



## RESEARCH ARTICLE

### TELENURSING - A REVIEW

**Harshna Richard Qadir**  
ACON, Amity University Haryana.

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#### Abstract

Tele-nursing refers to the use of telecommunications and information technology for providing nursing services in health care whenever a large physical distance exists between patient and nurse, or between any numbers of nurses. As a field it is part of tele-health, and has many points of contacts with other medical and non-medical applications, such as tele- diagnosis, tele-consultation, tele-monitoring, tele-care

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#### Introduction:-

Telehealth nursing is **a method of delivering care remotely using technology, including mobile devices, tablets, and computers**. Sophisticated telehealth encompasses more than digital appointment reminders and confirmations—it is a way to offer real healthcare assistance and support from a distance.<sup>1</sup> It is widely used at the time of pandemic. It was a need for the community to have access to accurate nursing care at distant. During Locked down when people had no way to go at the time of medical issues due to restrictions, Telehealth really helped as an anchor in sea to stabilize the people's health. Telenursing improves the provision of health services and care by guiding people to take care in accurate manner though they are at their homes.

#### Definition:

Telenursing refers to **the use of information technology in the provision of nursing services whenever physical distance exists between patient and nurse, or between any number of nurses.**<sup>2</sup>

Telenursing is defined as **nursing services provided through an electronic platform**. This includes phone calls, video conferencing, and remote monitoring through devices like Bluetooth-connected blood pressure monitors.<sup>3</sup>

Telenursing – is the delivery, management, and coordination of care and services provided via telecommunications technology within the domain of nursing.<sup>4</sup>

#### Types of Hardware used in Telenursing<sup>5</sup>

1. Video conferencing
2. Documentation Tools
3. LVM systems
4. Decision aid software programs.
5. Phone
6. Interactive videos
7. Internet support
8. Remote telemonitor

**Uses of Telenursing**

1. Telenursing provides access to health services, which can affect the condition of remote patients. Nursing services performed in telenursing include patient triage, symptom management, education and control of using care tools such as oxygen capsules and masks through telephone and at home<sup>6</sup>
2. Tele-nursing has been used as a tool in home nursing. For example, people who are immobilized or faraway places, or living in difficult to reach places Citizens who have chronic ailments such COPD, DM, CHD etc Still other applications in home care is patients after surgeries with wound dressings, ostomies, handicapped etc. can be assisted in care with help of telenursing.
3. Telenursing helps to extend the nursing service to more patients. In home care delivery, a nurse is able reach and care for 5-7 patients, but telenursing helps her to attend more in same amount of time. A common application of tele nursing is also used by call center separated by managed care organizations which are staffed by managed care organizations, which are staffed by nurse managers<sup>7</sup>

**Benefits of Telenursing<sup>8</sup>**

1. Remote service Delivery: Telenursing help nurse practitioners to deliver medical nursing services through internet and mobile devices. NPs provides services by using various tools such as computers, remote monitoring devices and cellular devices. NPs uses this technology to continuously monitor patient's health condition.
2. Financial savings: Telenursing reduces costs for both patient and practitioners by reducing visitation expenses.
3. Improves Bed Allocation: Healthcare providers have found that telenursing offers a tool that reduces readmissions considerably. Some organizations have monitored patients in pilot telehealth programs. They used questionnaires and provided health-related education every week, following up in person only with those participants who were out of range of the service during a particular period
4. Patient comfort: Maximum people feels comfortable with telenursing. Nurse practitioners use telehealth technology to ascertain patients comfort level and respond accordingly. Care providers also use the technology to deliver services to patients' offices, to satellite clinics, or to any location that offers convenience.
5. Increase health care Opportunities: Insurance companies look to telehealth cost savings to deliver top-notch service at awfully reduced costs. Analysts predict that practitioners will experience a sharp increase in patient's sessions they deliver each year over the next five years.
6. Accessibility by patients in remote areas: Many hospitals has stopped operations in near years with several hundred more facilities across the country facing possible closure, according to Rural Health Association. Manybelieve that telenursing services can go a long way in solving maximum problems. Although clients can now receive telemedicine care for little expenditure, not all providers offer telehealth that enables patients to have the cost savings. With sufficient support and operational integration though, patients everywhere may have the ability to access telenursing services free of charge soon.

**Advantages& Disadvantage of Telenursing****Advantages<sup>9</sup>**

1. Increase public access to health care
2. Provide access in rural areas
3. Decrease waits times.
4. Decrease unnecessary hospital visits
5. Decrease healthcare costs
6. Increase continuity of care
7. Increase patient compliance with after care

**Disadvantages<sup>10</sup>**

1. Absence of direct face to face direction.
2. Technical issues
3. Possibilities for health provider to step out of their scope of services
4. Ethical dilemmas for nurses
5. Inability to provide patients with information to make informed decision
6. Increase risk to security and confidentiality of patients with health information and records.

**Application:**

1. Homecares
2. Case management
3. Telephone triage

**Future Scope of Telenursing<sup>11</sup>**

Ongoing development of new technologies provides endless possibilities in the future of Nursing care.

**Conclusion:-**

In every sense, Telehealth and telenursing are essential components in provision of high quality, safe and effective care. Advances in Telenursing and technologies are revolutionizing education & health services globally. Decreasing time and distance, these advancement increased the access to health and health care especially underresourced population. It is important that its doption in the Home care Nursing is prioritized, gearing to the strides of practical services being supported by combinations in button to improve the lives of patients.<sup>12</sup>

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