

THERAPEUTIC CONTINUITY OF CARDIOLOGICAL REHABILITATION FROM POST-HOSPITALIZATION AT HOME THROUGH TELEMEDICINE

Michele Provvidenza, *M.D., F.A.C.C., Cardiologo Centro Medico Specialistico (CMS) Versilia-Lido di Camaiore (LU)*, Erminia Milano, *Tecnico Perfusionista, CMS Versilia-Lido di Camaiore (LU)*; Alessandro Battaglia, *Direttore Sanitario, CMS Versilia-Lido di Camaiore (LU)*; Elisabetta Pizza, *Product Manager Gruppo Informatico, Massarosa (LU)*; Alberto Battaglia, *Dirigente CMS Versilia-Lido di Camaiore (LU)*; Michele Ceragioli, *Dirigente CMS Versilia-Lido di Camaiore (LU)*.

The recent and still ongoing Covid pandemic showed the serious shortcomings of the territorial organization model of our healthcare planning.

As it is based on a mainly "hospital-centric" response to the needs of patients, it is increasingly difficult to follow patients at home, in particular for chronic problems or for rehabilitation needs, both in the medium and long term.

Reconstructing the healthcare model is necessary. Telemedicine offers a way to rethink healthcare not only in terms of the hospitalized patient, but of all patients in need.

Through its tools and potential, telemedicine is able to give answers to those unsolved questions of the current healthcare system, encouraging a connection of continuity between acute intrahospital care and that of the home-territorial patient. In this context, non-residents in the area where the service is present can also be followed, thus favoring local tourism and ensuring safety in the place chosen for their vacation. In this case, telemedicine allows patients a safer and more pleasant stay.

The use of telemedicine promotes projects and programs in cardiological rehabilitation. It can be used in structured secondary prevention, diagnosis, and treatment, in particular, but not only, of ischemic heart disease, with a process that is carried out through a periodic and repeated assessment of cardiovascular risk by patients who have encountered the disease. This path combines controlled and personalized physical activity as a therapeutic prescription to change the state of the heart's vascular microcirculation and improve the response to strain in synergy with the drug therapy already in place. This path also allows a program of prevention to control modifiable risk factors such as systemic arterial hypertension, diabetes, hypercholesterolemia, sedentary behavior, and smoking. It also promotes a controlled change of lifestyles through: the care of the person, nutrition, adapted physical movement, obviously, for any age and any specific problem.

In light of these potentials and in particular for Cardiological Rehabilitation, the professionals of the Versilia Specialist Medical Center have helped to implement -in partnership with Gruppo Informatico Company, Massarosa- an application designed with simple and intuitive graphics, so as to be a friendly and usable tool by all, presenting itself as a practical aid and not a technological obstacle.

The application also allows for operational synergy among various professionals, thanks to having all together the patient's medical history references, numerous data for the detection of vital parameters, the ongoing therapy, and the symptomatological state at the moment.

Specific health meta-objectives of the project are:

- 1) to ensure the availability to all of cardiologists and cardiology services at home;
- 2) to be able to remotely monitor exercise and prescribed mobility while simultaneously controlling vital parameters;
- 3) to be able to remotely monitor compliance with drug and behavioral therapy;
- 4) to have rapid and complete information on any critical situation so that we can intervene as quickly as possible with a view to their solution.