TPM Vol. 32, No. S3, 2025
ISSN: 1972-6325
https://www.tpmap.org/

THE ROLE OF TELEMEDICINE IN IMPROVING HEALTHCARE ACCESS AND OUTCOMES

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Abstract
Opportunities for digital healthcare, including telemedicine and telemonitoring, are presented by the rising number of head and neck cancer (HNC) cases and the shortage of medical experts. One of the multidisciplinary tele practice techniques that enhances HNC management is speech-language pathology. Initiatives in mobile health that encourage exercise and rehabilitation are beneficial to cancer survivors. Advances in telecommunication allow for remote therapies like swallowing exercises, instruction, and symptom monitoring. The COVID-19 pandemic increases the need for home-based remote rehabilitation, although the appropriate methods are still being worked out. Telehealth offers a novel approach across the cancer continuum, supporting patient self-management, education, and access to care, despite disparities that are skewed toward younger, English-speaking female patients and exacerbated by pandemic impacts. Digital health tools are widely used and have high expectations, according to a national survey of Portuguese cardiovascular health care professionals. While obstacles including patient technology literacy and regulatory constraints prevent wider use, the majority of participants (78%) believe digital health will improve health outcomes.
Keywords: management, categorized findings, populations

1. INTRODUCTION

Diabetes, heart disease, cancer, asthma, obesity, and numerous other chronic or deadly illnesses claim the lives of millions of individuals each year. One of the most frequent issues is making the diagnosis too late. Numerous studies have demonstrated that the majority of diseases are preventable if identified early. The development of more proactive and reasonably priced health care systems that prioritize early disease detection and prevention through wearable monitoring technologies is a crucial answer to this issue. Patients can participate in their regular activities instead of remaining at home or at locations near specialized medical care centers when vital signs like blood sugar, pulse rate, etc. are monitored [2].Only a network of clever microsensors that can be inserted into the human body to provide timely data will be able to accomplish this. Wireless Medical Sensor Networks (MSN) are the name given to these networks [1]. All people, regardless of age, gender, or geography, can now have a better lifestyle because to recent technology advancements in MSN. By eliminating the need for expensive in-hospital patient monitoring, MSN use not only saves lives but also lowers health care costs. It is essential to the current health care system since it transmits and receives real-time medical data in digital form in a timely and appropriate manner.Its goal is to monitor the patient's critical symptoms and provide doctors in distant places with their current health status [4]. For example, wearable sensors are used to collect, process, and transmit a patient's vital signs without causing discomfort to the patient [11]. The medical professional can prescribe accurate and appropriate treatment by remotely monitoring the patient's entire condition. Additionally, it makes it simple to recognize patients in emergency situations, give them the assistance they need, and help them feel more at ease and self-sufficient [6].

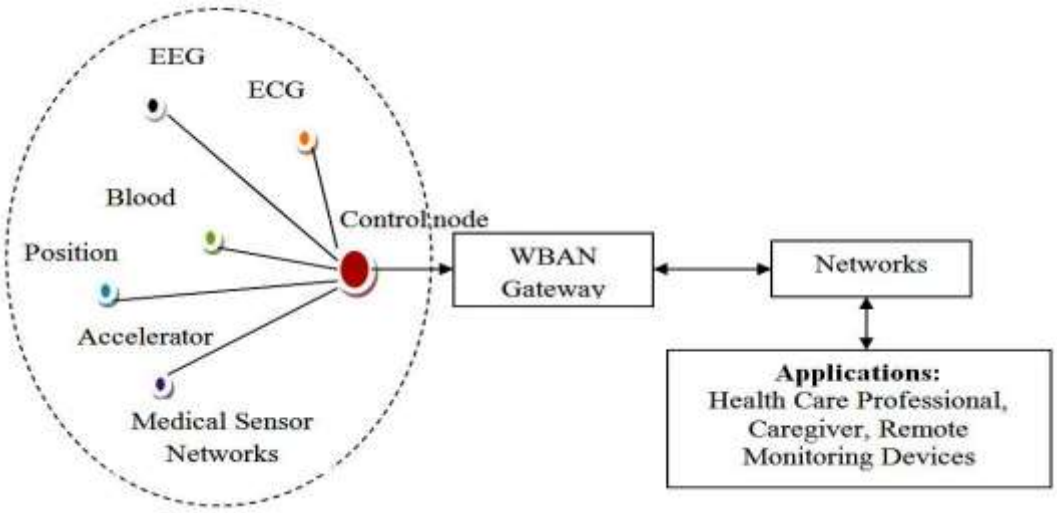

Figure 1: System model of a simple Health Care System

In order to obtain vital signs from the human body, wearable sensors are connected to the patient and wirelessly sent to the gateway node [10]. For additional data storage and analysis, the Gateway node periodically sends the data over the internet to the back-end care server located in the hospital or a remote central management location. Between the user and the server, the gateway node serves as an interface [3]. The capacity to securely monitor remotely is one of the many advantages that healthcare systems offer [8]. For real-time health care applications, more work should be put into creating a secure communication system.This thesis's primary contribution is to highlight the most delicate and understudied topic: "Information security and data privacy of physiological knowledge of patient and user" of MSN technology [16].

2. REVIEW OF LITERATURE

A population's development is directly influenced by its level of health. Productivity, children's potential, newborn and overall mortality, and the distribution of resources across a family, community, and country are all impacted. Better health care access contributes to both higher productivity and a decrease in poverty. Investments in health are necessary for both social and economic advancement [5]. A lot of developing nations lack sufficient medical facilities and health care. Doctors and other medical professionals are in short supply in developing nations. Inadequate road and transportation infrastructure makes it even more challenging to deliver necessary medical care in isolated and rural locations and to ensure that patients are transported in a proper manner [12].When it comes to providing medical services and health care, developing nations confront a number of challenges, such as a lack of funding, resources, and experience, which results in a lack of infrastructure and systems. Communication technologies like the Internet offer the ability to address some of these issues for nations with limited medical resources and expertise. Regardless of location, telemedicine services have the potential to increase access to and the quality of medical care [13].

3. TELEMEDICINE

The practice of providing medical care remotely and exchanging medical knowledge remotely using telecommunications is known as telemedicine. Its goal is to deliver high-quality healthcare anywhere, at any time. Through quicker medical information exchange between doctors and patients, telemedicine seeks to lower healthcare costs while simultaneously improving quality. The main benefit of telemedicine is that the patient and the physician do not have to be in the same location. Telemedicine is thought to be a potentially effective way to raise the standard of health monitoring and could provide a more affordable option to some of the ways that healthcare is now provided.

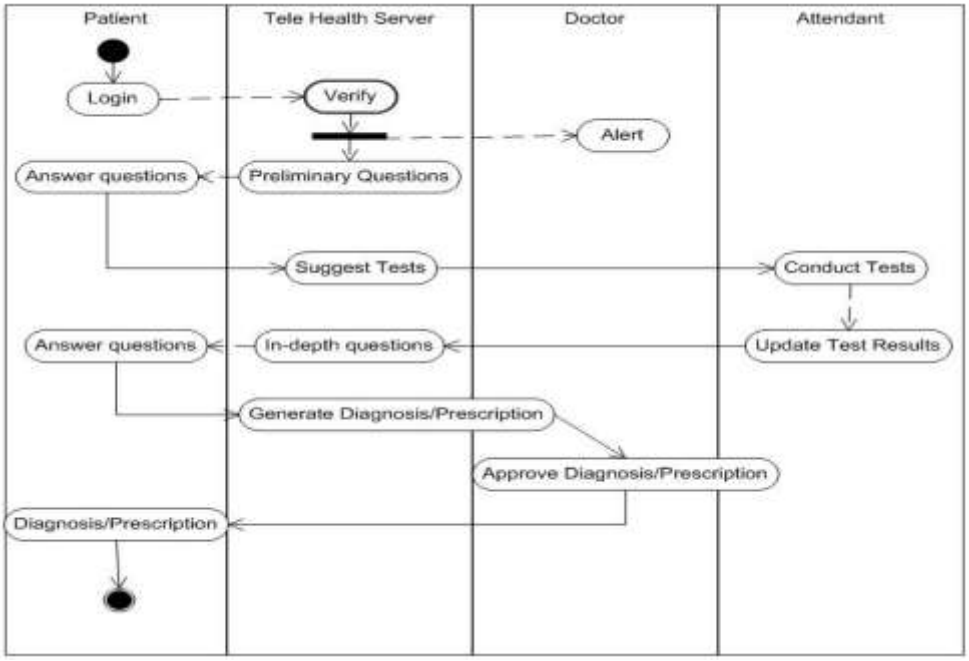

Figure 2: Activity diagram of Web centric diagnosis Telemedicine system

The idea of telemedicine was first proposed in the early 1970s, when the first telecommunications devices were telephones and fax machines. The convergence of continuous technological advancements in fields like computers, information systems, multimedia, imaging, and telecommunications is making it more and more feasible. A number of telemedicine applications have been effectively deployed in recent years using wired communication technologies, such as ISDN (Integrated Services Digital Network) and POTS (Plain Old Telephone System) [7]. Applications in telemedicine depend on the telecommunications infrastructure, which is frequently carefully selected to facilitate these applications.The Internet can assist in expanding the reach of Telemedicine services by offering a low-cost, widely-used, standardized system interface. Patients with a variety of medical conditions can now be effectively managed with the use of internet technologies. New e-Health applications in the delivery of healthcare have resulted from the usage of Internet technologies [14]. Nowadays, medical care can be provided anywhere. In an effort to provide health services to everyone and remove constraints related to time and location, telemedicine has altered the dynamics of healthcare delivery.

4. MATERIALS AND METHODS

Similarly, telehealth effectively mitigated the impact of the COVID-19 pandemic on cancer treatment; at an academic cancer center, 84.4% of patients reported that telehealth was easy to use and effective, and 54.1% of patients used it. The prevalence of smartphones, laptops, and tablets among respondents highlights how DH has the potential to revolutionize cardiovascular treatment, underscoring the necessity of improved patient education and regulatory frameworks to maximize the integration of digital health [9].

Patients with substance use disorders and dementia have shown considerable benefits from telemedicine. An investigation of IoT-driven remote monitoring for individuals with dementia in the community, for example, revealed significant cost savings and a decrease in urgent care visits, demonstrating beneficial effects on healthcare use and cost avoidance.

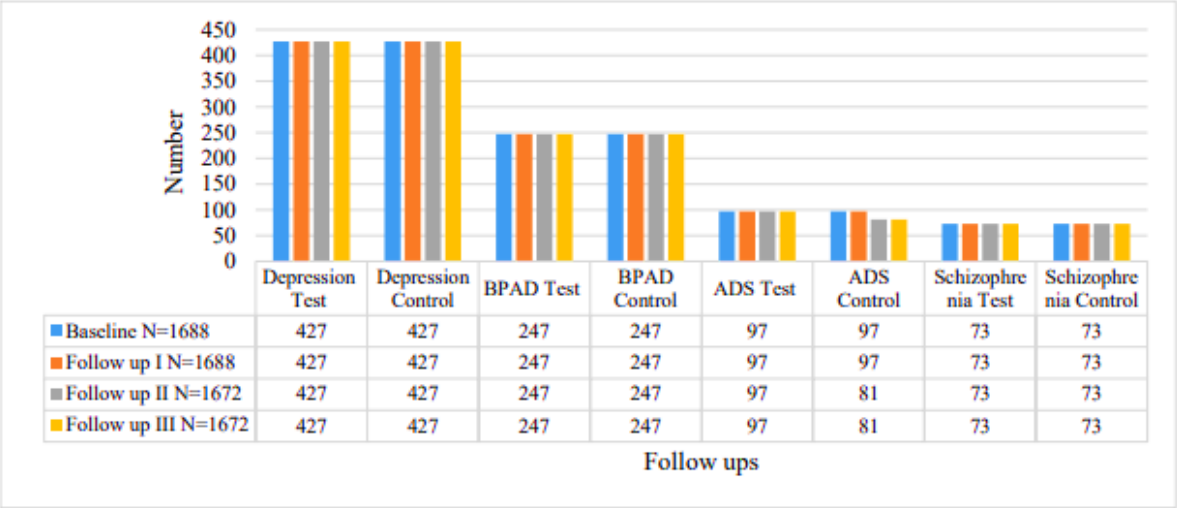

Figure 3: Details of follow ups of the study patients

We discovered that the telemedicine bridge clinic successfully started buprenorphine therapy and made it easier for individuals with opioid use disorder to receive continued care. [15].

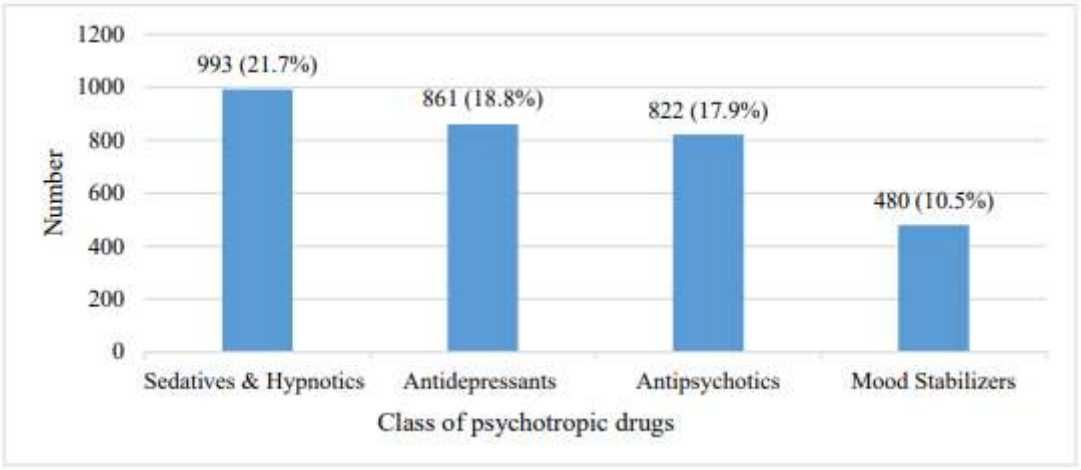

Figure 4: Classes of psychotropic drugs prescribed

Incorporating somatic and psychological symptom inputs, their suggested mHealth system takes into account a number of systemic and sociocultural aspects. This method gives patients the power to decide whether or not to seek medical attention.

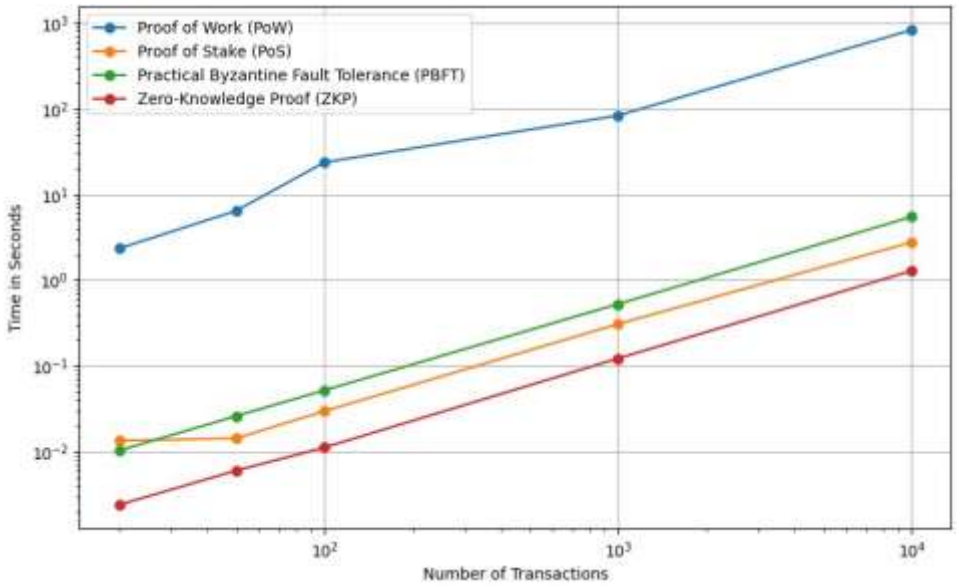

Figure 5: Comparative analysis

User control, unambiguous and encouraging messaging, and connection with more extensive supportive resources are the main design recommendations for the system. Future research should concentrate on developing useful, easily available mHealth solutions that address a range of patient requirements in clinical settings, including prenatal care.

Figure 6: Patients login

VirtualKIDS shown its ability to improve accessibility and results in pediatric care through audiovisual consultations and nursing-led triage. Its potential as a beneficial substitute for conventional acute-care settings is further shown by cutting-edge techniques like day-only surgeries and home sleep studies.

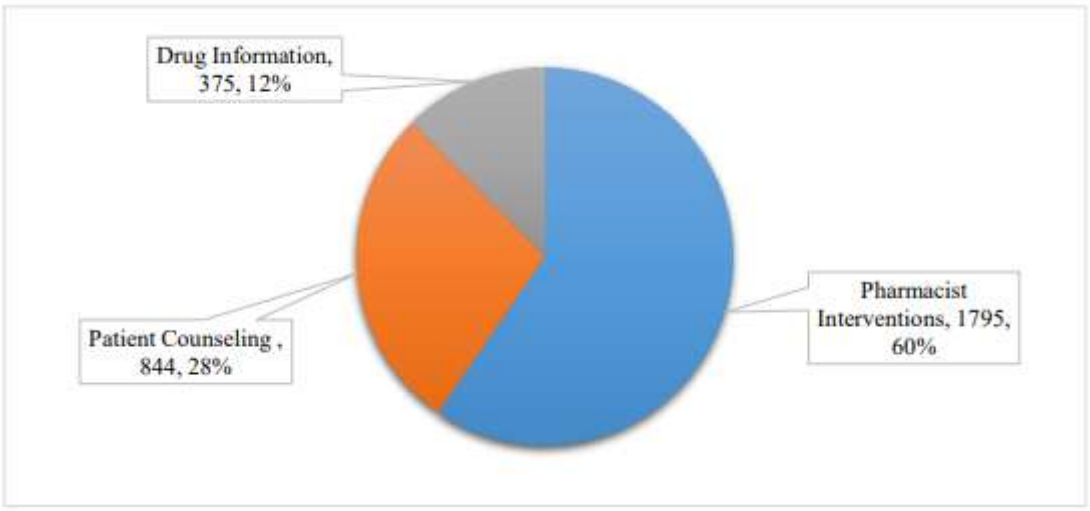

Figure 7: Medication Therapy Management services provided

To improve HIV treatment participation and viral suppression among Black and Hispanic persons living with HIV (PLWH), the PATH study combines peer navigation with a mHealth app. This strategy uses peer assistance and scalable technology to address gaps in HIV outcomes.

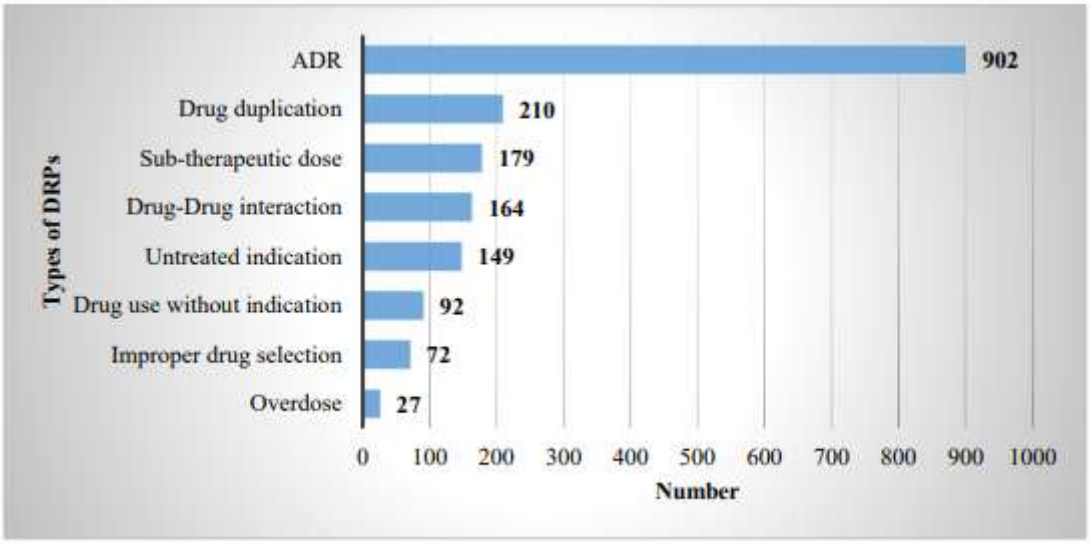

Figure 8: Pattern of DRPs identified in test group patients

The trial aims to clarify the impact of the intervention and its viability for implementation in Ryan White Program settings by assessing sustained viral suppression and secondary outcomes such as ART adherence and retention in treatment. The findings will provide important information about how to best provide HIV care to marginalized groups, which could improve the communities' long-term health results.

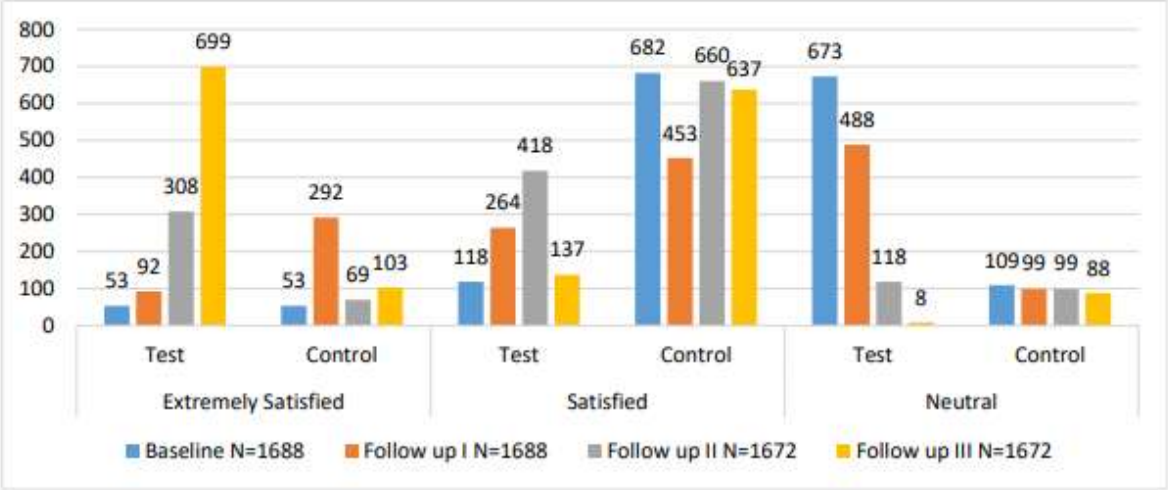

Figure 9: Overall patient satisfaction on clinical care services.

The impact of virtual care for burn injuries varies. This evaluation uses PRISMA-compliant qualitative systematic review techniques to evaluate its effectiveness, costs, and patient outcomes. 37 studies, mostly observational, were included in the analysis of 481 research. Virtual care improves patient compliance and specialist access during the acute and outpatient stages. Information technology (IT) problems and privacy issues are among the difficulties. The incorporation of virtual burn treatment into routine and acute care settings is supported by evidence of enhanced triage, cost-effectiveness, and modest effectiveness.

5. CONCLUSION

The results of this review offer an overview of several key points. First, the COVID-19 pandemic has accelerated the expansion of telemedicine, which has fundamentally altered the delivery of healthcare, especially in the areas of patient access and chronic disease management. Furthermore, by addressing no-show rates, particularly through phone calls, telemedicine enhances patient engagement and continuity of care. Furthermore, telemedicine's efficiency in inpatient consultations during pandemic peak periods has sped up treatment delivery while decreasing in-person encounters. Furthermore, patient perspectives—such as performance and security expectations—may influence telemedicine adoption and satisfaction. Finally, telemedicine helps many people, including those with drug use disorders, dementia, and cancer. Better treatment compliance and fewer ER visits are the outcomes. These findings show how important telemedicine is to transforming healthcare delivery, improving patient outcomes, and expanding access to care across a range of settings and populations, ensuring benefits that continue long after the pandemic.

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