

Digital Health Platform

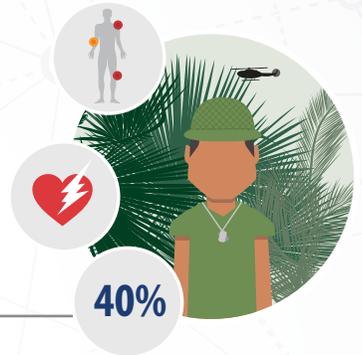
Chapter Two: Warren's Story

VA's Digital Health Platform (DHP) is at the heart of every stage of this Veteran's experience: tracking and monitoring his health, communication between his care providers, and ultimately, improvement in his health.



Meet Warren, a 63-year old Veteran, preparing to retire from his job as a construction foreman.

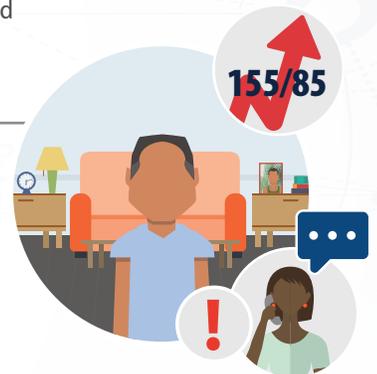
When Warren initially engaged with VA, he was awarded a disability rating of 40 percent. This disability rating is a result of service-connected knee, shoulder, and elbow issues. Because of his various ailments, he led a somewhat sedentary lifestyle after leaving the Army, where he was deployed to Vietnam for 14 months and advanced to the rank of Sergeant. This led to poor dietary habits and the development of high cholesterol and blood pressure.



Warren has been dealing with hypertension and hyperlipidemia in addition to borderline obesity. DHP analyzes Warren's electronic health record (EHR) data, and recommends enrollment in a hypertension care pathway plan. As part of the care plan, Warren is able to track his blood pressure, heart rate, and weight through home monitoring devices that are provided to him, which help monitor and prevent the progression of his existing medical conditions.

Leveraging data from these devices, DHP recognizes an increase in Warren's blood pressure from 135/75 to 155/85, which is above his target goal, and sends a workflow trigger to his Patient Aligned Care Team (PACT) Nurse.

The PACT nurse receives the message from DHP and gives Warren a call. He confirms Warren is following his medication regimen and pursuing a healthy lifestyle, and updates DHP. DHP sends a notification to his physician summarizing the findings. It also recommends adding a second medication.



After two years, Warren experiences a gradual onset of Congestive Heart Failure (CHF). In response, DHP recommends a CHF care pathway. On a regimen of a diuretic and ACE inhibitors, Warren continues the home monitoring of his blood pressure, heart rate, and weight while also using the mobile application to track his nutrition, activity, and symptoms.

Outpatient CHF treatment suggestions are provided by real-time DHP analytics.

The DHP analytics engine notes an increase in Warren's Seattle Risk Score. In response, it creates a workflow trigger to his PACT Nurse. He is screened and instructed to follow a newly established care plan that increases his daily diuretic dose. Warren health improves, and DHP's analytics engine continues to monitor his health and recommend appropriate interventions. This is the future of healthcare for our Veterans.

