

Conducting Remote Patient Assessments

DigHealth – **Micro-credentials in digital health for Ethiopia and Somalia**

Proj. Ref. Num. 101179425

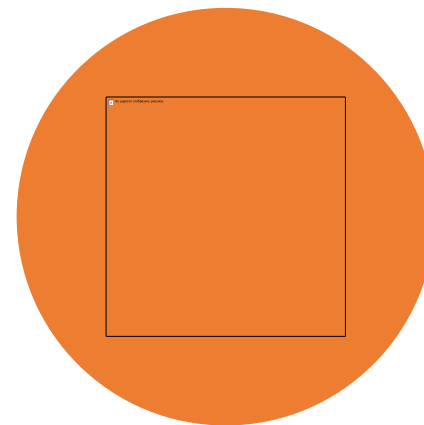
Capacity Building in the field of Higher Education

Learning outcomes

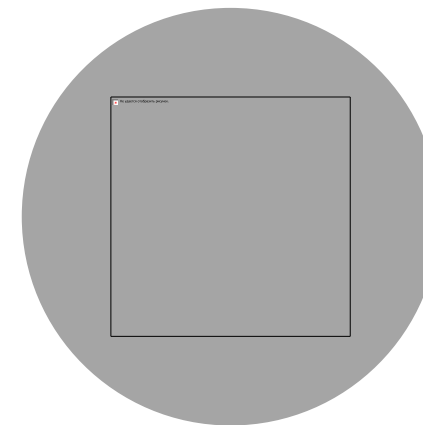
At the end of this module, you will be able to:

- Identify diagnostic criteria
- Help patients to express their symptoms
- Master virtual etiquette
- Build remote rapport
- Adapt history taking
- Operate assessment platforms

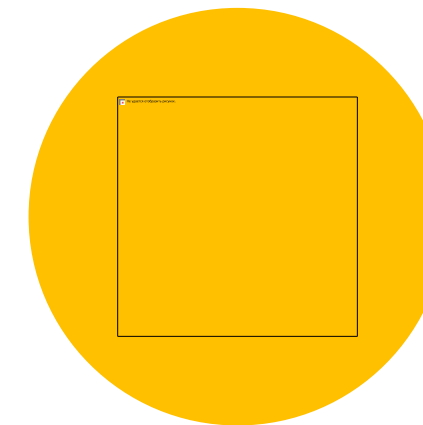
Introduction



 **RISE OF TELEMEDICINE & REMOTE HEALTHCARE**

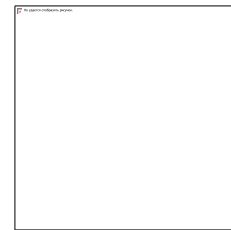


 **IMPORTANCE OF ASSESSMENTS WITHOUT PHYSICAL PRESENCE**

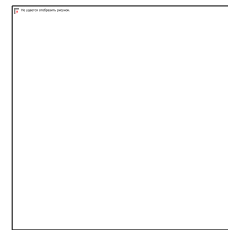


 **CHALLENGES: LIMITED TOOLS, PATIENT COOPERATION, CONNECTIVITY**

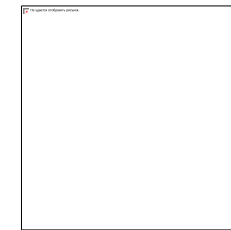
Key Principles



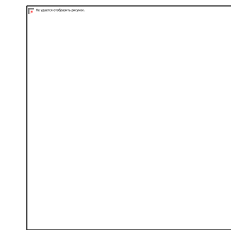
☐ Build rapport & ensure comfort



☐ Use clear, simple language

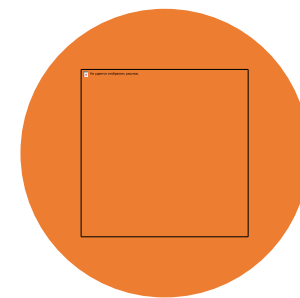


 Ensure privacy & confidentiality

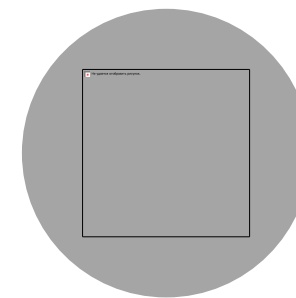


 Focus on observation + guided self-exam

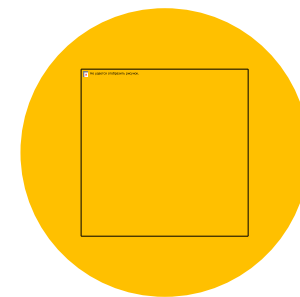
Observation Techniques



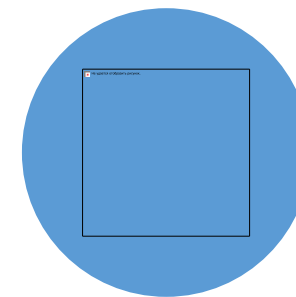
□ Visual inspection
(skin, rashes, swelling)



☞ Breathing patterns,
posture, mobility



□ Speech, cognition,
affect, behavior



🏠 Environmental cues
(safety, hygiene)

Guided Self-Examination

♥ □ Cardiovascular: check pulse, BP if available

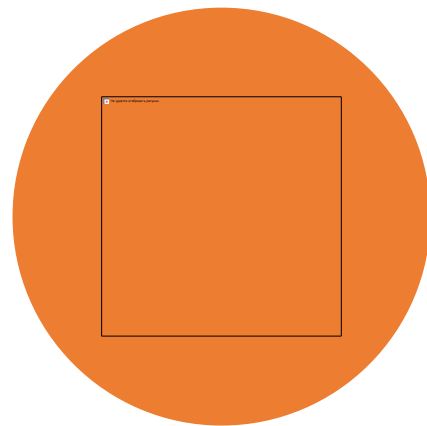
⇒ Respiratory: chest expansion, breathing rate

💪 Musculoskeletal: range of motion, strength

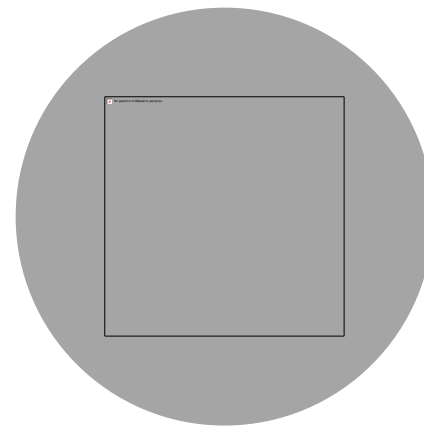
□ Abdominal: indicate tenderness with gentle pressure

🔍 Neurological: finger-to-nose, balance tests

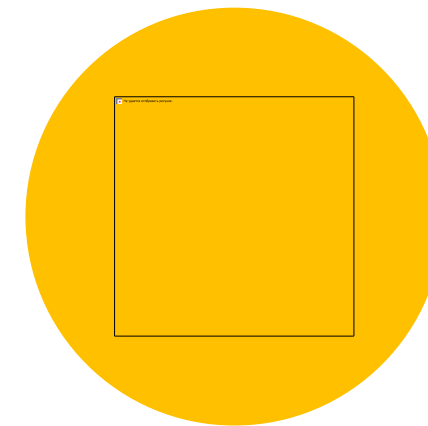
Tools & Aids



 **PATIENT DEVICES:** BP MONITOR, THERMOMETER, GLUCOMETER



 **WEARABLES:** SMARTWATCH, FITNESS TRACKER



 **SMARTPHONE CAMERA, FLASHLIGHT, APPS**

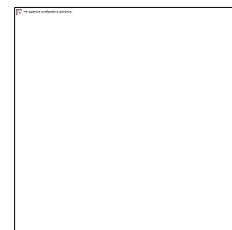
Communication Best Practices

- ☐ Step-by-step instructions
-  ☐ Demonstrate on yourself first
- ☒ Confirm understanding & patient actions
-  Be culturally sensitive & adaptive

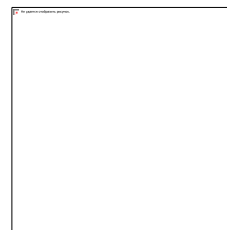
Limitations & Risks

- ✗ Incomplete physical exam
- 👤 Dependence on patient's cooperation
- ⚠️ Risk of missing subtle clinical signs
- 🚫 Not suitable for emergencies

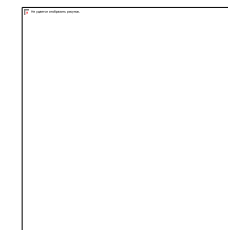
When to Escalate



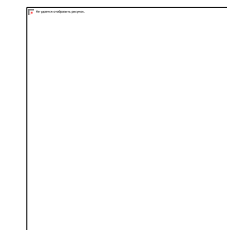
 Red flags: chest pain, severe dyspnea, neuro deficits



 Deteriorating vital signs



 Inability to perform adequate remote exam



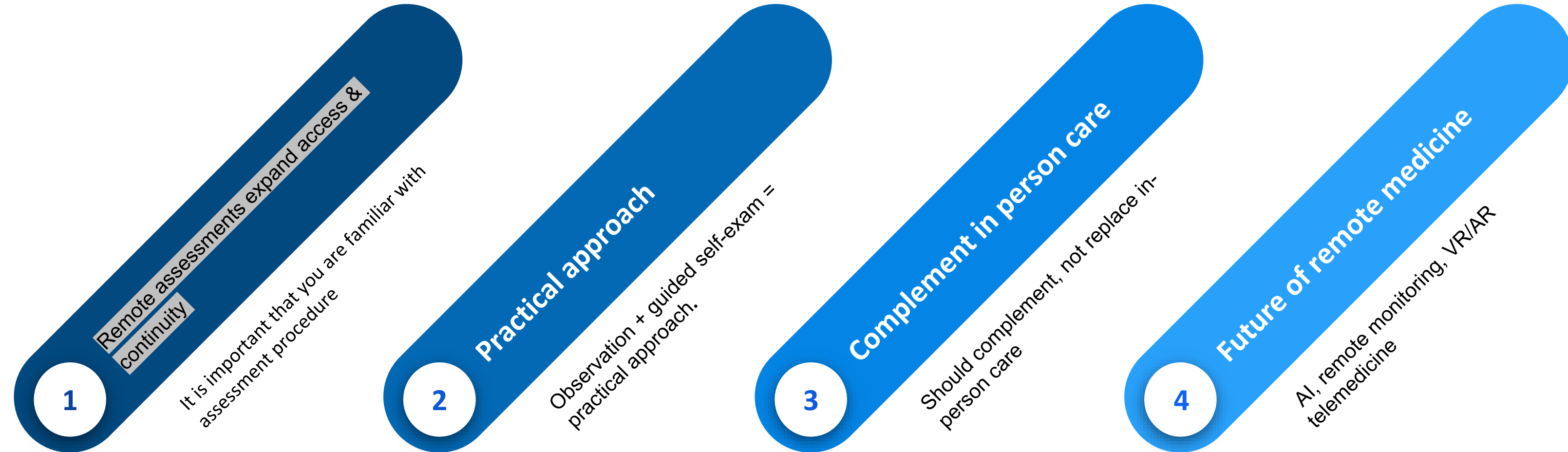
 Recommend immediate in-person or ER care

Conclusion

- ★ Remote assessments expand access & continuity
- 👁️ Observation + guided self-exam = practical approach
- 🛡️ Should complement, not replace in-person care
- Future: AI, remote monitoring, VR/AR telemedicine



Summing up



Thank you!

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