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## Smart electronic health applications (SEHA) telehealth for diabetes: Paradigm shift in diabetic patient’s self-management

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The translation of knowledge to practice lags in the health professions. We describe the eHealth promotion knowledge-to-action practice concept on how Diabetes Mellitus (DM) prevention can be readily incorporated into TeleHealth practice. In addition to means of targeting patients and encouraging them to participate in health behavior change, attention is given to the role of TeleHealth components of DM prevention and management. TeleHealth services with proven track records today can be broadly categorized into 3 groups: Teleconsultation, Telemonitoring, and Electronic Health Record. Teleconsultation allows patients to consult doctors about non-emergency medical conditions such as video call over an online link without having to step out of their house. Telemonitoring, on the other hand, helps healthcare professionals keep a close eye on patients dealing with chronic medical conditions such as vital signs of blood pressure and glucose levels fig1& fig2. In the back, electronic health record keeping ties the whole system together with no more paper work. It allows healthcare professionals to see a patient’s entire medical history, helping them make more accurate and timely diagnoses and treatment of their conditions. Researched, close management of diabetic patients through monitoring showed significant

reduction in glycemic level. Yet, the magnitude of its effects remains debatable, especially with the variation in patients’ characteristics (e.g. background, ability for self-management, medical condition, education). In Middle East, increasing awareness about telemonitoring and investigation of telemonitoring efficacy and cost-effectiveness is needed to prevent and manage DM by monitoring lifestyle parameters and control glycemic level as the main cause of DM complications.



### Biography

Hamzeh Awad has completed his PhD at the age of 30 from the University of Munich, Germany and worked in Healthcare Operation and System, Planning and Development, Disability, Rehabilitation, Diabetes and eHealth in different countries such as Germany, Belgium, Jordan, Saudi Arabia, UK and UAE. Further; he was appointed as a Researcher at WHO center in Munich, Researcher at University Hospital of Technical University of Dresden, Assistant Prof. at King Saud University in Riyadh, and Research and Clinical programs Development Manager at Prince Sultan Rehabilitation City, KSA. He appointed as Associate Professor in Health Science Department at Al Khawarizmi International College (KIC) in Abu Dhabi and Adjunct Faculty member in Public Health Department, Abu Dhabi University, UAE and Senior eHealth consultant at e-Point, Belgium (Founder of SEHA eHealth). Recently, he started his new role in academia at Higher College of Technology (HCT) teaching Health Information Management (HIM). He has several publications in ISI journals and chapters in Books and keynote speaker in several international conferences. He has several international collaborations with different research groups in Healthcare system, Physical therapy and Rehabilitation, Diabetes, Health Information Technology, Health Management and eHealth.

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