

Efficiency of Telehealth, a combination of physical and physiological approaches, for the patients post stroke: A narrative review

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Abstract

Patients post-stroke are not able to do their daily activities independently. They need to do regular physical exercises and also it is essential to follow regular patterns of diet and sleeping. It should be noted that with attention to the complicated situation of financial issues in the world, it is challenging for families to pay for daily visits of occupational therapists or physical therapists. So, using from online platforms with lower costs (in time and money) could be useful and cost-beneficial, not only for the patients and their families but also for the therapists. With care to this point, we have tried to organize a narrative review with a focus on Telehealth and Tele exercise for the patients post-stroke. As a home message, and based on the findings by the author, the practical role of telehealth for patients was clear and useful, but there is a need for further research to compare the benefits and deficits of using online platforms in comparison with face-to-face therapies.

Keywords: Telehealth, physiological, physical, post-stroke