Activation of a remote patient monitoring (RPM) program for COVID-19 was associated with lower odds of hospitalization in weighted regression analysis after adjustment for demographics, comorbidities, and time period (odds ratio, 0.68). A longer time between test and hospitalization was seen for monitored patients (6.67 versus 5.24 days), in addition to a shorter length of stay (4.44 versus 7.14 days) and less intensive care use (0.3 versus 1.1 percent).

"If reducing avoidable admissions can be achieved through virtual interventions, then practitioners can focus on in-person care for the most ill patients while also limiting unnecessary contact at hospitals and clinics, which is key to decreasing the spread of COVID-19," the authors write.

One author disclosed financial ties to AstraZeneca.

More information: Abstract/Full Text (subscription or payment may be required)