

Case Study

Admiraal de Ruyter Hospital, Netherlands

Streamlining OSA titration and improving patient care



- Admiraal de Ruyter Hospital, Zeeland province, NL
- Around 250 OSA patients diagnosed every year
- 3 sleep-specialist nurses

Hospitals and homecare providers (HCP) in the Netherlands are working closely together to deliver high-quality care to patients affected by obstructive sleep apnoea (OSA). Diagnosis is followed by a closely-managed titration phase to help patients achieve compliance as quickly and comfortably as possible. With limited in-patient facilities for diagnosis and none for titration, it's vital that patients at Admiraal de Ruyter can be successfully titrated and treated at home.

An opportunity to improve the titration process

Admiraal de Ruyter had outsourced patient care during the titration phase to its homecare provider partner. The HCP set up the patient with a device and a mask at home and visited them two weeks later to adjust pressures and settings. Eight weeks later, patients visited the hospital for a check-up with a nurse.

Although this OSA care pathway was effective, it wasn't efficient. The three nurses in the busy clinic had no visibility of their patients' health or compliance during the titration phase, limiting their ability to provide timely support. Follow-up visits were inconvenient and time-consuming, especially for compliant patients.

The titration process also had administrative downsides, as the homecare provider was only reimbursed for compliant patients once they had been seen and signed-off by the hospital. Both realised that connected care offered the potential to streamline the titration process and turned to ResMed for a solution.

Introducing telemonitoring to optimise the patient pathway

The introduction of AirView™, part of ResMed Air Solutions, at Admiraal de Ruyter has transformed and **improved the titration process** for nurses, the HCP and patients. For nurse Eva Tramper, it's simple: "AirView enhances the quality of care we deliver to patients." The HCP remains responsible for ensuring the patient has a suitable device and well-fitting mask, but therapeutic issues are now managed directly – and remotely – by the expert OSA nurses. Instead of receiving their first clinical appointment eight weeks after starting therapy, **patients now have a phone consultation at home after just two weeks.**

During this consultation or a second call four to six weeks later, the nurse remotely switches their device settings from APAP to CPAP according to the patient's titration and, if necessary, fine-tunes other settings, such as pressure. Patients are invited to the clinic if there are any issues that cannot be resolved remotely and the HCP remains on hand to provide home support for problems with equipment.



“Because I can see their results on AirView, I can provide targeted advice and support.”



Streamlined processes leading to better patient care

AirView has enabled Admiraal de Ruyter to establish a streamlined, efficient pathway that generates benefits for all parties. Nurses are now able to rapidly **identify problems during the titration phase** and intervene appropriately, which is increasing compliance and therapy efficiency. Their conversations with patients are driven by day-to-day data and they have **more time to focus on those who require extra help**. “Being able to check in with patients after just two weeks, instead of eight, has really changed things for the better,” explains the nurse. “Also, because I can see their results on AirView, I can provide targeted advice and support. It’s so much easier for me to do my job and my patients are adapting to their therapy more quickly as a result.”

Patients are also reassured by the **immediacy and clinical support** they have gained from the transition to AirView. As well as lightening the burden of hospital visits, AirView has given them an extra degree of therapeutic support through telemonitoring and remote setting adjustments.

The homecare provider is no longer obliged to make home visits during the titration phase and benefits from a more streamlined route to reimbursement. Under the Dutch system, the HCP is reimbursed for their care of OSA patients once the titration phase has been signed off by the hospital.

This process, which could take three months or longer under the previous system, is now significantly faster thanks to AirView. The introduction of AirView has responded to diverse challenges and is delivering benefits to all participants across the system.

Thanks to AirView, the OSA titration pathway that was designed to promote compliance and good patient care has been strengthened and streamlined to deliver a more efficient use of resources and better outcomes for patients, nurses and HCPs.

“AirView enhances the quality of care we deliver to patients.”

About AirView

AirView, part of ResMed Air Solutions, is a seamless cloud-based system for managing patients with sleep apnoea and respiratory insufficiency. AirView is a powerful tool that gives you everywhere-access to patient data, control over patient home sleep screening and treatment, and the ability to identify individual patient issues.

For more information on AirView, go to ResMed.com/AirView or contact your local ResMed representative.