

# REAL-TIME REMOTE MONITORING PRE- AND POST-CARDIAC CATHETER ABLATION WITH COALA

## RATIONALE FOR MONITORING PRE- AND POST-ABLATION PROCEDURES

Research has shown that approximately 10% of patients who undergo catheter ablation procedures are readmitted to hospitals within 30 days<sup>1,2</sup>. In addition, 0.2% to 0.5% of patients experience early mortality following the procedure, depending on whether the procedure was performed in a high-volume or low-volume center, respectively<sup>3,4</sup>.

Heart failure and arrhythmia-related issues are common causes for both outcomes<sup>2,3</sup>. Arrhythmias are also common following major non-cardiac surgery<sup>5</sup>. Patients with atrial fibrillation have higher odds for stroke following surgery<sup>6</sup>. Real-time ambulatory monitoring offers novel abilities to remotely monitor patients pre- and post-procedure.

## MONITORING EQUIPMENT

The Coala Heart Monitor ("Coala") is a unique patient-empowered innovation enabling real-time diagnostic-quality ECG reporting and analysis, paired with the capability of digital sound recordings of both the heart and lungs.

The Coala platform consists of the Coala device, the Coala App, the Coala cloud (analysis), and the Coala Care Healthcare provider portal.



**Jerome V. Dwyer, M.D., MBA**  
Cardiologist and Electrophysiologist at  
St. Louis Cardiology Center, P.C. at  
Missouri Baptist Medical Center St. Louis.

## AMBULATORY MONITORING OBJECTIVES

- 1. Reduce readmissions and improve outcomes** – Coala alerts in real-time if the patient develops arrhythmias. This enables early intervention for rhythm-related issues, helps to reduce unnecessary hospital and ER visits, and shortens time in hospital due to early intervention.
- 2. More comprehensive clinical data** – By monitoring prior to the ablation procedure, the patient's baseline rhythms can be recorded to identify potential risks. Post-procedure monitoring provides data to identify any changes or risks and to ensure medication is not causing any adverse effects.
- 3. Improve patient experience** – Coala reduces patient anxiety through real-time feedback and a tether to healthcare providers.

## PATIENT SELECTION

Patients who may be at risk of arrhythmias pre- or post-procedure, and patients that have a personal smartphone.



**Amit A. Doshi, M.D.**  
Director of Cardiac  
Electrophysiology at Mercy  
Hospital, St Louis

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## CLINICAL WORK FLOW



Patient

### PRE-PROCEDURE

1. On initiation of new Coala program in your clinic first define the Event Monitor Notification Criteria's with the 24/7 Monitoring Center. Email notification to [Arrhythmia@slhv.com](mailto:Arrhythmia@slhv.com) or Fax 314-653-3679.
2. Register new Patient in Coala Care. When ablation is scheduled, order Coala Heart Monitor as 30-day Event Monitor with Hook-up either Point-of-care or by Home Enrollment. If Home Enrolled, patient will receive Coala Heart Monitor within a few days and will be instructed remotely how to get started.
3. Instruct patient to record with the Coala once daily for pre-procedure baseline rhythms.

Home Enrolled



or

Point-of-care



#### PRE-PROCEDURE Coala as Event Monitor

Record ECGs once daily to set baseline rhythms

### POST-PROCEDURE

1. Post-ablation, instruct patient to perform two daily Coala recordings (mornings, evenings) and when symptoms are felt.
2. After 30-days of initial enrollment, use the ability to extend patient to a RPM program. Instruct patient to perform one daily recording, and when symptoms are felt, for an additional 2-5 months.
3. Patient data can be accessed remotely in real-time from Coala Care Portal. Instruct nurse or MA to check patient progress and data on a daily basis. Send patient reminders if needed.

#### POST-PROCEDURE Coala as Event Monitor

Record ECGs twice (morning and evening) and when symptoms are felt up to 30 days from enrolment.

#### POST-PROCEDURE Coala as longer-term RPM

After 30 days, instruct patient to perform a daily Coala recording, and when symptoms are felt. RPM program for up to 6 months.

### END OF MONITORING

Generate final ECG report in Coala Care. Review and store. Patient returns monitor to clinic or to Coala Life in provided return envelope (if Home Enrolled). Bill applicable codes.



Real-time patient  
follow-up

#### REFERENCES

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