Patient experiences with an online home monitoring program for sarcoidosis

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Introduction

- Sarcoidosis often has a major impact on lives of patients
- Online home monitoring could:
  - improve access to care
  - enhance patient engagement
  - enable collection of physiological and patient reported outcomes (PROs)
- Research on patient experiences with home monitoring is limited in sarcoidosis

Aim

- To evaluate patient experiences with an online home monitoring program

Methods

Design

- Patients participated in a home monitoring program as part of a RCT that investigated the effect of methotrexate versus prednisone as first-line treatment for pulmonary sarcoidosis.

Participants

- Patients with pulmonary sarcoidosis (N=137)

Home monitoring program

- Mobile application (CE certified, Curavista B.V., the Netherlands)
- Weekly home spirometry, reporting of symptoms and side effects, and completion of PROs
- e-consult option
- Dashboard with data for patients and healthcare providers

Outcomes

- Survey to evaluate patient experiences with the home monitoring program after 24 weeks
  - Usability: *ease of use app and home spirometer*
  - Burden: *home spirometry, weekly questionnaires, pre-consult questionnaires*
  - Insights in disease: *appreciation of having access to data*
  - General experiences

Results

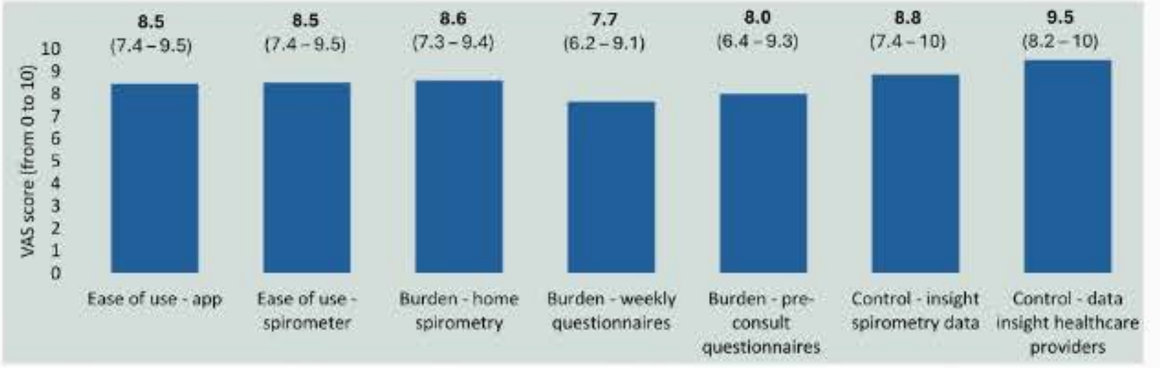

Figure 1. Median scores of visual analogue scales (VAS) ranging fom 0-10 (negative-positive). Median score and interquartile range (IQR) are shown above the graph. (N=92)

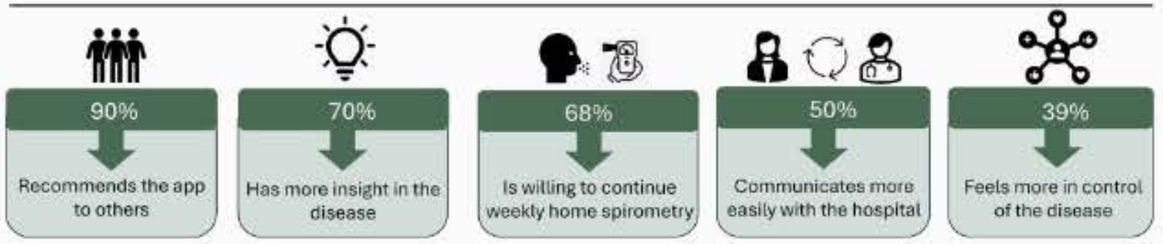

Figure 2. Patient experiences with online home monitoring. Questions were answered with yes or no. Percentages indicate the number op patients who responded yes. (N=92)

Conclusion

- Patients were generally positive about the online home monitoring program.
- Patients found the application easy to use.
- Patients appreciated physicians' direct access to their data.
- Integrating home monitoring in research and clinical care holds promise to improve patient-centered care, but more research is needed.

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Introduction:

Sarcoidosis often has a major impact on lives of patients. Online home monitoring (HM) could improve access to care, enhance patient engagement, and enable collection of physiological and patient reported outcomes (PROs). Research on patient experiences with HM is limited in sarcoidosis. We evaluated patient experiences with a HM program.

Methods:

Patients received access to a HM program, as part of a randomized controlled trial (PREDMETH study, NCT04314193). Patients performed weekly home spirometry, reported symptoms, side effects and PROs, and could sent an e-consult via the online HM application (by Curavista). A graphical overview of the data was provided for patients and physicians. Experiences were evaluated via a survey after 24 weeks, including visual analogue scales from 0-10 (negative-positive).

Results:

92 of the 137 patients completed the survey. Patients reported good usability of the app (median score: 8.5, IQR: 7.4–9.5) and spirometry (8.5, 7.4–9.5). Weekly symptom scoring and spirometry were not burdensome (7.7, 6.2–9.1; 8.6, 7.3–9.4), and patients appreciated physicians’ direct access to their data (9.5, 8.2–10.0). Figure 1 shows more findings.

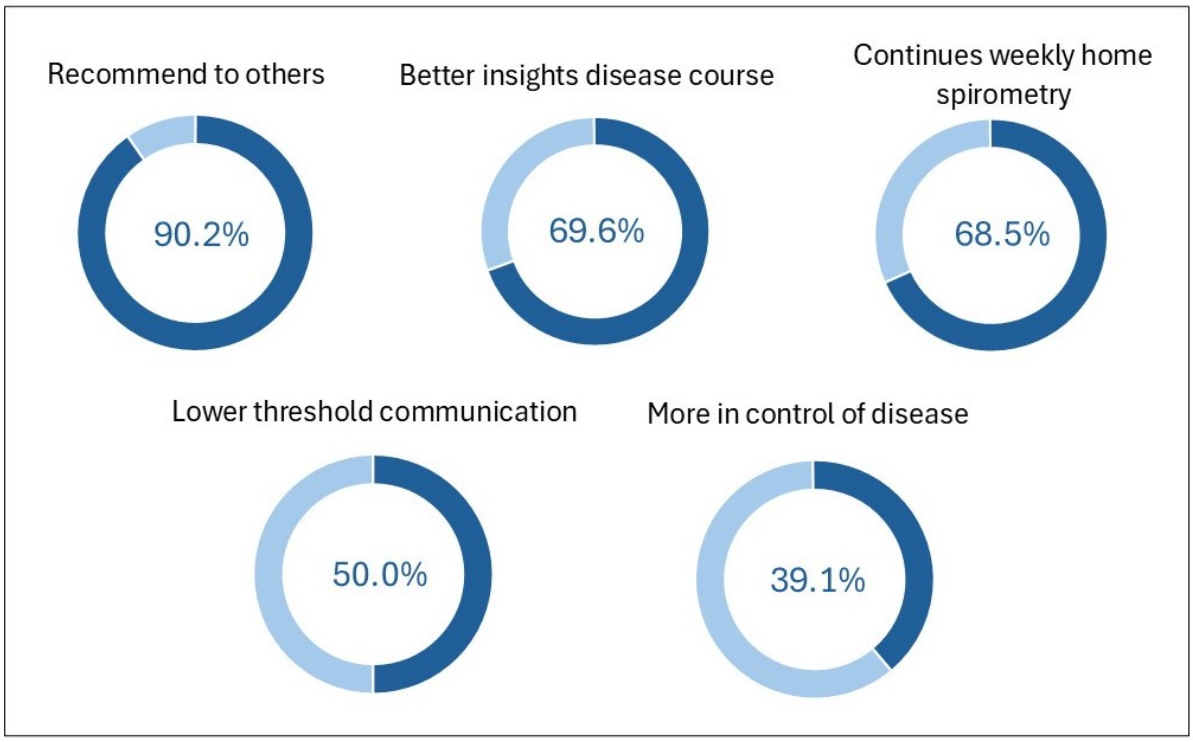

Figure 1. Patient experiences with online home monitoring. Questions were answered with yes or no. Percentages indicate number of patients who responded yes. (N=92)

Discussion:

Patients with sarcoidosis were generally positive about the online home monitoring program and its usability. Patients valued physicians' direct access to their data. Integrating HM in research and clinical care holds promise to improve patient-centered care.