

**i. Abstract: Bay Rivers Telehealth Alliance Bridges to Care Transitions**

**Project Title:** Bay Rivers Telehealth Alliance Bridges to Care Transitions

**Applicant Organization Name:** Bay Rivers Telehealth Alliance (BRTA)

**Address:** 518 Hospital Rd, Suite 104, Tappahannock, VA 22560

**Project Director Name:** Donna Dittman Hale

**Contact Phone Numbers:** Phone 804-443-6286, Fax: 804-443-6150

**E-mail:** admin@bayriverstelehealth.org **Website:** www.bayriverstelehealth.org

**Funds requested:** \$600,000 (over 3 years)

**Focus Area Addressed:** Chronic Disease Management through Care Transitions Coaching, Remote Home Telemonitoring and Community Chronic Disease Self Management Training.

**a. Service Area:** BRTA, based in Tappahannock, VA in Essex County, and serves residents of the landmasses known as the Northern Neck, Middle Peninsula, and Eastern Shore. This project will provide remote patient monitoring to a rural area that encompasses 2,635 square miles and a population of 131,255 individuals collectively. The project's service area focused is on the Middle Peninsula and Northern Neck, and includes ten rural counties.

**b. Needs addressed:** Geographic isolation and socioeconomic barriers limit the health care access for rural Eastern Virginians. Those with chronic and complex health conditions suffer even more, with frequent hospitalizations and emergency department visits, due to lack of resources and skills to manage their conditions.

**c. Proposed services:** BRTA, in a Consortium including its five member organizations, proposes to expand the network's scope to include remote patient monitoring, partnering with coaches from the Eastern Virginia Care Transitions Partnership (EVCTP), based on the success of the Coleman Model<sup>®</sup>, and community-based education using the Stanford Model of Chronic Disease Self Management. Coaches will work with patients to ensure that they understand discharge instructions, and use remote monitoring equipment so that vital signs can be monitored daily for a 90-day period. The telemonitoring equipment also will provide capability to do behavioral health assessments, patient surveys, patient education, with other consults available through telemedicine sites. A remote monitoring clinician(RN) will monitor daily transmissions from the patients and will ensure follow-up to any potential health concerns identified.

**d. Population to be served:** Patients with chronic or complex health conditions who have either just been discharged from the hospital or who have been referred by their physician. BRTA anticipates that approximately 551 patients will be served, many of which will be dually eligible.

**e. Projected Outcomes:** Anticipated outcomes include: improved patient management of chronic conditions, earlier identification of health issues, identification and treatment of behavioral health issues, overall improved health status, reduced hospital admissions and ED usage, improved access to health services, reduced cost of care delivery, and improved integration and oversight of services with regional providers and specialty centers. The project will achieve sustainability as a result of strenuous evaluation protocols measuring and evaluating the triple aim of cost, quality and access to services through an expanded Telehealth infrastructure and through savings created by reduced healthcare costs through the reduction of re-hospitalizations, unnecessary transfers, and more timely care management by providers.

**Funding preference requested:** Bay Rivers Telehealth Alliance is requesting a funding preference based on HPSA and MUA designations in service area. Six of the 10 counties served are designated Health Professional Shortage Areas (HPSA) for primary care, and all ten counties are designated as HPSA's for mental health as well as Medically Underserved Areas (MUA).