

## ReDS Monitoring In Conjunction With Multifaceted Team Reduces Readmissions From Skilled Nursing Facilities

A Hadi MD, A Neal CRNP, M Challihan CRNP, S Murali MD. Allegheny Health, Pittsburgh, PA



- > **Background:** ReDS lung fluid monitoring is a technology for Heart Failure (HF) enabling preemptive intervention. We hypothesized that post-acute care guidance via ReDS monitoring in conjunction with a strict multifaceted protocol-based HF care pathway may reduce readmission from skilled nursing facilities (SNF)
- > **Methods:** Allegheny Health Network, PA created a multidisciplinary dedicated HF care pathway for acute HF discharges to SNF's, designating (after scrutiny and extensive education) a narrow-partnered network of SNF's implementing evidence based strict protocols until discharge from SNF. Protocol:
  - > Daily ReDS device measurements
  - > Incorporation ReDS readings to daily fifteen-minute phone huddles along with the partnered facilities with daily assessment of vitals, weights, symptoms, ambulation, diet, PT/OT
  - > Establishing diuretic and afterload reduction intervention/modulation protocol executed by CRNP under the supervision of an advanced HF physician
- > **Results:** The program did demonstrate a significant reduction in all cause readmissions and revealed a further decrease of HF to HF readmission rate, although the latter was not statistically significant
- > **Conclusions:** These observations may support a tandem approach of ReDS guided monitoring and multidisciplinary care pathway program in the post acute care settings.

	30 day Pre-program	30 day On-program	Reduction	P-value
All-cause Readmissions	28.7%	18.7%	35% ↓	0.04
HF Readmissions	6%	4%	33% ↓	0.6