1

00:00:00,720 --> 00:00:02,630

*Is it possible to monitor*

2

00:00:02,730 --> 00:00:07,010

*patients with arterial stenosis using telemedicine?*

3

00:00:07,520 --> 00:00:10,860

*The introduction of various telemedicine methods*

4

00:00:10,960 --> 00:00:15,100

*is very trending nowadays. The technical*

5

00:00:15,200 --> 00:00:19,820

*background is evolving rapidly, particularly during the COVID-pandemic,*

6

00:00:19,920 --> 00:00:25,560

*and there was great need for it, and we expect this to continue.*

7

00:00:25,920 --> 00:00:28,940

*There are areas of medicine*

8

00:00:29,040 --> 00:00:33,340

*that are specifically suited to this method. At the moment,*

9

00:00:33,440 --> 00:00:38,460

*in 2021, we can say that this is relatively less feasible for patients*

10

00:00:38,560 --> 00:00:43,800

*with arterial stenosis. Why is this the case?*

11

00:00:44,240 --> 00:00:49,180

*Self-testing is not easy for patients with arterial stenosis,*

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00:00:49,280 --> 00:00:53,820

*so ideally a specialist is needed.*

13

00:00:53,920 --> 00:00:56,860

*This is not a complicated test, but it does require some*

14

00:00:56,960 --> 00:01:01,180

*knowledge and experience. Of course at some regions where*

15

00:01:01,280 --> 00:01:03,820

*doctors are not accessible*

16

00:01:03,920 --> 00:01:06,780

*– geographically or there are not enough of them –*

17

00:01:06,880 --> 00:01:11,340

*unfortunately this may happen in Hungary, then some form*

18

00:01:11,440 --> 00:01:17,160

*of telemedicinal method may be applied. What could this be?*

19

00:01:17,280 --> 00:01:22,700

*For example, in surgery, they use the assessment of*

20

00:01:22,800 --> 00:01:26,860

*different wounds, by either a downloadable app*

21

00:01:26,960 --> 00:01:32,620

*or sending the images of the photos of the wounds. There are*

22

00:01:32,720 --> 00:01:37,180

*already programs that can assess the wounds*

23

00:01:37,280 --> 00:01:43,260

*by using artificial intelligence or, in a less sophisticated way,*

24

00:01:43,360 --> 00:01:48,380

*even send the images to a specialist for evaluation. This does not*

25

00:01:48,480 --> 00:01:52,700

*refer specifically to vascular diseases, but to wounds. But in the case*

26

00:01:52,800 --> 00:01:58,380

*of a post-operative wound problem, for example, the photo can make a big*

27

00:01:58,480 --> 00:02:03,480

*difference in determining whether or not the patient should visit the doctor.*

28

00:02:03,680 --> 00:02:07,500

*These applications are still in development, but I think that*

29

00:02:07,600 --> 00:02:13,500

*this will be technically implemented soon. There are already*

30

00:02:13,600 --> 00:02:20,380

*promising attempts. The same applies to gangrenous wounds,*

31

00:02:20,480 --> 00:02:26,460

*which are very common in vascular stenosis,*

32

00:02:26,560 --> 00:02:32,460

*when it may be important to know how urgently the patient needs see the doctor,*

33

00:02:32,560 --> 00:02:37,180

*or, if you have already seen him, how the wound is progressing, whether*

34

00:02:37,280 --> 00:02:42,620

*it is a surgical wound or gangrene due to the lack of oxygen.*

35

00:02:42,720 --> 00:02:47,100

*So this is one area where wounds have a role to play.*

36

00:02:47,200 --> 00:02:52,060

*The other aspect is that patient education and follow-up*

37

00:02:52,160 --> 00:02:59,240

*can now be done without a face-to-face meeting.*

38

00:02:59,920 --> 00:03:03,960

*Of course, arterial stenosis, as I said, requires constant*

39

00:03:04,320 --> 00:03:07,580

*medical monitoring, follow-up and analysis of*

40

00:03:07,680 --> 00:03:11,500

*new symptoms, which can be done by telephone*

41

00:03:11,600 --> 00:03:16,940

*or even by other electronic means.*

42

00:03:17,040 --> 00:03:20,700

*The medical community must be prepared for this, however, and must*

43

00:03:20,800 --> 00:03:25,020

*take the time to do this, which is not easy, and to choose the right*

44

00:03:25,120 --> 00:03:31,480

*channels, because we may not be able to give the right response*

45

00:03:32,160 --> 00:03:36,220

*in the form of series of unnecessary questions and answers.*

46

00:03:36,320 --> 00:03:38,300

*So I now think that with*

47

00:03:38,400 --> 00:03:43,660

*patients suffering vascular stenosis, the role of*

48

00:03:43,760 --> 00:03:48,700

*telemedicine is currently very limited, so it does not replace*

49

00:03:48,800 --> 00:03:54,280

*ultrasound or patient examination by a specialist.*

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00:03:54,640 --> 00:03:58,860

*The analysis of the ultrasound scan always requires a well trained person.*

51

00:03:58,960 --> 00:04:02,860

*There is one more area that is more lifestyle related,*

52

00:04:02,960 --> 00:04:06,860

*can also apply to vascular patients, and that is the*

53

00:04:06,960 --> 00:04:11,180

*measurement of daily activity. Today there are many devices*

54

00:04:11,280 --> 00:04:16,200

*- smartphones, smartwatches - that measure daily activity.*

55

00:04:16,480 --> 00:04:18,540

*It's very fashionable nowadays for everyone to*

56

00:04:18,640 --> 00:04:22,780

*take 10,000 steps a day, measured by their devices,*

57

00:04:22,880 --> 00:04:27,720

*and this fitness, regular walking is also very important*

58

00:04:27,840 --> 00:04:31,500

*in terms of prevention and treatment of arterial*

59

00:04:31,600 --> 00:04:35,180

*stenosis. So for those disease-conscious people*

60

00:04:35,280 --> 00:04:39,020

*who are using these devises, they can be an important help,*

61

00:04:39,120 --> 00:04:43,340

*but they do not substitute a doctor's appointment, of course*.

62

00:04:43,440 --> 00:04:48,140

*An additional issue with telemedicine methods for patients*

63

00:04:48,240 --> 00:04:52,300

*with arterial stenosis is that these people are usually elderly and less*

64

00:04:52,400 --> 00:04:57,100

*likely to use these smart devices. Although I think*

65

00:04:57,200 --> 00:04:59,660

*there will be progress in this, too.*

66

00:04:59,760 --> 00:05:03,420

*So, if the patient can get past these technical difficulties, perhaps*

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00:05:03,520 --> 00:05:07,420

*a younger relative or friend can show them, then this could be*

68

00:05:07,520 --> 00:05:10,560

*an easy, accessible option.*