

Tech Enabled Care for Multiple Sclerosis





Multiple Sclerosis may not be fatal. But its progressive nature requires continuous management to prevent it from deteriorating the quality of life of patients. This means the patient needs consistent and easy access to healthcare which can be a challenge at times. This is where technology can play a crucial role.

Today, technology is being used in different forms to address the gaps in healthcare access and improve the quality of care. The telecommunication applications and mobility healthcare solutions are improving treatment outcomes for patients and healthcare practitioners alike.

Let's look at how these solutions are redefining MS Management.

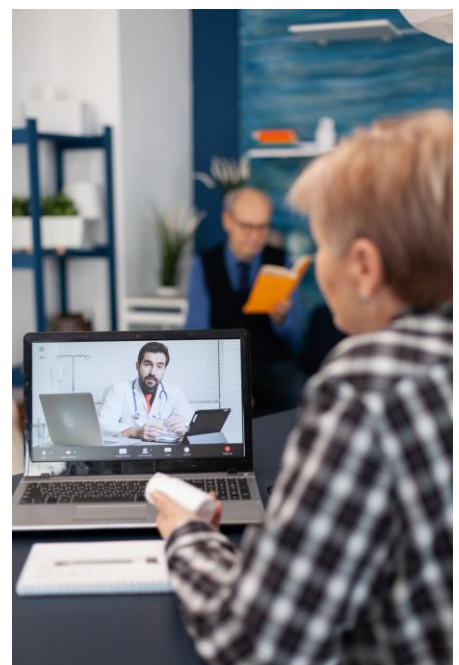
Virtual Care at Home

Mobility healthcare solutions have enabled a virtual care ecosystem for MS patients at home. This helps them stay connected to their clinical team without frequently visiting the hospital. Here is how these solutions help MS patients.

- **Continuity of Care at Home**

MS patients often experience a disconnect in care from their trusted MS specialist once they are at home. Mobility healthcare solutions address this problem.

These solutions enable MS specialists to extend their care beyond hospital to patients at home. The specialists can prescribe their follow-up care to the patients. They can also offer more timely clinical interventions in case of adverse events compared to a face-to-face visit. This brings a significant amount of benefits for the patient and the specialist.





- **Care Navigation**



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- **Access to Doctors & Specialists**

Progressive and chronic illness patients often require quick medical attention when experiencing clinical episodes. An in-person visit to the hospital for clinical assistance may take time. Health tech solutions address this gap through telehealth connectivity.

Patients and caregivers can seek timely clinical assistance from specialists and doctors using these solutions. Patients can minimize frequent hospital visits for clinical assistance and reduce avoidable hospital readmissions.





- **Disease Management**

Progressive illnesses like multiple sclerosis require a very robust disease management in place to prolong the patient's functional life and maintain their quality of life. This disease management program can be broken down into 3 parts - remote monitoring, clinical interventions, disease education. Mobility healthcare solutions play a crucial role in all these three stages.

- **Remote Patient Monitoring**

MS patients need to be monitored for their symptoms regularly as they go about living their lives. However, this is hardly manageable in the traditional set up. Mobility healthcare solutions make this possible.



These solutions enable patients to self-monitor and record their daily vitals. The nursing and clinical team of the patient can further monitor the patient for any adverse events or distress signs. The specialist can monitor the progression of the illness and adjust his care protocol.



• Clinical Interventions

A patient can experience varying kinds of adverse events during different stages of the illness. There are two things that are extremely crucial here - providing timely interventions, and tracking the onset of adverse events. Mobility healthcare solutions play a vital role here.

These solutions enable the caregiver/patient to connect to the MS specialist without losing time in traveling to the clinic/hospital. The clinical team can deliver physical interventions at home supervised by the specialist to offer timely relief.



Health tech solutions can be used to offer telephone-administered interventions as well as web-based interventions at home to MS patients. Interactive telehealth interventions can help with mental health related issues of the patient.

The digital record maintained in these solutions allow the specialist and the clinical team to track the onset of adverse events which can indicate a pattern or progression.

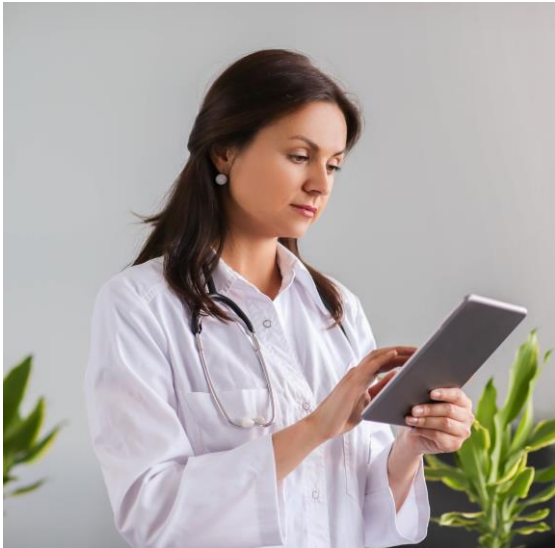
The screenshot shows the Ubiqare Health Clinical Data interface. At the top, it displays the patient's name 'Sridhar P, Male' and a date of birth 'DOB: 1960-03-03'. Below this is a 'Manage Vitals' section with a table of clinical data. The table has columns for Date, Systolic, Diastolic, Temp., Pulse, Source, and Action. The data rows show various vital signs recorded over time, with sources including 'Self' and 'UBIQARE'.

Date	Systolic	Diastolic	Temp.	Pulse	Source	Action
09/20/2018	128 mmHg	78 mmHg	96.5 °F	78 bpm	Self	[Edit] [Delete] [Add]
09/20/2018	128 mmHg	80 mmHg	97 °F	0 bpm	Self	[Edit] [Delete] [Add]
09/08/2018	0 mmHg	0 mmHg	96.5 °F	0 bpm	Self	[Edit] [Delete] [Add]
08/10/2018	130 mmHg	80 mmHg	205.7 °F	78 bpm	UBIQARE	[Edit] [Delete] [Add]
08/09/2018	138 mmHg	82 mmHg	205.7 °F	78 bpm	UBIQARE	[Edit] [Delete] [Add]
08/03/2018	0 mmHg	0 mmHg	96.5 °F	0 bpm	Self	[Edit] [Delete] [Add]
08/01/2018	150 mmHg	70 mmHg	98 °F	100 bpm	UBIQARE	[Edit] [Delete] [Add]
08/01/2018	130 mmHg	78 mmHg	206.6 °F	80 bpm	UBIQARE	[Edit] [Delete] [Add]
07/26/2018	130 mmHg	80 mmHg	96.5 °F	78 bpm	Self	[Edit] [Delete] [Add]



• Understand Disease Progression

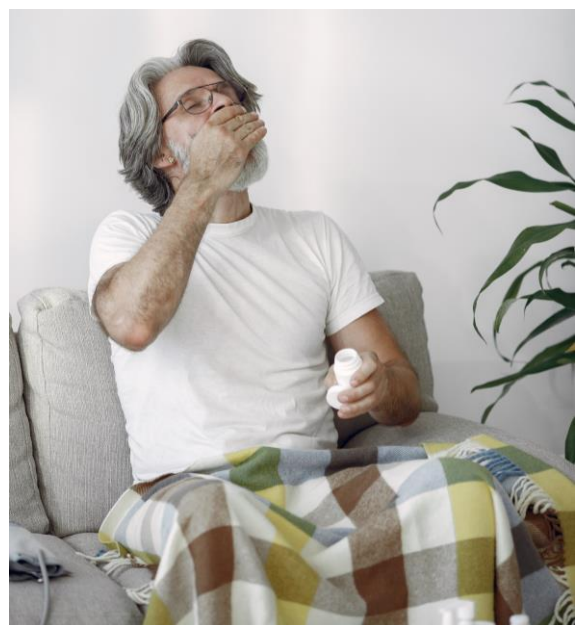
Multiple Sclerosis is a long-term illness with several aspects and phases to it. The experience of the patient in the Remitting & Relapsing stage would be very different to the one in Secondary Progressive stage. The mobility healthcare solutions enable the specialists to track the illness progression and the patient requirements.



The digital records of daily condition, adverse events, frequency of interventions needed, onset of new problems, etc. help MS specialists identify a pattern. The specialist can detect signs of worsening disability, accelerated deterioration, and impact on the quality of life of patients to take necessary actions.

Treatment Compliance

Health tech solutions are simplifying tracking the adherence to treatment in MS patients. The specialist can define the home care protocol for the patient and track compliance to it. Any lapses from clinical team or patient can be detected early on and mitigated.





Collaboration

Multiple Sclerosis is a complex illness and it is difficult for just one doctor to manage all the aspects of the illness. It requires a multidisciplinary team to come together for MS management and maintain the patient's quality of life. But in a traditional setup these multifaceted specialists find it hard to collaborate.



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Tech health solutions have simplified collaboration to enable an integrated MS management program for patients. It offers a virtual space for different specialists to coordinate and align their care services to each other for holistic MS management.

These solutions also integrate ancillary services like medicine delivery, sample collections for lab tests, supply medical equipment, etc.

Mobility Healthcare – The Future

The traditional method of MS management is fraught with limitations that can cause mild relapses and disease progression to go undetected. The frequent hospital visits needed for personal consultation can also lead to patient fatigue and non-compliance.

Mobility healthcare solutions can address these limitations and improve patient outcomes. They can simplify MS management for specialists and patients.



For more information about tech enabled home care for MS patients reach out to us

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