

## Prevent COVID-19 by Telemedicine for the Elderly at Home Care Services

### Introduction

Nowadays, coronavirus disease 2019 (CoVID-19) has become a global pandemic. CoVID-19 is heavily involved in more than 215 countries worldwide, including Iran. So far, no cure or vaccine has been found, therefore, the only way is to prevent widespread outbreaks. According to clinical observations, the elderly with chronic diseases are more vulnerable to coronavirus. Thus, if the elderly are infected by CoVID-19, they will have a higher mortality rate. Consequently the best solution for responding to this crisis and in order to keep them at home to protect from CoVID-19, is to use telemedicine and teleconsulting with home care services and monitoring their health status.

In this regard, Tong *et al.* have stated that it is necessary to provide home care services for the elderly rather than hospital services.<sup>[1]</sup> One of the most important factors in home health care is to use information and communication technology-based services whose scope includes such as; counseling, assessing, and treating.<sup>[2]</sup>

Health Deputy of Iranian Ministry of Health asked Iranian to participate in the Corona Electronic Screening Program by referring to [salamat.gov.ir](http://salamat.gov.ir). Hereby, they will able to screen remotely coronavirus prevalence and recognize infected, clean, and suspicious people by electronic health records.<sup>[3]</sup> This is especially more important for families with an elderly person at home.

The coronavirus crisis has given us a lesson that how telemedicine systems have a potentially vital role to prevent and control epidemic and pandemic in emergency situations. Training telemedicine system platforms for treating has been developing throughout health care centers as a supportive umbrella for sharing experiences in choosing the best treatment protocol.<sup>[4]</sup>

Smith *et al.* declared in their study, in order to respond to natural disasters and infectious epidemics, related organizations must be prepared in advance and have written protocols. Otherwise, the COVID-19 crisis is not a first, and nor will it be the last. Telehealth that includes telemedicine, telesurgery, teleconsultation, telemonitoring, telescreening, telemedical learning, and teleradiology does have a vital role in emergence responses. Telehealth has a lot of benefits of providing healthcare services to a large number of providers at the same time.<sup>[5]</sup>

### Conclusion

Home health care, not only reducing the risk of spreading CoVID-19 due to home quarantine but also has many benefits for the elderly and their families. Also, by reducing the level of anxiety and stress in the elderly,

it increases the level of psychological well-being after living in their place of residence. At the time of the CoVID-19 epidemic, telemedicine is on the top priorities as a preventive method for seniors receiving home care services. For example, telecounseling, teleassessment, and telemonitoring will reduce the constant presence of caregivers and provide proper recommendations to seniors with simple and accessible means, including telephone. So, the great lesson that the coronavirus crisis has given to the healthcare community has been the incredible importance and potential of using telemedicine and telemedicine technologies. Therefore, the use of information technologies such as telemedicine is one of the best and most cost-effective solutions for the epidemic crisis in the near future

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### Conflicts of interest

There are no conflicts of interest.

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