

## **Abstract**

Home remote monitoring of patients who are discharged from the hospital with a diagnosis of a chronic illness, such as heart failure (HF), diabetes (DM), or chronic obstructive pulmonary disease (COPD) is one of telemedicine's applications with great savings potential for health systems. However, the practice of remote patient monitoring (RPM) is not yet fully integrated in healthcare organizations. This quality improvement (QI) project sought to investigate the effectiveness of an educational program to increase knowledge and self-efficacy of interdisciplinary care coordinators and healthcare providers, who refer patients with chronic illnesses to RPM. We also wanted to evaluate the effect of the education on the number of patients referred to RPM but abandoned that aim due to our small sample.

This QI project utilized a pre-post intervention design that took place from November 2020 until February 2021. Due to the ongoing COVID-19 pandemic, only four participants were included in our sample. Results showed an increase in knowledge of RPM by an average of 25% from pre- to post-intervention. Self-efficacy of referring patients to RPM increased by an average of 15%. Due to the small sample, only descriptive statistics were used to analyze results.

Despite the limited dataset, this pilot study showed that a brief educational video was an effective intervention for increasing knowledge and self-efficacy in interdisciplinary care coordinators who refer patients with chronic illnesses to RPM. Future studies should examine whether this will increase the actual referral rate.