

How Nephrology Practices Streamline Workflows with **CCM + RPM**



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Introduction: The Rising Demands in Nephrology Care

Chronic kidney disease (CKD) affects nearly 37 million U.S. adults, and its management is rarely straightforward. Patients often juggle comorbidities like hypertension, diabetes, and heart failure, creating high clinical complexity that requires constant adjustments in treatment.

For nephrology practices, the challenge isn't just medical—it's operational. Staff shortages, growing patient panels, and value-based payment models push clinics to do more with less.

Typically, care remains episodic. In-clinic visits provide limited data points, leaving providers with an incomplete picture. When problems surface, they're often already urgent.

That's why nephrology practices are turning to **Chronic Care Management (CCM)** and **Remote Patient Monitoring (RPM)**. Together, they give providers the tools to stay connected to patients daily, manage comorbidities more effectively, and succeed in value-based care models.

The Workflow Burden Today

Most practices want to deliver proactive care, but existing workflows get in the way:

- **Staff shortages** → Nurses stretched thin, handling calls and data entry.
- **Patient barriers** → Wi-Fi/Bluetooth devices are difficult for older CKD patients to use.
- **Documentation overload** → Extra steps to log data in the EHR eat away at staff time.
- **Reactive decision-making** → Physicians make treatment changes based on outdated or incomplete information.

The result: **fragmented care, duplicated effort, and missed opportunities** to intervene before a patient deteriorates.

How Tellihealth Rebuilds the Nephrology Workflow

Without Tellihealth

- Patient measures BP at home (paper log or manual call-in).
- Clinic staff spend hours calling for updates.
- Readings are manually scanned or typed into the EHR.
- Physician reviews incomplete data at the next visit

With Tellihealth

- Patient measures BP, glucose, or weight → **4G cellular device transmits data automatically.**
- **Tellihealth nurses** review readings daily, triage alerts, and log notes in the EHR.
- Only escalated alerts reach the practice.
- Monthly **CCM calls** handled by our nurses keep patients engaged.
- Physicians receive **concise trend reports** with actionable insights inside their EHR.



The impact:

CCM + RPM create a steady workflow rhythm: daily vitals + monthly coordination, all summarized in the EHR.

- Administrative staff no longer chase patients for numbers.
- Nurses spend time on clinical care, not data entry.
- Physicians make faster, more confident treatment decisions.

Every role works at the top of their license, with less friction.

Case Example: Workflow Impact of Leveraging CCM + RPM for Hypertension Control

A CKD patient has struggled to keep blood pressure under control despite multiple medication adjustments. In the past, their nephrologist only had a few in-office readings to guide care, making it hard to know whether treatment was really working or other factors were at work.

With **Tellihealth's RPM program**, the patient now uses a 4G cellular blood pressure monitor. Each daily reading transmits automatically, removing the need for:

- **Patients** to log values or call them in.
- **In-office** staff to chase down missing numbers.
- **Nurses** to manually enter readings into the EHR.

Instead, Tellihealth's nurses review the RPM data and conduct monthly CCM check-ins. During these calls, they reconcile medications, explore barriers like missed doses or issues related to social determinants of health, and document findings directly in the EHR.

- **RPM data alerts are triaged** by Tellihealth nurses, so only clinically significant issues reach the practice.
- **Physicians receive frequent summaries** and escalations in their EHR, allowing them to make medication adjustments with a complete, real-time view of patient trends.

Workflow Impacts:

- **Patient:** No technical setup, easier engagement, consistent support.
- **In-office Staff:** Less time spent on manual outreach and data entry.
- **Nurses:** Freed to focus on higher-value care rather than administrative tasks.
- **Physicians:** Make confident, timely decisions with actionable data instead of scattered notes.

The combined impact:

- RPM surfaces daily blood pressure signals automatically.
- CCM turns those signals into structured interventions.
- The practice shifts from **reactive** to **proactive** care without increasing workload.

Result: Staff reclaimed hours weekly, while clinical decisions were made sooner and with confidence.

Key takeaway: Practices that continue to get behind as the industry shifts toward value-b

Intelligent Care, Streamlined for Nephrology

Nephrology is entering an era where **daily monitoring and continuous care** are no longer optional—they're essential. With RPM and CCM solutions powered by 4G cellular-enabled devices, direct EHR integration, and dedicated clinical staff support, nephrology practices are can now achieve:

Better Patient Outcomes – Early detection of blood pressure spikes, fluid overload, or glucose instability.

Key takeaway: Practices that continue operating during the pandemic are shifting toward value-based care.

- **Reduced Staff Burden** – Automated data capture + extended-team CCM calls.
- **Improved Patient Engagement** – Patients feel supported between visits.
- **Revenue Growth** – Medicare reimburses for RPM (CPT 99453, 99454, 99457, 99458) and CCM (CPT 99490, 99439, 99487, 99489, 99484).
- **Value-Based Success** – Supports Kidney Care Choices and other CMS models with real-time data and consistent patient contact.

The Tellihealth Difference

- **Largest U.S. provider** of Remote Intelligent Care
- **100,000+** patients supported nationwide
- **End-to-end model:** devices, software, logistics, EHR integration, and clinical staff

Ready to transform your nephrology workflows?

[Schedule a demo with Tellihealth today](#)

