

## **New Remote Surgical Monitoring Program Supports the Health and Wellbeing of Surgery Patients Recovering at Home**

**August 14, 2020** – Residents who have surgery performed at Lakeridge Health will now be able to recover at home sooner with the support of a virtual nurse-surgeon team connected through an innovative app on their smart device.

A collaboration between the Central East LHIN, Lakeridge Health, and Ontario Health (OTN), the Remote Surgical Monitoring program will be offered to suitable patients undergoing thoracic (lung and esophageal resections), orthopedic (same day total hip and knee arthroplasty), and laparoscopic gynecologic-oncology surgeries. This modern, digitally-enabled program leverages the existing virtual care platform.

Patients enrolled in the program will communicate their symptoms through the app as they recover at home following surgery. A Central East LHIN Home and Community Care Nurse monitors the patient's condition daily, reaching out by phone or video visit and communicating with members of their surgery and hospital team as needed. The nurses ensure patients are comfortable and confident in their recovery, and can help detect potential health problems early.

Built on the success of the Lakeridge Health/Central East LHIN COVID-19 Remote Monitoring Program (Virtual Ward) and the Telehomecare Program for individuals with Chronic Obstructive Pulmonary Disease (COPD) or Congestive Heart Failure (CHF), the remote monitoring approach is known to improve patient outcomes, reduce anxiety and is effective in reducing the number of Emergency Department visits and hospital re-admissions

“Each year, the remote monitoring program will enable more than a thousand surgery patients to heal at home, with their family or caregivers nearby,” said Susan deRyk, Interim President and CEO, Lakeridge Health. “Innovative and patient and family-centred approaches like virtual monitoring, are making it easier for people to access care when and where it is need, transforming how health care is delivered across Durham Region.”

“Remote home monitoring has a positive impact on patients' recovery and overall experience of care,” explains Renato Discenza, Transitional Regional Lead, Ontario Health East. “Aligning with the ministry's key priorities which include the delivery of a more modern, digitally-enabled health care system, it is expected that this program will increase system capacity through reduced hospital length of stay and readmissions, increase patient satisfaction, and generate cost savings to re-invest in patient care.”

Patients who have undergone a surgical procedure and are being discharged home, have provided consent, and have access to a smart phone or tablet, are eligible for Remote Surgical Monitoring. The service is available seven days a week from 8:00 a.m. to 7:00 p.m.

**For more information:**

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