Track 1
Remote Patient Monitoring
& Real World Data

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Remote monitoring in practice

- **Remote Physiologic Monitoring (RPM)**

- Health care providers use devices to track physiologic data (e.g. vital signs, glucose, body weight)

- Current Procedural Terminology (CPT) codes track and bill healthcare services and procedures such as RPM.

- CPT codes include 99453, 99454, 99457, 99458, and 99091

- **Remote Therapeutic Monitoring (RTM)**

- Health care providers use devices to track non-physiologic data (e.g. therapy response, med adherence)

- Current Procedural Terminology (CPT) codes track and bill healthcare services and procedures such as RTM.

- CPT codes include 98975, 98976, 98977, 98980, and 98981

Examples of existing RPM/RTM

- **Grow Stronger** https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7875701
  + An "active video game" that requires physical activity to play
  + Researchers from Australia co-designed this game for physical activity promotion in patients with COPD. The game tracked engagement, adherence, and clinically-validated physical activity scores.

- **Floodlight™ MS** https://floodlightms-us.com
  + A mobile application designed for people living with multiple sclerosis, a chronic condition that affects the central nervous system
  + The app tracks cognition, hand function, and walking ability – the patient's data can also be shared with their healthcare provider between visits

Open source tools to get started

- **Open Health Stack by Google** https://developers.google.com/open-health-stack

  + Provides building blocks for creating next-gen healthcare apps. Save time and make it easier to adopt modern healthcare standards (HL7 FHIR), leading to secure, offline-capable, data-driven solutions.

- **Spezi Modules** https://spezi.sites.stanford.edu

  + Open-source ecosystem of many different modules based on international health data standards such as the HL7 Fast Healthcare Interoperability Resources (FHIR). Spezi can aid in rapid development of modern health applications.

- **Community Health Toolkit** https://communityhealthtoolkit.org

  + Includes a collection of open source technologies and open access design, technical, and implementer resources that help you build and deploy digital tools for community health.

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