The app gives patients a daily list of tasks to stay healthy, including medications to take, care plan activities to perform, subjective measurements, and subjective electronic Patient Reported Outcome (ePROs) questions to be answered.

Seamless for patients, these data points are sent back to the EHR as FHIR resources and incorporated into the longitudinal patient record for the care team to view and interpret in the context of patient notes and test results.

The data can be used to drive real-time patient decision support and inform changes to the care plan between clinical visits.
The initial use case was for monitoring congestive heart failure (CHF) patients. Planned uses include:

- Monitoring hypertension
- Titrating medications more rapidly
- Replacing routine prenatal visits
- Monitoring opioid use in post-surgical patients
- Assessing patients in outpatient chemotherapy for side effects
- Simplifying post-operative instructions after orthopedic surgery
- Monitoring patients for dehydration after major bowel surgery

**Progress**

Using an HL7® FHIR® interface, Beth Israel Deaconess Medical Center has created a platform for patients to maintain a relationship with their care team while self-managing their health at home. The care team is able to see all the relevant data within the EHR and respond accordingly.

While still in the early stages of piloting, initial feedback has been overwhelmingly positive. The long-term vision of the BIDMC@home app is to move the center of patient care from the clinic to the home, recognize subclinical deterioration earlier, and prevent patient decompensation to achieve better outcomes and reduce unnecessary hospital readmissions.