

## Empower Your Patients: Protect Their Mobility and Unlock Better Healthcare Outcomes

By Erin Perkins

Podiatrists understand the devastating impact unmanaged diabetic foot ulcers can have, often leading to amputation—a costly and challenging reality for over 154,000 patients each year<sup>1</sup>. Shockingly, every 3.5 minutes<sup>1</sup>, a diabetic amputation takes place, and 85%<sup>1</sup> of them could have been prevented. Diabetic amputations severely impact the lives of those afflicted: They have a mortality rate 2x higher than all reported cancers, whereas the 5-year mortality rate stands at 31%<sup>2</sup>. This is why vulnerable populations are in great need of effective amputation reduction programs.

### An Effective Solution

The Podimetrics SmartMat™ and our remote temperature monitoring program, with integrated clinical and patient support services, empower patients to protect their mobility and improve clinical outcomes by helping detect diabetic foot complications early.

According to a chief podiatrist at a VA hospital, the SmartMat has been immensely helpful in remotely monitoring high-risk patients, explaining “The SmartMat has helped us tremendously in monitoring our patients remotely without having those patients come into the clinic so regularly. It’s a great aid in assisting us with pre-room care and preventive maintenance of our high-risk patients. The patients love it because the mat is watching them even though they are in their homes. Our patients are comfortable with this level of virtual care and appreciate the care and concerns both the company and our staff put into each of their well-beings.”

### How It Works

Podimetrics remotely monitors patient foot temperatures from their homes using the cellular-powered SmartMat. Patients place their feet on the mat for just 20 seconds a day. The data is automatically sent to Podimetrics for review, and the patient support team notifies patients and providers based on established clinical protocols.

### The Results

The Podimetrics system has shown it can detect signs of in-



flammation on average five weeks before an ulcer presents<sup>3</sup>, allowing time for preventive clinical action and early detection of complications by the provider. By combining patient-centered technology with personalized virtual care support, early detection can be achieved more cost-effectively, with 71% of patients engaged in the program 12 months after enrollment. This also fits seamlessly into providers’ workflow, serving as an in-home touchpoint that bolsters support for patients.

Our VA RTM program is an excellent example, with about 9,000 veterans under management in the last 12 months. It has had positive impacts on veteran outcomes, aligning with the program results published in peer-reviewed research by Kaiser Permanente<sup>4</sup>, which saw:

- 71% reduction in diabetic amputations
- 40% reduction in ED visits
- 52% reduction in all-cause hospitalizations
- 26% reduction in all-cause outpatient visits

A provider in the program was quick to praise The RTM program, declaring it a valuable asset to their department: “The RTM program has been a real game-changer for our department. With limited clinic availability and resources due to the pandemic, the SmartMat system has allowed for close, comprehensive monitoring of our highest-risk patients without the need for face-to-face visits. This will undoubtedly prevent limb amputations.”

Your priority is managing diabetic foot complications and preventing amputations—so is ours. Discover why so many trust our solution. *Contact us today, visit Podimetrics.com, or click here to learn more.*

### References

- <sup>1</sup> American Diabetes Association
- <sup>2</sup> Armstrong, et al. J Foot Ankle Res. 2020
- <sup>3</sup> Frykberg et al. Diabetes Care 2017
- <sup>4</sup> Isaac et al. BMJ Open Diabetes Res. Care 2020

*“Our VA Podiatric Surgery department has been using the Podimetrics SmartMat for about four years. The veterans have been very responsive to using the mat, and we have received very positive feedback. Since the Podiatry department started using the mat, we’ve been able to bring veterans into clinics who have “hot spots” before an ulcer formed. We’ve caught many pre-ulcerative areas. During the COVID epidemic, the mat also allowed us to monitor veterans who were uncomfortable coming to Podiatry. We currently have a veteran who has been ulcer-free for the first time in many years.”—VA Podiatric Provider*