



## Urgent Necessity of Telemedicine Services for Pakistan's Rural Communities, Elderly, and Chronic Disease Patients



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I am writing to highlight the critical requirement for comprehensive telemedicine services in Pakistan, specifically for the elderly, individuals with chronic illnesses, and rural communities. It is imperative to acknowledge the potential of telemedicine in addressing the current healthcare delivery system gaps.

Chronic illnesses in Pakistan significantly contribute to morbidity and mortality, often necessitating regular follow-up consultations. The conventional healthcare system in Pakistan is inadequate in providing consistent treatment, particularly for individuals residing in remote areas.

Telemedicine offers a practical solution by enabling patients to access follow-up consultations, remote diagnostics, and medical advice (1). The elderly population, who frequently contend with multiple comorbidities, stands to benefit significantly from telemedicine services (2). Regular virtual consultations can facilitate improved health condition management, medication adherence, and timely interventions, thereby enhancing the overall health of the elderly while reducing hospital admissions (3). Rural communities in Pakistan are substantially underserved in terms of healthcare facilities. Telemedicine can effectively bridge this gap by offering access to a spectrum of health services (4).

Urgent attention is required for several factors to effectively implement telemedicine services, including establishing robust telemedicine infrastructure, ensuring reliable internet connectivity, and providing education to healthcare professionals on telemedicine procedures. The government must endorse and invest in telemedicine for its successful implementation.

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