INTERVIEWEE:DOCTOR TAN RI CHUAN

INTERVIEWER:CHUAN KAI

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CK:I am sorry to interrupt because I want to interview you about some questions about elderly monitoring system.

CK: FIRSTLY, the first question is what is the common problem faced by the elderly?

DR: So, common problems usually in elderly patients, as we wish we experienced this for 4 main issues actually there are 5 which is the disease. First is instability, because once we age, we have what tends to deteriorate so stability we saw last. Second is a continuous meaning the urgency to go to the toilet. Third is the mental instabilities as well, they sometimes can make poor judgement and they have lots of forgetfulness. Lastly, they are unable to care for themselves .So we come back to the main question: usually for elderly we are most concerned about instability as well as incontinence and also the fifth one is a disease. So for most elderly people, once they are stable and then faced with age, our bones deteriorate because most of them have osteoporosis. So, when they fall they will experience fractures and everything. So, these are the most common, so instabilities, incontinence and disease such as high cholesterol.

CK:THANK YOU DOCTOR.

CK: The second question is about what elderly monitoring system used by the resident to look after their elderly.

DR: For elderly, we usually advise them to stay with kids or send them to caregivers. They have some child, elderly they can mean they have someone to look after them to monitor their every movement like from toilet to bathroom to the dining area. So, because of monitoring we can use home surveillance as Well, something like CCTV but you will always be better to have a real person to be there to take care of them. One more thing is that the architecture of the housing area needs to be flattened. And then one more thing is the toilet, if possible , is not supposed to be securely locked. If anything happens You can rush in for help.

CK:OK DOCTOR.

CK:The third question is why do we need to check the blood pressure of elderly everyday? What is the information we can get from the blood pressure ?

DR:So for elderly most of them were either too high or too low blood pressure.If you are too high, in the service of stroke or heart attack as well and all these other things having said that, too high, they will come to too low part because most heavily as I mentioned, there's hypertension. So surely that will be along with some hypertension medication, so if they take too much, sometimes the body just cannot take it, it becomes too low, so too low for the organs or the poor blood supply will faint. So too high is not good, too low is not good so from what I see the question just now, what we can obtain from the information is that their blood pressure controllers in order to function properly, because too high stroke or too low they can faint.

CK:THANK YOU DOCTOR

CK: The fourth question is our last question. If we want to improve an elderly monitoring system , what are the most important or must features you think need to include in the system?

DR:As we know we…….

CK: Sorry DR, so this is like fall detection or health information which one you think or must include in the system?

DR: So, as the technology as we know we have smartwatch or everything right, so other than blood pressure, oxygen saturation ,ECG is also important so as monitor the heart and also the oxygen supply. So because as age these two test to fail as well. So, the fall is actually important. Actually you can buy a smartwatch, which is equipped with fall detection, sleep factor monitoring, especially Spo2 meaning the oxygen saturation as well as ECG is important.

CK: That's all the question, thank you very much doctor.