
My Mnemonics

Dr. R. Rajasekar

*Sr. Consultant Physician & Diabetology, RR.Charitable and Educational Trust
Heart and Diabetes Therapy Centre, Kumbakonam*

Telemedicine in DM care My Mnemonics

T. Telecommunication to support health care is Telemedicine

E. Empowering patients with diabetes via communication technologies

L. Latest perspectives of the changing clinical approaches with telemedicine

E. Emerging scope of telemedicine in diabetes care.

M. MoHFW - Ministry of Health and Family Welfare - 2020 - Practice Guidelines in Telemedicine

E. Ensure therapy for chronic and costly diseases, patients visit to doctor to get advice on changes in medications, Self-Management and Self Adherence to the prescribed regimen

D. Data transmission -Text message, Voice, live streaming-audio, Video by internet, Email by the internet.

I. Internet connection is to be good as plays a vital role in Telemedicine

C. Challenges-major - in health care is addressed by Telemedicine -to overcome scarcity of specialists, capable of managing epidemic diseases, thus to improve health care in remote areas and to reduce health care cost to improve quality of care.

I. Interventions-Two modalities -long term and short term

N. Nutshell of Telemedicine-Facilitate - communication between physician and patient separated by distance, address major challenges to improve access to health care, impact glycemic control, and reduce complications of

diabetes Telemedicine is the key comprehensive health care of complex diabetes management.

E. Educational program, Emergency Service.

D. Diabetic care can be well monitored by Telemedicine

M. Medicines-Oral Drugs and Insulin doses can be well advised.

TELEHEALTH in Hypertension

Telehealth HT-My Mnemonics

T. Telehealth (TH) uses telecommunications (e.g., Internet, landline, or mobile phone) as a method to provide healthcare remotely to improve hypertension (HTN) control.

E. Effectiveness of TH on HTN control among disparate populations.

L. Long-term blood pressure control is carried out.

E. Ease in scheduling, communication, monitoring, and management for patients and practitioner

H. Healthcare providers, health plans, and decision-makers about the benefit of using TH to improve HTN control in a large population.

E. Ease and immediacy of communication

A. Access to care is increased to patients; otherwise, they may not receive the Potential for increased liability for practitioners.

Affordable, effective, and efficient ways to reach and support minorities

L. Long-term blood pressure control is being implemented

T. TH --Continuity of care with TH reduced SBP and DBP

H. Helps thus to prevent associated serious, serious complications

H. Home Convenience, especially during this COVID-10 Pandemic situation

T. Therapy for face-to-face intervention problems--thus TH is Chronic care model
Security of personal health data.

HEALTH "DIPS" MY MNEMONICS

D

Diet

Diabetes

Disturbances in BP normal levels

Dyslipidemia

A disease of Coronary Artery-CAD

Drug Abuse/Toxicity

I

Injury

Infections

P

Psychiatric Disorders

S

Sleep Duration/Disturbances