

## Recommendation for How to Improve Taking Care of the Elderly with Covid-19

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#### Dear Editor in Chief

Coronavirus was first reported by an acute respiratory syndrome in December 2019 in Wuhan, China. This infectious disease spread rapidly in many countries around the world. The COVID-19 disease epidemic has created unprecedented challenges for health cares in many countries around the world (1,2). One of these challenges is how to care for the elderly. It is clear that with the improvement of care methods for the elderly, the death rate due to Covid 19 disease will be significantly reduced.

#### Let's look at some practical recommendations to improve taking care of the elderly with covid-19 (3)

- **A Care Plan Compromise.** Home care coupled with professional care provided by well-known agencies can best suit most families. Burnout is one of the common complications that need to be avoided during the pandemic. since many caregivers need to take care of their occupational and family management responsibilities at the same time, home care coupled with professional care is the best way to ensure that the elderly stay in their own home as long as possible.

- **Real-time communication of data to health professionals.** The remote patient monitoring or homecare telehealth program is characterized by real-time communication of self-taken test results to health professionals and physicians via a mobile medical device without having to visit medical institutions in person. This could be very useful specially for people with critically ill patients who are required to keep in touch with healthcare professionals more often. Thanks to Homecare telehealth program, individuals with sleep disorder, mental, cardiovascular, respiratory and other medical problems can easily and quickly communicate their medical data to health professionals in real time. this program also enables physicians to provide patients with online consultations even before the appointment date.

- **changes patients' lifestyle for better.** Remote patient monitoring (RPM) can, when incorporated into chronic disease management

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programs, dramatically improve the lifestyle of patients. RPM actually enables chronically ill individuals to spend more time at home with their families. using such as monitoring device, patients can call for emergency help as soon as their health critically deteriorates.

- **Makes healthcare easier to access.** Thanks to RPM, physicians can easily communicate with patients. RPM can also provide free consultation with physicians and consequently spare the need to go to clinics or pay for healthcare consultations. in fact, using RPM, medical agencies can support a larger number of visitors without being swamped.

- **Saves money.** When it comes to saving money, RPM could be a perfect choice. in other words, using RPM, patients can spare themselves the need to go to medical centers or personally visit physicians for test results. by decreasing the number of personal visits, RPM enables medical agencies to provide admission services more quickly specially in emergency cases. For instance, the app developed by Oxford University Institute of Biomedical Engineering, for instance, spared patients the need to personally visit medical centers for medical services. Application of RPM in a medical center reportedly led to reduction of in-site appointments by 25 percent.

In summary, the elderly face the greatest challenge posed by COVID-19 physically, mentally

and socially, and in the event of this disease, a heavy burden is placed on the health systems. It is necessary to pay attention to the care and protection of the elderly by health system policymakers. Preventive measures should not cause mental disorders in the elderly, and instead of solving the problem of COVID-19, creating a new disease, considering psychiatric recommendations and setting quarantine instructions based on these recommendations can be a solution.

**In a nutshell,** RPM could be of great use for both patients and healthcare professionals. However, location of patients and their remote access capabilities are the factors that could limit their access to RPM. Besides, the task of engaging patients in RPM and motivating them to use this system is found to be a heavy burden. Accuracy and precision of RPM devices can be counted as one of the main disadvantages of this technology. In fact, uncertainties regarding the effectiveness of RPM shall persist as long as imprecision problems remain unsolved.

### Conflict of interest

The author had no conflict of interest.

### Author's contribution

S.B. and F.M. conceived of the presented idea. S.B. and, M.E. wrote the manuscript with support from F.M. All authors read the manuscript and verified it.

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