

e-health: More than just an Electronic record



**COURSE FROM:
COURSERA**

OBJECTIVES



The main objective of the course are:

- What is e-health and how can we use e- health in managing the health of patients
- What kind of health data we are currently collecting and how it will transform healthcare in the future
- How new technologies are helping health consumers participate in their own healthcare
- How e-Health can improve the coordination and efficiency of healthcare and what the barriers might be

COURSE CONTENTS



Chapter:1- What is e-health?

- Introduction
- Importance
- Challenges

Chapter:2 -Domains of e-health

- Health in your hands
- Data and Qualified self
- Interacting with health profession

Chapter:3 – Apps and barriers

- My Physio App
- Barriers

LEARNING METHODOLOGY



The course e-health: More than just a electronic record was opted from coursera. The learning methodology that mainly provided by them are lectures, PPTs and videos. This would help to understand course easily and they also provide week assignments to complete the course and get the certificate of corresponding course.

KEY LEARNINGS



E-health:

e-health is that how we are using technology to support communication between health care providers and health care consumers. e-health is exciting because it enables us to provide the very best care to our patients by enabling all the members of the care team to access patient information. e-health is using technology to enhance health. e-health is patient data when the data are needed.

CHALLENGES: e-health mainly faces many challenges in health system.

- Biggest challenges is taking what Patients expect, seamless, connected, coordinated, care and really delivering that.
- The next challenge is probably concerned with the privacy and also considering the personal data.
- The third challenge is by accessibility and speed of internet.

Domains of e-health

1)Health in our hands:

Health in our hands includes capturing and displaying personal health data, plotting data to monitor and track progress. It is mainly through Fit bits etc and monitor their everyday life. Health in our hands was got into patients so that they have data about what they are doing.

Misfit is one the most wearable device that is used for clinical use of personal health data. m-health is one of the basic tool that would help in providing assessment and treatment support for remote monitoring and data collection.

Assessment of app quality were mainly done by MARS:

- Engagement
- Functionality
- Aesthetics
- Information Quality

2)Data and Quantified data:

➤The use of health data has massive implications for how healthcare is delivered and how we can our health. Digitizing paper record enables patients medical history to be tracked over time. The Australian Government choose to develop a thing that is called as PCEHR (Personal Controlled Electronic Health Record) also known as My Health Record.

➤Digitizing Paper records enables a patient medical history to be tracked overtime and to improve quality care. The major challenge for digital health records is its critical in terms of safety and quality that we have information at finger tips for clinicians and increasingly for patients.

3)Interacting with health professionals using new technology:

The technology ranges from biometric devices, Apps, Gaming. Its not about the technology its about using tools to do what we do better, faster, safer, more patient centric, broadening horizons that's e-health.

My Physio App:

My Physio app is one of the most profoundly used app in order to control all the activities regarding patient welfare and take necessary steps for patient well being. The importance of real time monitoring is because you don't need to wait for the patient to comeback to the clinic, but you can intervene.

Barriers:

The barriers mainly include for the use of e- health records are mainly:

- ✓ Patients and clinicians need to be updated with the technology and should know how to use the e- health record in proper and systematic way.
- ✓ The confidentiality of the Patient may be causing discomfort to the Particular member who are receiving the treatment.
- ✓ Even e- health has many benefits the main question arises is that clinicians cannot the symptoms, level of severity of the disease of particular patient.
- ✓ The main barrier of e-health is that people can truly control their data and manage their record in a right way or not.