



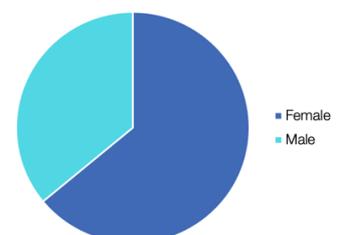
Coala Heart Monitor Pro improved cardiac monitoring efficiency and increased patient satisfaction

Aleris Sabbatsberg is a Stockholm-based hospital that in 2019, performed a clinical evaluation of the Coala Heart Monitor Pro (European Rx version of Coala Heart Monitor) to assess if it would lead to higher clinical efficiency, shorter wait times and higher patient satisfaction.

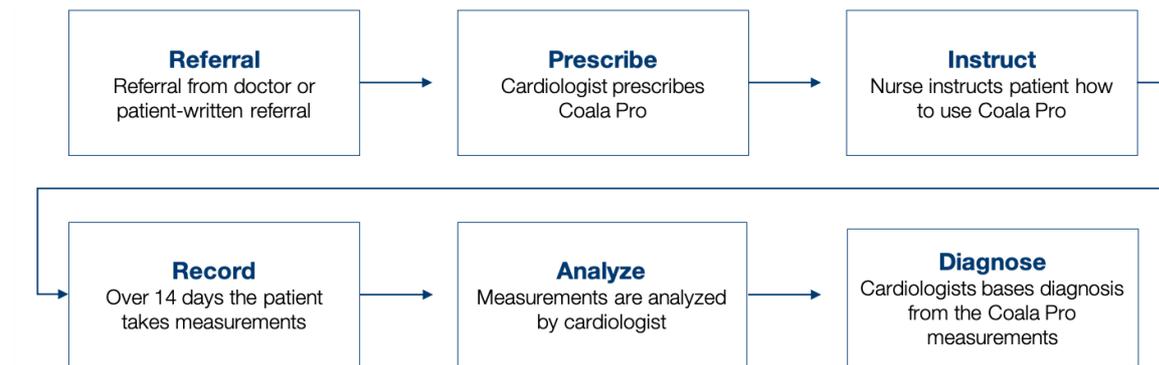
Fifteen Coala units were evaluated in clinical practice over a seven month period from February to August 2019. Patients who utilized the Coala Pro, performed regular chest and thumb recordings over a period of 14 days. The recordings happened at home, with little to no interruption of the patient's everyday life. In real-time, cardiologists and nurses at Aleris Cardiology Clinic had access through the Coala Care Portal to all the patients' data and measurements.

Patients	%	
Gender		
Female	64	64%
Male	36	36%
Age		
19-29	5	5%
30-49	22	22%
50-69	44	44%
70-89	29	29%

Diagnosis	Patients	%
All	100	100%
Palpitations	67	67%
Premature Atrial Contractions (PAC)	11	11%
Atrial Fibrillation (AF)	14	14%
Supraventricular Tachycardia (SVT)	4	4%
Premature Ventricular Contraction (PVC)	3	3%
Drop-outs	1	1%



Coala Pro workflow at Aleris Sabbatsberg



Results of the clinical evaluation

After using the Coala Pro at Aleris Cardiology Clinic for seven months, the benefits that the product had on the clinical practice were:

- **Improved clinical efficiency**
The clinic was able to streamline its arrhythmia assessments, saving significant time in the everyday workload for both cardiologists and nurses.
- **Shorter waiting times**
The patients also benefited from using the Coala Pro as they could undergo arrhythmia assessments with much shorter waiting times and did not have to be referred to an external ECG assessment.
- **ECG recordings of high clinical quality**
The Coala Pro allows patients to perform intermittent recordings during a longer time period (in this case 14 days), which provided the clinic access to a good volume of high quality data, that can be used to diagnose several arrhythmias. Aleris Cardiology Clinic used the Coala Pro to perform full arrhythmia assessments and to clinically diagnose patients during the entire evaluation period.
- **High patient engagement**
Patients using Coala Pro became engaged and satisfied, and overall, it was easy to establish a close relationship between the patient and clinical staff.

Aleris Cardiology Clinic has as a result of the evaluation integrated a number of Coala Pros into their clinical practice and will continue using the product for remote, real-time ECG monitoring and detection of arrhythmias.



“With the Coala Pro, we have improved patient engagement during arrhythmia assessments, strengthened their feeling of security and substantially decreased the number of referrals to Holter ECG’s.”

Irina Barbici, MD, Specialist in cardiology and internal medicine at Aleris.

Stakeholder-reported outcomes



Patients

The patients who underwent assessment using the Coala Pro became highly engaged and reported several advantages:

- Immediate results from a recording on their smartphones gave them emotional security and reduced anxiety.
- Instant access to the recordings created high patient engagement and a strong will for patients to actively participate in their own care.
- Easy to use and no cumbersome equipment nor patches required.
- Freedom to make recordings in daily life, under relaxed circumstances or immediately when symptoms occur.



Cardiologists

During the evaluation time with the Coala Pro at Aleris Cardiology Clinic, the cardiologists experienced the following effects on the clinical practice:

- The possibility to streamline assessments and diagnose patients in a timely manner that would have required further assessment without the Coala Pro.
- Much shorter waiting times for the patients and a general time saving for the clinic as they had the possibility to perform ECG investigations in the clinic.
- Data of high clinical quality and from an extended period of time (14 days) was recorded.
- ECG's that were recorded by patients in direct connection to activities related to symptoms of arrhythmia, e.g. exercise, alcohol intake or stress.
- A close dialogue and relationship with the patient, as they were now sharing data and thereby knowledge thanks to the Coala Pro Portal.



Nurses

The nurses working at Aleris Cardiology Clinic considered the Coala Pro to be a crucial part of the clinical practice during the period of evaluation and reported the following effects of the product on the clinic:

- Using the Coala Pro saved time, for both the clinic and the patients, and made arrhythmia assessments more efficient.
- The Coala Pro freed up more quality time for physical meetings with patients, as Coala reduced anxiety among patients and thereby, the number of anxiety-related calls to the clinic dropped.
- Using the Coala Pro resulted in a closer relationship to the patient as well as an open dialogue.

About Aleris Sabbatsberg

Aleris Sabbatsberg Cardiology Clinic gathers specialists in cardiology and nurses with vast experience of working with cardiovascular diseases. The clinic investigates and treats patient with CVD's, such as atrial fibrillation, heart failure, angina and high blood pressure.

About Coala Life

Coala Life is a Swedish medical developer on a mission to digitally transform the field of cardiac diagnostics. It's centered around the Coala Heart Monitor Pro, a cloud-based product and service for real-time analysis of the heart. A unique, patch-free solution, detecting atrial fibrillation based on both P-waves and RR variability.