

TELE-MEDICINE

What is Tele-Medicine?

Tele-Medicine is the remote delivery of real-time healthcare services to patients using information and tele-communications technology. It allows a patient to receive medical care either at his home, office or virtually anywhere without the need to visit any hospital or clinic.

Tele-Medicine does need good internet connectivity, state-of-the-art video-conferencing tools, audio communication or text messaging.

How are Tele-Medicine Services used?

There are various methods of taking a Tele-Medicine consultation or services. These services can be used on your smartphone, tablet or desktop computer with camera facilities. Specialised software or video-calling apps are used to enable remote audio-visual communication. With some software, patient needs to be able to access his email account and follow any shared link to start the tele-medicine consultation.

The general steps involved in a typical tele-medicine consultation are:

- Visit your orthopaedic doctor's website.
- Click on the tele-medicine tab.
- Fill in your basic details as required
- Choose a convenient time slot
- Make your payment online
- Follow the instructions to initiate the consultation at the pre-fixed time.
- Alternatively, you can call up the doctor's office and prebook a mutually convenient time slot for your tele-medicine consultation for your orthopaedic problems.

What happens during a Tele-Medicine Appointment?

A Tele-Medicine consultation typically involves a real-time audio-visual communication between the patient and Dr Anand Jadhav. Patient's communication device needs to be setup in a manner so that Dr Jadhav is able to see the patient and all his movements clearly without any hindrance.

Dr Jadhav will take a detailed history of your orthopaedic problems and general health. He will ask you to point out painful or troublesome areas. He will then ask you to perform some movements to assess your joint mobility and any limitations in your movements. Based on your history and clinical findings seen on camera, Dr Jadhav will arrive at a provisional diagnosis. He will explain to you if any tests are needed for confirmation of your diagnosis e.g. X-rays / MRI Scan / Blood tests etc. If you have already had any tests done, then the test reports and images of X-rays or MRI films can be shared with Dr Jadhav either via email or on Whats app. These can also be displayed live on camera. After going through all investigations, Dr Jadhav will explain treatment options to you and help you choose the most suitable treatment for you.

Appropriate medications, physiotherapy and changes in lifestyle are advised. Any additional investigations, if required, are also suggested. Patients are advised to follow their treatment plans and undergo periodic monitoring.

Continuation of their on-going treatment or any modifications to it are advised during follow-up tele-medicine consultations. If any patient's condition is serious or they need surgery, then they are instructed to urgently visit Dr Jadhav at pre-selected hospital or visit their nearest specialised hospital and see their local orthopaedic specialist, if they are based out of Pune.

When can you use Tele-Medicine?

Tele-Medicine Services can be used for:

- Specialist Consultation
- Follow-up appointments
- Second Opinions
- Preventative care and support
- Management of chronic conditions
- Management of medications
- Post-hospitalisation care

What are the benefits of Tele-Medicine Services?

Tele-Medicine offers several benefits, for both patients and their doctors, such as:

- Easier availability of care, especially for senior citizens and people with limited mobility
- Avoids the need to travel for a physical meeting and examination during pandemics
- No exposure to contagious diseases
- Avoids any spread of contagious diseases
- No risk of getting hospital-acquired infections
- Little or no waiting time for a consultation
- Quicker second opinions
- Access to high-quality health care for patients from rural or remote areas
- Improved patient engagement and satisfaction
- Reduced costs

What is the significance of Tele-Medicine Service during pandemics?

Tele-Medicine is proving to be a necessary and very useful tool during the ongoing Covid-19 pandemic. As the pandemic is rapidly spreading across India, more and more people are forced into self-quarantine or facing extensive geographical lockdowns. There is great difficulty in getting access to medical care and facilities.

Tele-Medicine is acting as the first line of defence during Covid-19 pandemic. It helps in preventing self-medication and in reducing overcrowding at hospitals and clinics. It also helps to provide medical assistance and solve critical health issues while avoiding person to person contact, without the risk of exposing them to highly contagious diseases.

How do I schedule a Tele-Medicine Appointment with Dr Anand Jadhav?

To schedule a Tele-Medicine appointment with Dr Anand Jadhav, please visit his personal website and click on the Tele-Medicine tab in the header section. Fill up required information and you will soon get confirmation for your Tele-Medicine appointment.

You can also seek tele-medicine appointment by calling or messaging on
+91 904 905 0990

DISCLAIMER: Tele-Medicine is not appropriate for emergency situations. In the event of a health emergency, please contact your nearest hospital or your local emergency services.