

Swasthya Sanrakshan Nigrani (Health Maintenance Monitoring) ke madhyam se nimnalikhit ki nigrani ki ja sakti hai:

Sharirik swasthya avashyakta ki doorasth nigrani ke liye:

- Prarambhik set-up aur upkaran ka upyog kaise karein iski rogi shiksha
- Upkaran (Upkarano) ki apurti jisme dainik record ya programmed alert bhejne ki vyavastha ho
- Doorstha sharirik nigrani (Remote physiologic monitoring) aur antar-kriyatmak sanchar jo nimn likhit dwara poora kiya jata hai: Chikitsiya karmchhari, chikitsak, ya anya yogy swasthya seva pradata



Swasthya Rakh-Rakhav Nigrani Seva nimnalikhit HCBS Chhooton mein uplabdh hai:

- Parivar Samarthan Chhoot (FSW)
- Vikasatmak Viklangtaen Vyask Divas (DDAD) Chhoot
- Vyapak Vikasatmak Vikalangata Chhoot (CDD)

Doorasth Sahayta Seva ki jankari Nebraska Prashasnik Code mein yahan milti hai:

Title 403 NAC Adhyay 4, 5 aur 6

Adhik jankari ke liye dekhein:

<https://dhhs.ne.gov/>



Nebraska Swasthya aur Manav Seva Vibhag
Vikasatmak Viklangata Vibhag

Swasthya Sanrakshan Nigrani



Paribhasha

Swasthya Sanrakshan Nigrani (Health Maintenance Monitoring) ka arth vyakti ke swasthya ki nigrani aur chikitsa sambandhi data ka sankalan hai, jo chronic swasthya sthitiyon ke prabandhan, dekhbhal, aur samarthan ko behtar banata hai.

Yeh seva electronic sanchar takneekon ke madhyam se di jati hai jo dur se bhagidar ke mahatvapurn sanketon, biometrics, ya subjective data ko monitor karti hai.

Swasthya Sanrakshan Nigrani prapt karne wale pratibhagi ko ek chikitsa pradan karne wale chikitsak, chikitsak sahayak, ya unnat prashikshit nurse ke nigrani mein hona chahiye. Yeh vyakti unke chikitsiya sthiti ke liye seedhe roop se dekhbhal aur upchar pradan karta hai. Woh keval nigrani seva ko anumati nahi de rahe hai.

Swasthya Sanrakshan Nigrani ke Labh

- **Suvidha aur pahunch: Pratibhagi ko kahin se bhi apne** swasthya ka prabandh karne mein saksham banata hai.
- **Jald Pahchan aur Roktham:** Swasthya samasyaon ko gambheer hone se pehle pehchan karne mein madad karta hai.
- **Lagat-Prabhawe:** Aspatal jaane, emergency seva lagat, aur chikitsiya kharchon ko kam karta hai.
- **Behtara Chikitsak-Rogi Sanchar:** Behtar diagnosis aur upchar ke liye turant data pradan karta hai.
- **Pratibhagiyon ko sashakt banata hai:** Swa-dekhbhal aur sakriya swasthya prabandhan ko protsahit karta hai.

Swasthya Nigrani ki Mukhya Visheshataen

- **Doorasth Swasthya Nigrani**
 - Vital signs ko nirantar track karna (hriday gati, rakt chap, glucose star, adi)
 - Vastavik samay mein data sangrah ke liye wearable upkaran aur mobile apps
 - Asamanya swasthya readings ke liye alerts
- **Data Vishleshan**
 - Bimariyon ki jaldi pahchan ke liye bhavishyavani vishleshan
 - Data trends ke adhar par vyaktigat swasthya soojhna
- **Telehealth aur Virtual Paramarsh**
 - Virtual visit ke madhyam se swasthya vyavasayon tak pahunch
 - Bina samne mile turant chikitsiya salah
 - Electronic swasthya record ke sath samaveshit dekhbhal
- **Dawai aur Upchar Palana**
 - Dawai aur therapy sessions ke liye swayamchalit yad-dilane wale sandesh
 - Purani (chronic) bimari prabandhan ke liye virtual sahayata
 - Prescription refill ke liye pharmacies ke sath samaveshan

Doorasth Nigrani ke Tareeke

Telehealth ya digital swasthya seva pradan karne wale swasthya pradata nimnalikhit sanchar vidhiyon ka upyog karenge jo surakshit sanchar connection ke madhyam se pradan kiya jata hai jo HIPAA niyamo ka palan karta ho:

- Live ya real-time audio aur video asynchronous telehealth takneek
- Asynchronous store-aur-forward telehealth takneek
- Betaar upkaran, wearable sensors, ya swasthya monitors ke madhyam se doorasth rogi nigrani, jaise ki:
 - Hriday gati (electrocardiogram - ECG) ke sath
 - Shvasan (Respiration)
 - Blood oxygen level (SpO2)
 - Non-invasive rakt chap (NIBP)
 - Glucose monitor
 - Vajan
 - Apnea monitors
 - Dementia ke liye vishesh monitors
 - Tapmaan
- Keval-audio sanchar pranali
- Clinical text chat takneek

