On-the-go digital technologies enable patients to leave the clinic—and home

Clarivate

Remote monitoring and digital technologies continue to enhance preventative health care, improving patient outcomes while reducing the burden on healthcare systems, both in terms of costs and resources.

First-generation remote patient monitoring technology allowed even acutely ill individuals to receive hospital care at home using:

- Cloud-enabled pulse oximeters
- Blood pressure cuffs
- Biosensors
- Cameras

Second-generation devices allow those with chronic diseases to:

- Prevent hospitalizations from heart failure by using smart scales
- Identify emerging diabetic foot wounds with specialized mats
- Detect sleep apnea with rings or watches
- Reduce stroke risk by measuring brachial and central blood pressure with a cuff-based device

Increasingly, devices aim to gather data while users go about their daily lives, reducing the number of clinic visits needed while ensuring recovery doesn't go off the rails.

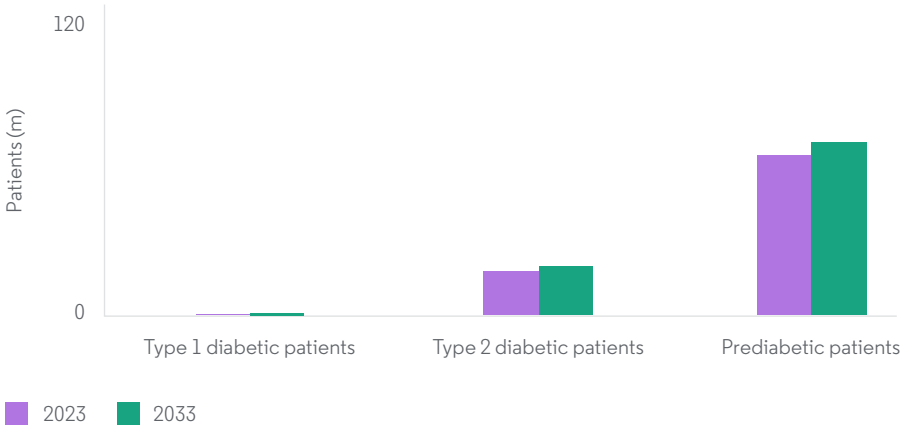
Some examples of digital health and remote monitoring technologies

- **Zimmer Biomet** Inc.'s Persona IQ smart knee implant, integrated with the MyMobility App, provides patients and providers with a comprehensive view of rehabilitation progress.
- **Wallet-sized cardiac monitors** like AliveCor's KardiaMobile EKG devices detect atrial fibrillation, bradycardia and tachycardia.
- Abbott Laboratories introduced **over-the-counter continuous glucose monitors** for consumers who want to better understand the connection between their food intake, exercise and blood glucose levels.
- Dexcom Inc. also launched an OTC continuous glucose monitor, Stelo, that targets individuals with prediabetes and type 2 diabetes who do not require insulin.

These are just a few examples of the numerous technologies being introduced by a broad spectrum of competitors.

Diabetes care represents an area where the use of digital technologies continues to thrive and expand. The availability of digital diabetes care devices opens significant growth opportunities for diabetes care device companies by tapping into the large and expanding pool of prediabetic patients, non-insulin-using diabetics, and health-conscious consumers.

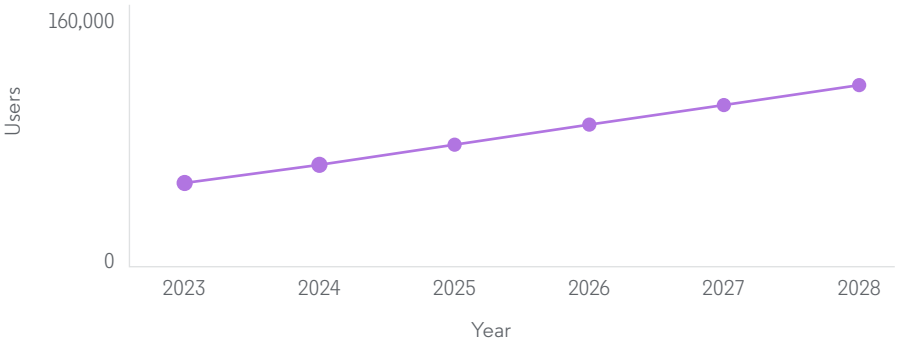
Figure 1: Diabetic patients in the U.S.



Source: Clarivate and American Diabetes Association

Insulin patch pumps are small digital wearables that allow for continuous insulin delivery, designed to be discreet and compact, representing an option for those with active lifestyles. Because of these advantages, patch pumps are gaining popularity, with several devices poised to launch in the U.S. soon.

Figure 2: Patch pump device users, U.S., 2023–2028.



Source: Clarivate Medtech360

Future:

Smart wearables and preventative health technologies will play an increasingly important role in MedTech, but key factors that will influence the growth include:

Affordability
Affordability of devices to users.

Training
Training of patients and clinicians.

Cybersecurity and privacy issues
Involving sensitive data.

Despite these challenges, these technologies hold vast potential and will continue to generate activity in the MedTech space throughout 2025 and beyond.

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