

# Digital Health Usage in Primary Care

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## **INTRODUCTION**

Digital Health is a newer term which in corporate telemedicine, tele health and remote patient monitoring. While these modalities of medical care have been in development and usage for decades, it was the COVID-19 global pandemic that crystalized its importance. While telemedicine has played a significant role in caring for patients, remote patient monitoring has begun to allow for a more robust tele medical experience.

## **MATERIAL AND METHODS:**

Survey was sent to the employees and clinic large northern New Jersey medical practice about their satisfaction with telemedicine as a whole and remote patient monitoring specifically. Their responses were noted and analyzed.

## **RESULTS:**

While the majority of the clinicians, staff and managers at the studied medical group had initial concern about tele medicine and remote patient monitoring, after proper education, information and improvement in work flow, there became a comfort. There were still concerns from some of the members of the studied bodies, however, they were less so and overall comfort with digital health improved.

## **CONCLUSION:**

Digital Health in all its glory is here to stay. It is imperative to assure that it is not just a stop-gap measure or something that is kept on the shelf until there is a pandemic. Remote patient monitoring allows for the visit to have more character, to be more fulfilling. There is a depth that almost matches the in-person evaluation and in some cases, can surpass the in-person evaluation that occurs in a clinical setting as the patient is more at ease. The clinician, dietician, nurse or other health-care provider is given a window into the inner life of the inpatient and can potentially grasp the string that can increase the overall quality of healthcare. Remote patient monitoring is the bridge that allows for a level of care previously unimaginable.

## **BIOGRAPHY:**

Craig Sorkin, have been a Nurse Practitioner for over eight years and in the medical field in one form or another for almost twenty. He has been the head of my practice's telemedical program for several years and continues to push what is already a great practice to have an even greater Digital Health program.

When he was not working, he enjoys spending time with his family, his wife, his daughter-Abigail and son-Dylan. They have two cats and a dog and enjoy our Sunday morning breakfast outings, drawing and watching all the wonderful children's shows.

