



OPINION ARTICLE



## Modern Approaches in Telemedicine

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### Description

Telehealth is the distribution of health-related services and information using electronic information and communications technology. It enables patient and doctor contact over great distances, as well as care, guidance, reminders, education, intervention, monitoring, and remote admissions. Telemedicine is a term that is often used interchangeably with the term “medicine,” or it is used in a more limited sense to refer to distant clinical services such as diagnosis and monitoring. When access to care is restricted due to rural settings, a lack of transportation, a lack of mobility, conditions caused by outbreaks, epidemics, or pandemics, decreased funding, or a lack of staff, telehealth can help bridge the gap by providing distance learning, meetings, supervision, and presentations between practitioners, as well as online information and health data management and health-care system integration. Two clinicians discussing a case over video conference; robotic surgery performed *via* remote access; physical therapy performed using digital monitoring instruments, live feed, and application combinations; tests forwarded between facilities for interpretation by a higher specialist; home monitoring through continuous sending of patient health data; client to practitioner online conference; or even video-phone interpretation during a consult are all examples of telehealth. Telehealth and telemedicine are sometimes used interchangeably, with the latter being more common. In terms of scope, the Health Resources and Services Administration distinguishes telehealth from telemedicine, defining telemedicine as simply describing remote clinical services like diagnosis and monitoring, whereas telehealth encompasses preventative, promotive, and curative care delivery. This covers the non-clinical applications stated above, such as administration and provider education. The word telehealth refers to “non-clinical services, such as provider training, administrative meetings, and continuing medical

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education,” whereas telemedicine refers to “remote clinical services,” according to the US Department of Health and Human Services. Telemedicine is a term used by the World Health Organization to describe all areas of health care, including preventive care. Although the American Telemedicine Association uses the terms telemedicine and telehealth interchangeably, telehealth is frequently used more broadly for remote health that does not involve active clinical interventions.

To overcome issues with video stability and bandwidth restrictions, telehealth requires participants to have good Internet access, usually in the form of a strong, reliable broadband connection, as well as broadband mobile communication technology of at least the Fourth Generation (4G) or Long-Term Evolution (LTE) standard. Telehealth has grown more accessible as broadband infrastructure has improved. Often, healthcare practitioners begin telemedicine with a needs assessment, which evaluates challenges that telehealth can alleviate, such as travel time, fees, or time away from work. Technology businesses, for example, can help with the move. Live video (synchronous), store-and-forward (asynchronous), remote patient monitoring, and mobile health are the four domains in which delivery can take place. Telehealth is a new way of delivering health care. Telehealth uses modern communications networks, particularly wireless connection methods, to break away from traditional health care delivery. Traditional health is regulated by policy in order to protect medical professionals and patients. As a result, many organisations have begun to legislate the use of telehealth into policy, as it is a new kind of health care delivery that is gaining traction in the health sector. Using technology, telehealth allows many professions to collaborate and give a possibly more uniform level of care. As telehealth becomes more widely used in mainstream healthcare, it raises questions about how traditional healthcare is delivered. Some people have greater health care quality, access, and personalization.

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