



—Dr. Erik Ilyayev

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Dr. Ilyayev Received his training from NY Methodist Hospital and Memorial Sloan Kettering Hospital in Manhattan. He is in the forefront of continuing education, always looking for new medical breakthroughs to help his patients.

Dr. Ilyayev started his HouseCall MD practice right after completing his residency. He realized that there were elderly homebound patients who have not seen a doctor in years. He also realized that by seeing these patients in their home, this would decrease the rate of hospitalizations thereby doing his role in decreasing our national healthcare related costs.

Dr. Erik Ilyayev’s positive attitude and self-motivation is the reason he is booked one month in advance.

Background

MyHouseVisit.com is a private medical practice in New York City that specializes in providing care to elderly and home-bound patients. It is the largest provider of these services in the Queens borough of New York.

Providers within the MyHouseVisit.com network visit patients in their home on a regular basis, offering personal check-ups, imaging, laboratory testing, and medication reviews. Many of the patients connect to MyHouseVisit.com through word of mouth, but others are referred by hospital systems or other entities.

The Need

Just like traditional medical practices, MyHouseVisit.com providers see patients at only one periodic moment in time, perhaps every 2-3 months. While that can certainly be helpful to plot a patient’s long-term progression, it has its limits.

“It’s hard to get enough data from those periodic visits to optimally take care of your patient and treat them as effectively as you need to,” said Dr. Erik Ilyayev, CEO and Founder of MyHouseVisit.com. “As medicine is a data-driven science, having more good data at our fingertips can impact how we treat a patient and hopefully change their outcome for the better.”

As Dr. Ilyayev noted, there are also times when data collected during an in-person visit does not provide a true window into the patient’s true health status. Because patients know when they are scheduled to see their provider, they will often take their prescribed medication on the day or two prior to the visit. This may, for example, lower their blood pressure into the normal or near-normal range. However, the truth is sometimes that the patient rarely takes their medication, their blood pressure is typically dangerously high, and they are at high risk of a stroke, all unbeknownst to their provider.

The Intervention

Knowing the limits of the data they were collecting during their home visits, Dr. Ilyayev began looking for a company with experience in remote patient monitoring (RPM) to work with, hoping that this partnership would provide a more realistic window into the health of MyHouseVisit.com’s patients.

After researching several options, he decided to partner with LiveHealth, the developer of the Link+ Home RPM Gateway, a wireless, 4G-enabled device that captures key patient data and shares it with providers. The Link+ allows the team at MyHouseVisit.com to check the vital signs of their most vulnerable patients on a daily basis, assess the likely adherence of patients to their medication plan, and communicate to patients and their families if any abnormal results are noted.

One thing that Dr. Ilyayev said was a particularly important differentiator when assessing RPM solutions was the patient-facing platform. Many RPM platforms require that patients have access to a cellphone and can download and access a proprietary application that measures and records their daily data. That can be an insurmountable technical hurdle, especially for elderly and/or immobile patients such as those served by the team at MyHouseVisit.com. The Link+, however, is a standalone device that does not require a connection to a wireless network to transmit data from the patient to the LiveCare cloud.

“That is a huge benefit for us,” Dr. Ilyayev said. “We have had very few patients unwilling to use the Link+ because of how easy it is. Once we set it up in their home, they rarely ever need to touch it, and some patients may even forget it is there.”

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The Results

Once the MyHouseVisit.com team began using the Link+ system in 2019, they quickly set up a system to rapidly inform them of any critical readings transmitted through the device. If any values come in that fall outside of preset normal values for a given patient, a provider receives an alert on their cell phone notifying them of the need to check in with that patient. Because many of its patients have serious and chronic health issues, the MyHouseVisit.com team works with LiveCare to set these values individually. All non-critical data is reviewed on a weekly basis.

“The data that we get from the Link+ is extremely well organized and presented clearly, which saves us time in trying to figure out the trends in a patient’s blood pressure, weight, or oxygen saturation levels,” said Dr. Ilyayev. “We can print out a graph showing a patient’s blood pressure range over the course of the last month, for example, and share that with a patient’s family so that they can see where mom or dad is in respect to hypertension.”

During the current COVID-19 pandemic, Dr. Ilyayev specifically noted the value of the pulse oximeter included as part of the Link+ platform. As some research has found that a drop in blood oxygen levels is an early marker of potential COVID-19 infection, the MyHouseVisit.com team has been more closely monitoring its patients’ blood oxygen levels to proactively identify those patients who require immediate check-ins and potentially be tested for COVID-19.

The Impact

“Our patients love the fact that we are now continuously monitoring their vital signs as opposed to episodic, in-person evaluations,” Dr. Ilyayev said. “They also love the fact that we use the Link+ device to talk to them via video when needed. If we see an abnormal value from one of our patients, it is so easy to dial out, speak to the patient through the Link+ video interface, and provide them with instructions on what they need to do.”