Tele-nursing: A novel opportunity to improve the quality of nursing care

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To the Editor

In the age of technological advancements, when each medical field is adapting and applying technologies to improve the quality of their service, nursing is moving from the bedside to the Tele-nursing couch to provide better care for patients [1-4]. The use of technology in nursing care and nursing practice is commonly referred to as telenursing [5, 6]. The services also include patient education, counseling, and follow-up via telecommunication technologies such as mobile phones, the Internet, and web-based conferencing [1, 3, 6, 7]. However, with the widespread use of Tele-nursing, researchers focus on the effects on nursing care quality [8, 9]. Hence, a quasi-experimental study found that the Tele-nursing approach improved adherence of patients with coronary artery bypass graft surgery to the treatment plan [7]. Another quasi-experimental study showed that telenursing can improve patient adherence to the diet of patients with type-2 diabetes [10]. In addition, a systematic review showed that telenursing can reduce depression, anxiety, hospitalizations, mortality rate, costs in patients with chronic diseases and also improve their quality of life [11]. Also, tele-nursing has proven effective in reducing depression, anxiety, and stress scores of hemodialysis patients [12]. Even in cancer patients, telephone-based support was helpful and increased access to health professions for patients from rural and remote settings [13]. Telenursing can be implemented; however, as seen in Sweden, there are challenges where patient safety is jeopardized. Tele-nursing simulation in undergraduate nursing education is desirable because these problems seem to be overcome by further developing nurses’ communication abilities [14, 15]. By the way, it is a desirable way of promoting nursing care through Tele-nursing. We recommend more research to identify gaps and propose solutions for a better and safer form of telenursing.

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References