

Recovery and Resilience in Healthcare

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Telemedicine, Analytics, Clinical Decision Support, Mobile Health Apps, Healthcare Shopping, Wearable Sensors, and more.

Creating Healthcare Resilience

The American Medical Association recognized three key trends rising to the top of the digital health landscape: (1) Consumerization of health care (2) Access for underserved communities (3) Application of Big Data. These trends are accelerating through the pandemic. When viewed through the lens of 'recovery and resilience' it is easy to see why. Smarter use of technology in healthcare has been needed for a long time and the pandemic has exposed the heavy cost and strict limitations of existing healthcare practices. Adopting a locally relevant digital health strategy will promote recovery and build resilient health systems.

Virtual Care Platform. For lesser-resourced facilities, this may simply be tele-visit capability with HIPAA-compliant data security and privacy. A more advanced position includes remote diagnostics, remote monitoring, and home health options – a complete virtual care foundation.

Chronic Disease, Wellness, and SDoH. Numerous health apps, wearable sensors, and personalized consults are available for personalized fitness, post-partum, or mental health support as well as help to address specific disease conditions such as drug addiction, diabetes, or hypertension. Many offerings complement community health programs and may address food quality, transportation, or safety, etc.

Health Clinics, Federally Qualified Health Centers, and like organizations should adopt a digital health framework in conjunction with their Community Needs Assessment. Existing privacy and security, data management, and population health activities will evolve. Greater resilience supporting a strong recovery from CV-19 will result.

Digital Health Framework

- Design and Implement Virtual Care Approach
- Establish Solutions for Chronic Disease Conditions
- Establish Solutions for General Health & Wellness
- Incorporate Programs for SDoH

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Digital health is not a panacea for community health concerns. Addressing disparate health outcomes is a multi-faceted challenge that will not be exclusively solved by technology, but greater digital health literacy - and a defined digital health strategy - is a critical component.