How Remote Monitoring Technology for Healthcare Can Help the patients and Healthcare Providers?

If one thing that happens once in a century, global health disaster has taught us that no matter how the advance health care system is, you cannot cater to each patient with the required specialized care. A viral pathogen has no difficulty passing through difficult trains and borders due to the world becoming the global village but that can not be said about the health care technologies. But with the recent advancement in technology guiding and monitoring the patients and their health care providers through information technology has made dauting task somewhat possible. Now in the era of health care, the collaboration between IT industry including hardware and software technologies and health care is proving more valuable then ever. Considering the example of Vietnam, how they responded to Covid-19 pandemic using mass awareness campaigns through social media platforms like twitter and Facebook, so it can be said that they used a viral platform to cater a viral pathogen.

In 2020-21, these remote monitoring technologies will prove to be more beneficial and obliging, considering the pandemic situation occurring these days. According to the health organization worldwide, over 4-5 million people will be able to utilize this facility by the end of 2020 that is approximately 34 % increase in numbers since 2014.

The giant technological hubs like amazon, Google, Apple have been working on such remote monitoring devices since so far leading to high quality of life and reducing the hospitalization.

Coming towards the devices for monitoring health condition remotely, comprehensive methods have been described below that can help doctor to check the condition of patients from afar.

1. **Glucose Monitoring Devices**

   Device that is used to check the glucose level of the patient. It pricks the finger to collect blood sample and measure glucose level in body. Now with the advancement in technology, a sensor is inserted under the skin of patient from where he can measure the glucose level day and night.

2. **Cardiac Rhythmic Monitoring Devices**

   Doctors can virtually check and keep the track record of cardiac rhythm of patients living far away. This device is inserted beneath the chest skin of the patient and records the electrical signals (ECG) of the heart and measure heart rate of every second.

3. **Micro Sampling Devices**

   Patient can self-collect the blood sample with simple training and check the results using this device avoiding the pain of going to hospitals. This technology enables measuring hemoglobin and CBC.

In addition to the above monitoring devices, there is always need for patient and doctor to communicate and discuss end to end solution of the disease and to take further steps as precautions to control the disease in real time. In these scenarios, the major help is provided through the;

- Mobile technology,
- Web interference (Skype, Zoom)

Where both patient and doctors can connect with each other without physically present.

The remote monitoring technologies vary depending upon the spread of disease in the first world country like obesity, cancer etc. While in third world country, these scenarios changes and most of the times viral diseases such as flu, malaria, polio has to be tackled in such countries.