25. BÖLÜM

UZAKTAN HASTA BAKIM TEKNOLOJİLERİ

Zeynep KIZILCIK ÖZKAN[1]
Figen DİĞİN[2]

UZAKTAN HASTA BAKIMI

Uzaktan hasta bakım/takibi (UHT); hasta hakkında toplanan verilerin ve görüntülerin gerçek zamanlı bir şekilde kablosuz olarak sağlık kuruluşundaki personele iletilmesine fırsat sağlayan bir stratejidir [(1).] UHT yaklaşımının ilk basamağında hastalar yer almaktadır. UHT, özellikle yaşlı, yenidoğan, kronik hastalığı olan, mobilite problemi yaşayan, cerrahi girişim uygulanan hastaların kendi yaşam ortamlarında özgür bir şekilde izlenmelerine imkan sunmaktadır [(1).] Hastaya ait veriler yatarak tedavi edilen bireylerde hastane ortamında ve diğer bireyler için yaşanılan ortamda elde edilebilmektedir [(2).] Hasta verilerini cihazlar toplamaktadır. Cihazlar; elbise, kemer, bileklik, yüzük, aksesuar, kulaklık, saat, gözlük, ayakkabı veya tshirt şeklinde giyilebilir veya sensörlerle (algılayıcı) donatılmış eşyalar (yatak) şeklinde olabilmekte iken bazı cihazlar vücut içine (yutulabilir) ya da yaşanılan alana (ev) yerleştirilebilen sensörler ile donatılmış olabilmektedirler. Veri toplayıcı cihazlar invaziv (pacemaker vb.) ya da noninvaziv (akselerometre vb.) olarak yerleştirilebilmekte ve taşınabilmektedir [(3).] Bu teknolojik cihazlar kullanılarak hastanın gerçek zamanlı izlenmesi mümkündür [(4).] Sensörler; düşük maliyetli, akıllı, kendi aralarında iletişim sağlayan, küçük boyutlu ve enerji kullanımı az olan cihazlardır [(5).] Taşınabilir hasta izleme üniteleri ya da giyilebilir cihazlarla

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