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Therapeutic and Technological Innovation in Hospital Discharge Through the use of Telemedicine

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Background and Aims: The number of patients with diabetes mellitus from 2021 to 2030 is estimated to increase by 30%. Patients with type 2 diabetes mellitus are 2-5 times more likely to have heart failure, a major cause of hospitalization in the over 65s. Telemedicine is a useful assistance tool to facilitate the treatment paths of patients. The General Medicine and Endocrine Diseases and Nutrition UOCs of the Ospedale del Mare want to invest in teleassistance, with a new project of telemedicine for patients discharged from hospital.

Patients and Methods: Patients suffering from diabetes mellitus and heart failure, frail, comorbid, over 65 years of age and who meet the technological criteria will be selected upon hospital discharge. They will be followed via telemedicine for 30 days, monitoring vital signs. They will undergo televisits on the 10th and 20th. On the 30th they will be re-evaluated through an in-person visit.

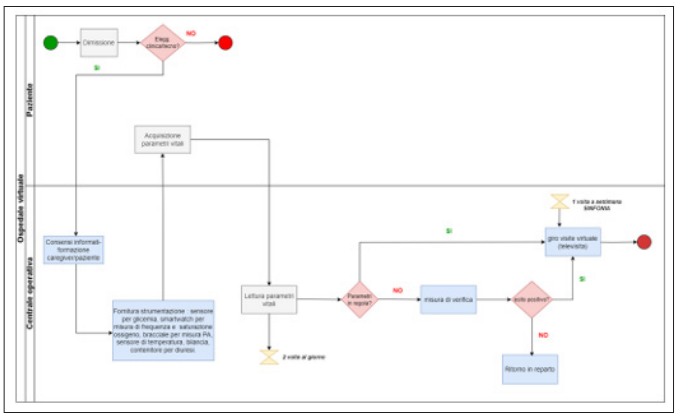

Figura 1: Flowchart Del Progetto

Results: The expected results will concern: -Reduction of hospital admission times; -Reduction of re-hospitalizations in the first 30 days after hospital discharge; -Increased number of frail elderly patients in ADI.

Discussion: The telemedicine service allows integration between the Hospital and the Territory, especially considering the category of comorbid diabetics over 65s.

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