25.3% reduction of bed days of care

<table>
<thead>
<tr>
<th>Condition</th>
<th># Patients</th>
<th>% Decrease in utilization</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>8,954</td>
<td>20.4</td>
</tr>
<tr>
<td>Hypertension</td>
<td>7,447</td>
<td>30.3</td>
</tr>
<tr>
<td>CHF</td>
<td>4,089</td>
<td>25.9</td>
</tr>
<tr>
<td>COPD</td>
<td>1,963</td>
<td>20.7</td>
</tr>
<tr>
<td>Posttraumatic stress disorder</td>
<td>129</td>
<td>45.1</td>
</tr>
<tr>
<td>Depression</td>
<td>337</td>
<td>56.4</td>
</tr>
<tr>
<td>Other mental health condition</td>
<td>653</td>
<td>40.9</td>
</tr>
<tr>
<td>Single condition</td>
<td>10,885</td>
<td>24.8</td>
</tr>
<tr>
<td>Multiple conditions</td>
<td>6,140</td>
<td>26.0</td>
</tr>
</tbody>
</table>

Key data:
- Data 2003-2007
- Health Buddy represents >90% of interventions
- Pre-post comparison of VHA’s CCHT program
- n = 17,025 subset of patients with multiple chronic conditions
- Follow-up period: 1 year

Results:
- Reduction of bed days of care by 25.3%
- Reduction of admissions by 19.3%

Darkins et al. 2008
80% reduction in number of admissions

Key data:
- Pre-post comparison of VHA’s home telemental health program
- n = 76 patients with a diagnosis of depression, substance abuse use disorders, schizophrenia, and/or post-traumatic stress disorder (PTSD)
- Follow-up period: 6 months

Results:
- 86% decrease in the number of patients admitted; 80% decrease in admissions (p<0.0001)
- 66% decrease in number of patients with ER visits; 60% decrease in ER visits (p<0.0001)

Godleski et al. 2012
Bosch Telehealth Evidence

Journal References –


Serious Mental Illness/Substance Abuse/Homeless