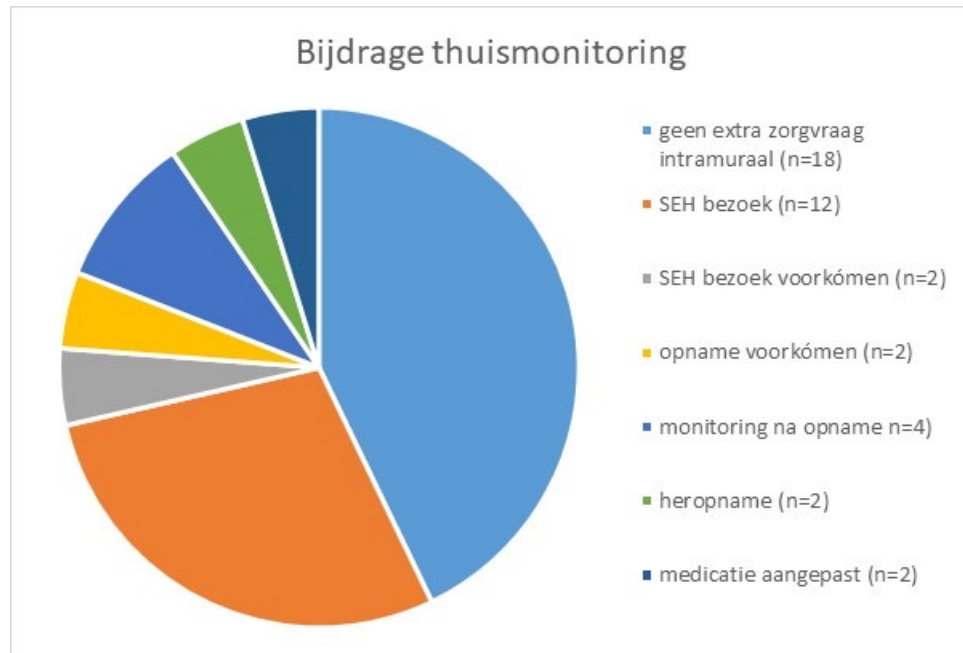
1 deceased (2.5%)

(Mortality 1st wave 22%)

Duration of admission median 8 days (3-46)

Prevention of ED visit in 2, hospitalizing in 2

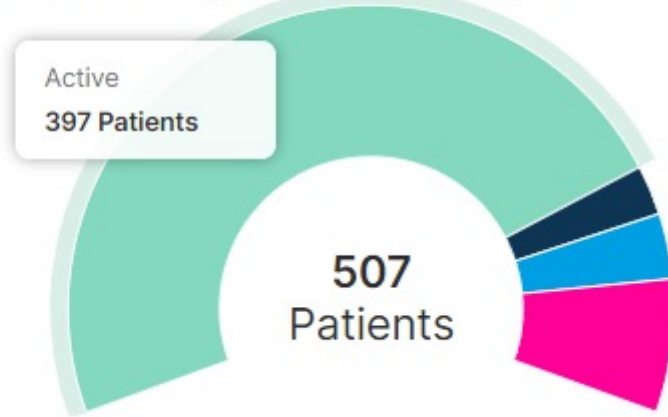
Patient satisfaction (scale 1-5): 4x 5 and 4x 4



Patient numbers on October 6th 2022

Status patients

● Active ● Added ● Cancelled ● Stopped



- 22 patients added (4%)
- 28 patients cancelled (6%)
- 59 patients stopped

Most returned to another hospital after 1 year posttransplant

Current developments

- Expanding home measurements to
 - liver, lung and heart transplant (Transplantation Institute)
 - kidney donors
 - patients in work-up of kidney transplant
 - patients with chronic kidney disease (seeking collaboration with Rijnstate Hospital)
- Expand current education in app
 - Information on kidney donation in 5 languages (via Kidney Foundation)
 - Patient education: 'Life after a transplant'
 - Medication & Adherence (in collaboration with “Kijksluiter”)
 - Exercise & Nutrition
 - Sexuality & Pregnancy
 - Feelings & Meaning
 - Work & Allowances



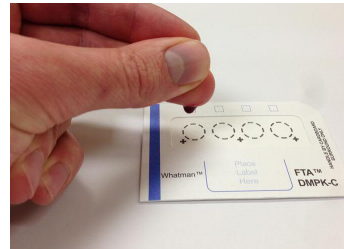
Future directive

Step 1

- Regional or at-home blood drawing
 - via dried-blood-spot (more reliable, slow)
 - via point-of-care metering (less reliable, fast)
 - via local blood drawn service (already effective)

Result:

- Less hospital visits / visits to (local) blood drawn service
- We expect 25-50% physical consultations to be replaced by digital (video / telephone)



Future directive

Step 2

- Data monitoring center (specialist nurse)
 - Patient sends values (blood / physical measurements / requests) 3-4x a year
 - Evaluation of these SN. In case of no abnormalities, no visit and next values 3-4 months
 - In case of abnormalities
 - Protocolled provision of care (prescriptions, simple questions or problems)
 - With more extensive problems an appointment with nephrologist
 - Only once a year a standard, longer lasting (in stead of 10 minutes) visit

Result:

- Comparable high quality care at home
- Greatly reduced (50-75%) workload healthcare provider, more efficiency and happiness