iRhythm™
Your Path Forward

How Can Technology Improve Patient Care and Reduce Costs to the NHS?

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Presented by Jennifer Weller, Clinical Operations Manager, UK

iRhythm™

A leading digital health company redefining the way cardiac arrhythmias are diagnosed and managed

- Over 1 Million Patients Monitored
- Database of 300 million+ Hours of Curated Heart Data
- Deep-learned Diagnostic Algorithms
- 13 Patients Assigned to iRhythm Technologies
- 26 Peer-reviewed Clinical Publications

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Zio XT

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What is the Scale of the Arrhythmia problem in the UK?

Arrhythmias are experienced by more than 2 million people a year in the UK. Most people with an abnormal heart rhythm can lead a normal life if it is properly diagnosed.[1]

1 – Source – NHS Choices website, 15 October 2017

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What is Causing a Bottleneck of Care?

Arrhythmia monitoring services in the NHS

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UK Projects Demonstrating Innovation in Clinical Care in the NHS

- **Stroke Care:**
  - EPACS Study in Stroke and TIA
- **Cardiology:**
  - REMAP Study for Cardiology Monitoring Modalities in the Atrial Fibrillation
- **Syncope in Emergency Department:**
  - PATCH-ED Study in Syncope
- **Primary Care:**
  - Pathway Evaluation for Palpitation Management
    - Ealing Pilot Project Results

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Pilot of an Innovative Palpitation Pathway

Ealing CCG

Palpitations

Palpitations

- **One of the most common causes of referral for 24hr monitoring in primary care**
- Cause significant anxiety for patients
- Majority of palpitations are **not** due to a significant underlying cardiac problem
- Hard to capture during the short recording period available with conventional monitoring

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Ambulatory Monitoring – Ealing

- Patients with palpitations are referred into secondary care for 24hr Holter monitoring
- Patients typically wait up to 11 weeks between initial referral and result becoming available to their GP
- Approximately 25% of patients referred for ambulatory monitoring require at least one repeat test within one year

1. HES data for Ealing CCG April 2017 – Dec 2017 Copyright NHS Digital

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Our Questions

- **Does an innovative palpitation pathway of longer term monitoring delivered in primary care:**
  - Reduce time to diagnosis?
  - Reduce the burden on secondary care?
  - Improve the patient journey?
  - Reduce repeat testing?
- **Is it also:**
  - Cost neutral or cost saving?
  - Easy to adopt into a primary care setting?

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Pilot Design

Participants: up to 125

Sites: 8 Ealing GP Practices

Inclusion Criteria:

- Low risk palpitations
- Symptoms likely to be captured within two weeks
- Age ≥18 and ≤75

Exclusion Criteria:

- History of structural heart disease
- History of pre-syncope/syncope
- Family history of malignant arrhythmia or sudden cardiac death

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Ealing Pilot Results

Reduces the burden on secondary care?

> 60% reduction in referrals to secondary care for repeat monitoring, cardiology OPD referrals

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Ealing Pilot Results

Improves the patient journey and reduces repeat testing?

A confirmed rule in or rule out diagnosis in a large majority of patients

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Ealing Pilot Results

Reduces time to diagnosis?

- The median time to results was 16 days
- Including a median recording time of 13.8 days

Reduction in time to results of more than 8 weeks[1]

1. HES data for Ealing CCG April 2017 – Dec 2017 Copyright NHS Digital

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Ealing Pilot Results

Cost neutral or cost saving?

Health Economics analysis by Imperial College Health Partners

- Reduction in repeat monitoring and secondary care follow up appointments
- Economic analysis included the cost of the Zio Service

Average cost savings of £143 per patient compared to the current pathway

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Positive GP Feedback

100% Zio reduced time to diagnosis, ruled out arrhythmia, reassured patients and kept patient care in the community

100% Would prefer to use the Zio over the existing Holter service

100% Found Zio report easier to read and interpret than standard Holter reports

100% Found it very easy or easy to register monitors and access reports

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Positive Patient Feedback

76.5% Received their Zio on the day of their appointment with the GP

97% Said the Zio was easy to use and they could go about their normal day-to-day activities

85% Felt reassured by the results of the Zio

97% of patients would wear a Zio if they needed a heart monitor in the future

100% Preferred the Zio monitor to heart monitors they had worn before and thought it should continue to be available in the GP surgery

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Case Study

- 62yr old female
- Benign palpitations confirmed by Zio
- Incidental finding of 1hr 24mins of Paroxysmal Atrial Fibrillation resulting in anticoagulation and prevention of ischaemic Stroke

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Zio by iRhythm service…

Innovative technology that is transforming ambulatory cardiac monitoring with a higher diagnostic yield and lower cost than current diagnostic testing methods in the NHS

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Thank You