

# Symposiums

**S2.3****Tele-medicine****13:15 Theatre 1**

## Application of Tele-medicine in Rehabilitation and Chronic Disease Management

Hui E

*Department of Medicine and Geriatrics, Shatin Hospital, Hong Kong*

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Tele-medicine was developed to reach out patients residing in remote areas with limited access to healthcare. In the late 1990s, tele-medicine was pioneered in New Territories East Cluster in collaboration with The Chinese University of Hong Kong. One successful model was delivering multi-disciplinary healthcare to residential care homes for the elderly by the Community Geriatric Assessment Team via real-time videoconference link. Subsequently, another model was introduced, comprising of patient education, training and empowerment by linking up hospital-based nurses and allied health staff with community social centres for senior citizens.

With the rapid advancement of Internet and mobile technology, tele-medicine-related solutions have been increasingly adopted in patient care. Tele-health and tele-care is frequently incorporated to care packages to support patients with chronic diseases. For example, patients with chronic obstructive airways disease and congestive heart failure can be supported at home with remote monitoring systems. Patient bio-data is transmitted to a server with built-in alarm triggers which will alert case managers. Mobile devices readily support real-time audio-video link between the patient and healthcare provider, enabling immediate assessment, advice and treatment.

Some successful models of tele-medicine in rehabilitation and chronic disease management, with evaluation of clinical outcomes and sustainability will be presented in this session.