

Discuss the merits of remote patient monitoring systems in the context of Indian Health care systems.

The Indian health care expenditure is 3.5% of GDP, in which 63% is from the out of pocket expenditure of private individuals due to lack of proper timely healthcare access and constant monitoring lack of lifestyle diseases.

The remote patient monitoring system will help to overcome the drawbacks of Indian health care system to achieve SDG goal 3 - Good Health and Well Being.

Affordability and cost of healthcare:

1. Decrease travel expenditure and decrease out of pocket expenditure (OPE)
2. The lifestyle diseases BP, Diabetes, CVD can be constantly monitored.

Concerns:

1. Paucity of regulations in private sector
2. Constant variations in quality and cost of services

Coping with Health Workforce density:

1. Greater usage of India's doctor-population ratio of 1:1456
2. Thus with less doctors, India's healthcare requirement can be satisfied - several areas

Concerns:

1. Remote patient monitoring system may decrease the potential of WHO recommendation of 1:1000

Promotes Healthcare Awareness:

1. Adequate preventive care for NCD
2. Patient counselling => delivery pregnant women
3. Promotes the priority of health concerns to public

Concerns:

1. Need penetration to inaccessible areas to get its full potential
2. Requires great infrastructure in remote patient monitoring system.

Traditional medicine can reach everywhere:

1. Can be used for long time, constantly monitored chronic diseases (e.g) BP, AIDS, CVD
2. (e.g) Any patients at any where can get suggestions on any type of medicines.

Concerns:

1. Remote patient monitoring system still ~~don't~~ see only Allopathy medicine suggestions

Future Prospects:

1. Leverage Technology in public healthcare
2. Create digital infrastructure in rural hotspot areas
3. WHO - recommended guidelines on remote healthcare system has to be laid in domestic policy.