

Cardiovascular risk reduction

Implementation at a Stanford clinic cuts patient risk by 33%

The SSATHI Program - 6 months, 3 clinic visits

South Asians have 4 times greater risk of cardiovascular disease than the general population. An alarming 1 in 3 South Asian men and women will die from heart disease before age 65 which is why [Dr. Rajesh Dash](#) started the Stanford South Asian Translational Heart Initiative ([SSATHI](#)) to focus its efforts on early detection and treatment of cardiovascular disease in a 6-month risk reduction program.

The Problem

Overall, the six-month brick-and-mortar program resulted in a **37% reduction of cardiovascular risk**. However, 23% of SSATHI patients did not see improvement in their cardiovascular QRISK2 score¹, a 10-year cardiovascular risk prediction. Why? Despite great doctors, dieticians, and care team — superior decision-making in the clinic was still getting translated to variable patient compliance.

The Solution: CLINT

HealthPals' CLINT point-of-care solution was deployed at SSATHI. The physician sees the critical patient's attributes and creates a personalized guideline-based treatment. These are translated to 'healthy steps' by the care team. When the patient leaves the clinic, he or she is enrolled in the Digital Treatment program, a real-time communication platform where a health coach can answer any medical-related questions and provide goal setting guidance. Adherence to the goals are monitored by the care team and escalated appropriately to the doctor.

The cardiologists were able to improve their ability to make their decision making actionable. Furthermore, the platform enhanced the care team's visibility and efficacy of the patient's compliance with the treatment plan. This improved the overall clinic efficiency by removing the need for 1 in 3 patient visits, allowing an increase in capacity, revenue, and profit. In turn, patients were able to reduce their risk.

Medical Results

↓ 33% QRISK2 REDUCTION²

↓ 18% TOTAL CHOLESTEROL REDUCTION³

↓ 1.3 BMI REDUCTION⁴

Business Results

↑ 15% REVENUE INCREASE

↑ 27% CAPACITY INCREASE

↑ 22% PROFIT INCREASE⁵

Learn more. hello@healthpalsinc.com

¹ QRISK2 is a prediction algorithm for CVD that uses traditional risk factors (age, systolic blood pressure, smoking status and ratio of total cholesterol to HDL cholesterol) together with BMI, ethnicity, family history, chronic kidney disease, rheumatoid arthritis, atrial fibrillation, diabetes mellitus and hypertensive treatment.

² This risk reduction is at the 6-month mark of the SSATHI program.

³ This reflects the total cholesterol reduction at the 3-month mark of the SSATHI program.

⁴ This reflects BMI reduction at 6 months

⁵ Projected profit.