**Social Article: We’ve Entered a New Era of Streaming Health Care. Now What?**

In this article, the author talks about how very few people really enjoy going to the doctor. Often, people are afraid of getting bad news from visiting the doctor or convince themselves that they don’t need to go to the doctor. However, the pandemic has forced a transition to virtual health care delivery (telemedicine). The author also thinks that the traditional health care model is really more of a “sick care” than health care. Because the current system waits for a patient to get sick before it intervenes. And the author suggests that streaming health care can make health care more proactive and helpful in preventing illnesses and not just treating them. Which can be done by using at-home devices and virtual visits that bring about a steady flow of information between the patients and the doctors.

This new system of health care paves the way for earlier health interventions which is beneficial in preventing the progression of diseases. And consequently, avoids the costs of late-stage treatment. The author suggests that self-tracking devices can provide important data for health care providers. In addition to the use of these digital devices in diagnostics, there are also digital therapeutics. One of which is called Nightware. Which is a system that helps people with PTSD-associated nightmares get better sleep by delivering a vibration stimulus if it detects that the user is having a nightmare, which ends the nightmare without waking the user.[1]

After reading this article, I started to believe that telemedicine is a very important part of health care. And it should be utilized more, especially for when people are suspecting that they might be ill. Currently, people just google their symptoms and “diagnose” themselves which usually does more harm than good. But with telemedicine, doctors would be more accessible, allowing people to ask doctors questions without needing to leave the house.

This article inspires us to always strive for more and to not just settle for old solutions. Although the traditional health care system was “working”, telemedicine is a great addition to it. It also encourages biomedical engineers specially to work on introducing and improving this field in Saudi Arabia.

[1] “We’ve Entered a New Era of Streaming Health Care. Now What? - IEEE Spectrum.” https://spectrum.ieee.org/digital-health (accessed Nov. 08, 2021).