Reducing 30-day Readmissions and ER Visits for Bariatric Surgery

The Ottawa Hospital and the Bariatric Medical Institute both partnered with SeamlessMD to deliver evidence-based patient education, collect Patient-Reported Outcomes (PROs), empower patients to self-manage and monitor patients post-discharge to intervene sooner for patients at-risk.

Solutions Used:

- Patient-Reported Outcomes Collection
- Remote Patient Monitoring
- Patient Education & Self-Management

<table>
<thead>
<tr>
<th></th>
<th>Traditional care</th>
<th>Traditional care + SeamlessMD</th>
<th>Improvement</th>
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</thead>
<tbody>
<tr>
<td>Sample size</td>
<td>289</td>
<td>217</td>
<td>--</td>
</tr>
<tr>
<td>30-day readmission rate</td>
<td>6.9%</td>
<td>5.1%</td>
<td>↓26%</td>
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<tr>
<td>30-day ER visit rate</td>
<td>17.9</td>
<td>15.7</td>
<td>↓12%</td>
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“SeamlessMD fills the gap between the large volume of information being delivered to a busy and often anxious patient, and how much they remember after the fact. By removing the need for memory and replacing it with a user-friendly interface to help patients troubleshoot their own pre and post operative concerns, both patients and their care team benefit.”

Dr. Yoni Freedhoff
Medical Director of the Bariatric Medical Institute
The Ottawa Hospital

What The Ottawa Hospital Patients Love About SeamlessMD:

"It put my mind at ease because they knew I was being monitored if there were complications”

"I love the library. It made explaining the surgery to others easy, I used it every day for my strength training exercises, I browse through the suggested meal plans and recipes, etc."