

# Efficacy of a digital therapy for CAD patients

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## Abstract

**Background:** Coronary artery disease (CAD) treatment requires a healthy lifestyle and optimal risk factor control to prevent cardiovascular death. Today, only one third of CAD patients follow the corresponding guideline recommendations, leaving great potential to further reduce cardiovascular mortality. Digital health solutions can offer individualized therapeutic tools to support secondary prevention in CAD patients.

**Objective:** This abstract reports the first clinical results of the guideline-based digital therapy “Vantis | KHK und Herzinfarkt” (VT\*) for CAD patients.

**Findings:** Sixty-three patients with chronic coronary syndrome were included in the analysis. Patients used VT\* 5.6 days per week for 7.5 health related activities. 76% of patients completed the 3-month program. Compared to the beginning of the therapy, using VT\* resulted in a healthier lifestyle, a better risk factor control, increased exercise time and an improved medication and blood pressure management. We defined the summation of these factors as therapy adherence, which improved from 33% to 66%, i.e. it doubled. 94% of patients achieved an improvement in therapy adherence. The findings are robust for several sensitivities on the measurement of TAP and subgroups. Amongst those with uncontrolled blood pressure at start, 54% of patients reached their systolic targets by week 12 – without any medication change. VT\* use was associated with a reduction of systolic blood pressure by 10.1 mmHg and 5.3 mmHg diastolic pressure.

The investigation accounts for the natural change of the disease, potentially confounding factors like parallel interventions, a placebo effect, and the provisioning of the device. The TAP improvement and improved blood pressure seem to be driven by the intervention.

**Conclusion:** The use of the personalized digital therapy program “Vantis | KHK und Herzinfarkt” improved risk factor management and therapy adherence in CAD patients.

