

## **Title**

***Remote Patient Management to Improve Outcomes, Reduce Healthcare Utilization, and Increase Practice Capacity: A Demonstration Project in Georgia***

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## **Background/Synopsis**

Healthcare systems continue to face rising demands for obstetric patient care, compounded by limitations in clinical space, staff capacity, and reimbursement complexities. Remote patient monitoring (RPM) has emerged as a scalable solution to extend care beyond the clinic setting while potentially improving clinical outcomes and optimizing operational efficiency. However, there remains a need for real-world evidence to assess both clinical and economic benefits of RPM implementation in diverse care environments.

This initiative, involving Marani Health leaders, is overseen by Todd Tucker, Vice President of Product Management, who manages the RPM platform and data workflows. Mindy Ditch, VP of Clinical and Regulatory Affairs, handles documentation, results analysis, and compliance.

## **Objective/Purpose**

This demonstration project aims to evaluate the clinical and operational impacts of a remote patient management program for obstetric patients. Specifically, it examines (1) the ability to improve patient access to care (2) to enhance communication between patients and providers for optimal care, (3) to improve patient outcomes, (4) to reduce unnecessary emergency room visits and hospital admissions; and (5) to assess RPM's financial aspects, including reimbursement feasibility and clinic space utilization.

## **Design/Methods**

This demonstration project is being conducted at the Medical College of Georgia, with Data monitoring and patient outreach provided by the Department of Population Health at MCG. A total of 170 patients are currently being enrolled in an RPM program at the Medical College of Georgia (enrollment is ongoing). Eligible pregnant patients include those with two or more chronic conditions or those facing challenges accessing obstetrical care, as determined by an obstetric provider. Patients are being monitored using connected health technologies, which enable remote tracking of vital signs and health status. Clinical teams actively utilize this data to intervene proactively.

Program outcomes are being compared to historical baselines to evaluate changes in emergency department visits, hospital admissions, and care escalation. At the same time, economic modeling will analyze reimbursement patterns and estimate how much clinic space and staff time could be freed up for additional patient intake. Both qualitative and quantitative methods are used, including reviewing reimbursement claims and operational throughput metrics.

## **Results**

Preliminary findings from the ongoing demonstration project indicate that remote titration of medications for both gestational hypertension and gestational diabetes may reduce the need for in-person clinic visits, improve patient outcomes and potentially prevent hospital admissions. Early detection and treatment of postpartum mental health issues are emerging as a promising area of impact.

## **Conclusion**

This demonstration project provides preliminary evidence that RPM can improve patient care with real-time access to patient parameters, allowing for more timely intervention to either optimize outpatient treatment or escalate care. Better capture of patient data and real-time relay of the information to the care team enables physicians to collaborate with patients more effectively through automatic data capture, reducing data loss due to inaccurate recall or erroneous recording of information. This model benefits both high- and low-risk patient populations. This reduces acute care utilization and supports sustainable healthcare delivery models. The observed operational efficiencies suggest that RPM may enable clinics to accommodate more patients without compromising quality of care. Furthermore, the study suggests reimbursement pathways that may support broader adoption of remote care services. These findings underscore the dual clinical and economic value of RPM as a transformative strategy in modern healthcare systems.

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