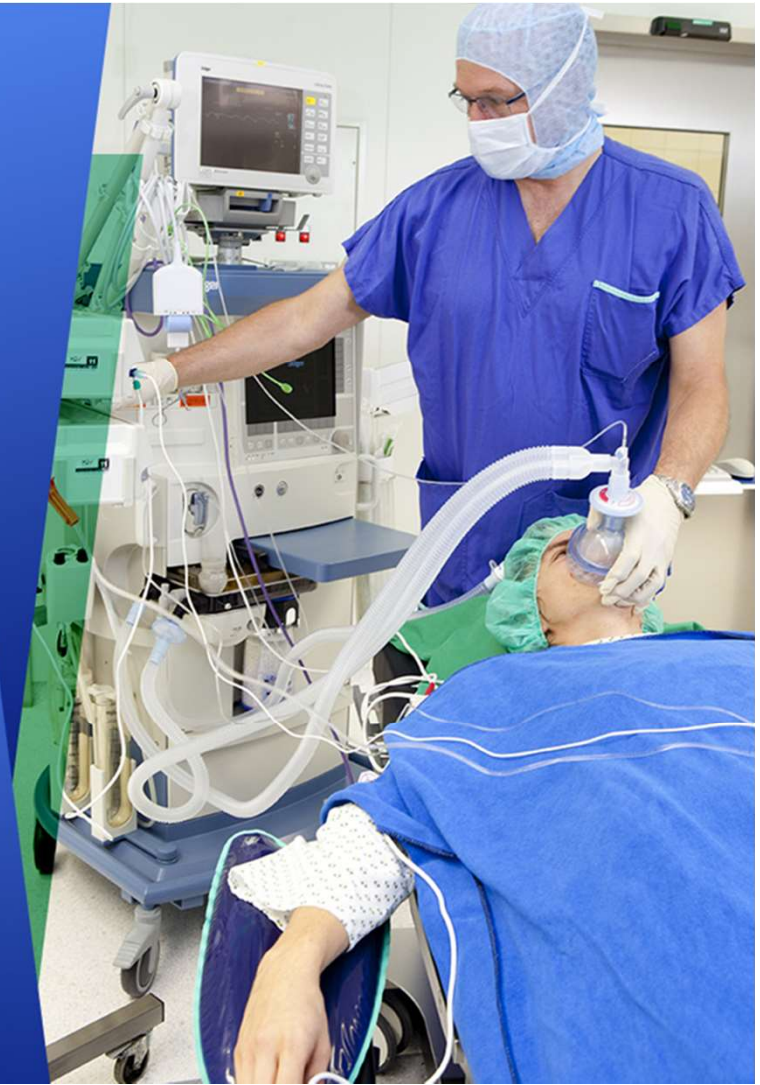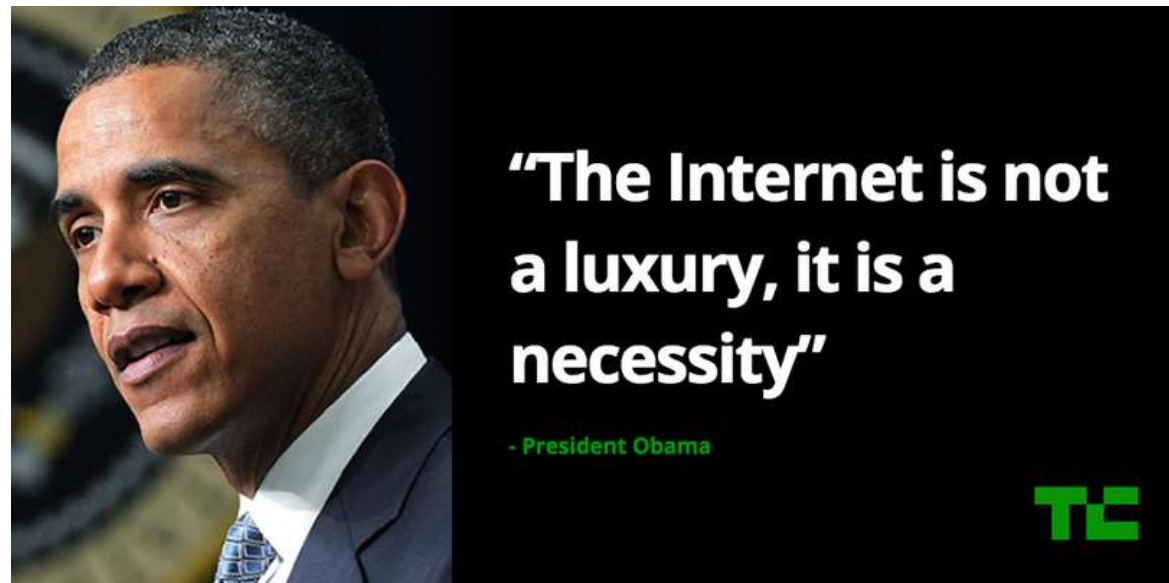Go Digital : **E-Health**

Short Profile

Dr. Deependra Kumar Sah
Entrepreneur |Managing Director
Bidhana Healthcare Pvt. Ltd.
PHD, Zhejiang University, China

Email: deependrashah@gmail.com
Mobile | WhatsApp | Wechat: +86-15858228270

- Dr. Deependra holds a **PHD degree** in Management Science and Engineering from one of the Asia's top 10 university, School of Management, **Zhejiang University**, China. He is young successful Entrepreneur and Business Consultant, living in China from last 13 years, fluent in Mandarin Chinese, having solid 10+ years work experience in reputed multinational companies (Such as: **Alibaba, Paytm, Yealink, The Times Group etc.**).

- As a Founder, Dr. Deependra established his own brand in China in 2017 that focus in Education Area for Children. He is the **Managing Director** of Bidhana Healthcare Pvt. Ltd. that focus in healthcare sector in Nepal. He have been awarded as one of the Top 5 young foreigner **Entrepreneur** in Hangzhou City from Government of Hangzhou, China. At present, Dr. Deependra is playing a key role as a bridge to connect Foreign and Chinese Hi-Tech Companies along with government of China to explore different possible business ventures.

Go Digital

"The Internet is not a luxury, it is a necessity"

- President Obama

Digital health is not about technologies. It is about health.

From analogue to digital

- Passive/static
- Active
- Paper-based
- Support education
- Standalone
- Isolated
- Availability focused
- Ownership (my)
- Single format

- Active/dynamic
- Proactive
- Electronic
- Support learning
- Networked
- Connected
- Accessibility focused
- Locator (our)
- Hyper, multimedia

Digital gap leading to knowledge gap

- The increase of information in society is not evenly acquired by every member of society: people with higher socioeconomic status tend to have better ability to acquire information. There is a fear of increasing inequality;

- Lower socio-economic status people, defined partly by educational level, have little or no knowledge about public affairs issues, are disconnected from news events and important new discoveries, and usually aren't concerned about their lack of knowledge.

What is eHealth?

- eHealth and care refers to tools and services that use information and communication technologies (ICTs) to improve prevention, diagnosis, treatment, monitoring and management of health and lifestyle

- eHealth is the use of modern information and communication technologies to meet needs of citizens, patients, healthcare professionals, healthcare providers, as well as policy makers.

What is eHealth?

Depending on how people choose to define it, eHealth encompasses a wide variety of sub-domains of digital health such as:

- Electronic Health Records (EHR)
- Electronic Medical Records (EMR)
- Telehealth and telemedicine
- Health IT systems
- Consumer health IT data
- Virtual healthcare
- Mobile Health (mHealth)
- Big data systems used in eHealth

The Era of Digital Health

- The era of Digital health is upon us. It is fundamentally different from what has come before, with profound influences on health and healthcare.

ICT in Health 1950s – 1960s

1st WAVE
- Mainframe computers
- Focus on corporate support functions such as accounting and payroll
- Applications were function driven
- Industry agnostic (not health specific)

Health ICT 1960s – 2000s

2nd WAVE
- Practice management systems
  Big integrated systems
  Best of breed systems
- Focus was the healthcare organisation
- Corporate applications for logistics and performance management
- Health service provider centric

Information and Communications Technology(ICT)

The Era of Digital Health

E-Health 2000s – 2020

- Enterprise and system wide information flows begin
- Shared health records and health information exchanges

3rd WAVE

- Focus on whole of health system Health system centricity
- Patient following but still provider centric
- Governments as key players in and funders of e-health
- Healthcare as a process rather than health as an outcome
- Bulk of healthcare data provider-originated and controlled

THE FOURTH WAVE: DIGITAL HEALTH (2020+)

DIGITAL HEALTH = HEALTH AND HEALTHCARE IN THE DIGITAL SOCIETY

Digital Health is about HEALTH

The 4th wave
A great leap forward along the evolutionary path of ICT in healthcare

Tech
Enabled by exponential increases in the pervasion of ICT throughout society

Decentralised
With service providers as participants, not controllers

Citizen centric
Driven by citizens' demands that their health and wellbeing are controlled by them and expectations for digital service delivery embedded within their life patterns

Data, data everywhere
Harvests data in real time from sources within and outside of traditional health settings

Knowledge
Generated via sophisticated analytics

The Era of Digital Health

- eHealth and the resultant disruption provides opportunities and challenges for

Citizens | Clinicians | Policy makers and regulators | Health executives | Technology suppliers | Media and influencers | Universities / educators

Scope of eHealth Applications and Services

Examples

- www.ehealth102.com | www.ehealthtechnologies.com

(Record your Medical Records Online- Access the patient information you need, when you need it.)

- www.ststephenshospital.com.au

(ST Stephen's Digital Hospital is Australia's first fully integrated digital hospital, Australia)

- www.youtube.com/watch?v=ODgjGfC4opE

(eHealth in Action)

Challenges and Opportunities

- We live in information age, I think one of the biggest challenges is taking what the patients expect, seamless, connected, coordinated care, and really delivering that.

- I believe eHealth has the ability to make those transitions seamless.

Suggestions for Investors

- The most successful health businesses and services moving forward are the ones that really effectively harness that intersection between automation and personalization.

- We've got to be targeted, and we've got to educate people about how they can use eHealth to maximize the investments.

- We could spend so much money on eHealth and it really not achieve what we want it to achieve. So we have to think about the possibilities, we need to think about the challenges and then work through those through education and training, through having good plans, making sure we're investing in the right systems.

Suggestions for Government and institutional organizations

- eHealth has the huge potential to innovate and improve access to care, quality of care, and to increase the overall efficiency of the health sector.

- It calls for national conversations about:

    - The nature of digital health, and the distinction between digital health and digital health technologies
    - The nature of system changes required
    - The nature of changes required from health and professional workforces, and
    - The nature of leadership required