Connected Health: A Revolution in Healthcare Industry

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Abstract

India is known for its joint family culture, but with the passage of time, the joint family system has disintegrated, giving rise to the nuclear family system where people do not have time to talk to each other. In recent studies, it has been shown that lack of connection and social support is associated with premature morbidity and mortality.

To overcome this connected health has emerged as a boon to urban as well as the rural strata. Connected health, also known as technology-enabled care (TEC), involves the convergence of health technology, digital media and mobile devices. **It enables patients, carers and healthcare professionals (HCPs) to access data and information more easily and improve the quality and outcomes of both health and social care.**

The healthcare system has become highly mobile in nature, involving, Telehealth (Telephone Medical & Nutrition Advisory), Healthcare Mobile Apps, Tech-Savvy Gadgets etc. In this article 20 such articles are reviewed that utilize technology to enhance patient-provider connection. The articles were from the studies that took place in hospitals, clinics, technology-driven healthcare organisations and community settings. Technologies evaluated include telephone interventions, email, text messaging, interactive voice response (IVR), video blogs, mobile apps, connected gadgets (Like glucometer, connected weighing scale) websites, and social media. The functioning of few healthcare organisation like Healthmug.com and Dr Shikha's NutriHealth (a pioneer in providing healthcare remotely via mobile using technology) providing Telephone Nutrition Advisory have been reviewed in this article. These organisations use tech-savvy gadgets like smart scale (Body Fat Analyzer), Glucometer and mobile app YuWoW which is connected to a software, patients can get connected anytime and from anywhere via chat or call. Findings from this review suggest that connected health is emerging successfully due to its convenience as technology could facilitate and promote the better connection between patients and healthcare providers.

Keywords: Connected Health, Glucometer, Wristbands, YuWoW, Body Fat Analyzer

Professional Biography

Dr Shikha is an MBBS doctor from Maulana Azad Medical College, Delhi (ranked in Top 3 Medical Colleges of India). While doing her junior residency in Department of Cardiology the desire to work in preventive healthcare took form. To follow this vision, NutriHealth Systems was set up to deliver preventive healthcare advisory programs.

The Use of **Tele-Nutrition** and **Personal Health App** is a pioneering concept introduced in the area of wellness with regular Nutrition Advice and Counselling for clients.

Dr Shikha has been a wellness advisor privately to Heads of Indian States & one Ex-Prime Minister of India. She is a fellow of the BMW Young Leaders and Aspen Global Leaders Fellowship. She has been honoured with awards like the Gr8 Indian Women, Service in Preventive Healthcare by the Honourable Union Health Minister of India. She has been written about in the book on entrepreneurship, Follow Every Rainbow by Rashmi Bansal.



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