

Telehealth a path to be followed

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Currently, in a post-pandemic universe, human beings are going through a process of intense adaptation and reflection in the face of new paradigms. Be they behavioral, professional, experimental, among others. In this context and with technological development, everyone was forced to leave their comfort zones and discover worlds that go beyond the limits of knowledge.

Technological evolution in the health area has greatly facilitated adaptation to pandemic times and has become a necessary evolution, thus telemedicine, although recognized by the Federal Council of Medicine in 2002, only with the pandemic did teleconsultations become available, enabling the care of patients without having to leave their homes and minimizing waiting lines in the most diverse health centers, whether public and/or private. Now we are moving towards official regulation through the bill PL1998/2020, which has already been approved by the Federal Senate and is in the final stage at the National Congress.

By extrapolating this legislation to Telehealth, supported by the various professional councils, it is possible to provide assistance to more

distant regions, mainly in Brazil, a country with continental dimensions.

Another possibility of using the technology is to improve the quality of diagnosis, because it facilitates discussion in groups and provides better assertiveness through the formative second opinion (FSO) or when specialists can guide local professionals, without having to travel long distances to offer such specialized services.

The use of clinical data analysis to propose diagnoses and treatment plans allows for a boost to productivity in clinical and hospital routines (ERDMANN, 2013).

Technological devices favor the monitoring of patients with chronic diseases, such as high blood pressure and diabetes, who need to monitor vital signs on a regular basis. Today, objects for personal use are already found, such as rings and watches that have the ability to monitor blood pressure and heartbeat, becoming essential allies to control these pathologies (VERMA, D, 2022).

With imaging exams combined with technology, it is possible to expand the diagnostic arsenal. Computed tomography scans, resonances and ultrasounds are the main exams in this

category, and with them it is possible to predict surgical procedures through prototypes and thus avoid intraoperative interferences.

In the field of education, evolution came with Distance Education (DE), which makes it possible to take knowledge to more remote locations, however, several caveats apply to the use of DE in the health area, but it cannot be discarded in its entirety, as it provides paths to a more technological, egalitarian and socialized education. DE expands horizons, but should not be used as a substitute for face-to-face learning, for which hybrid education (blended learning), digital and quality emerges, with their respective spaces for collective collaboration, providing better autonomy for professionals.

Finally, in view of all the technological evolution, health needs to be always connected to the most modern means of interactivity, provided by Telehealth and its interdisciplinarity, whether in communication or in the transmission of knowledge always aiming at health promotion, disease risk prevention, harm reduction, diagnosis, treatment, rehabilitation, in addition to palliative care.

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