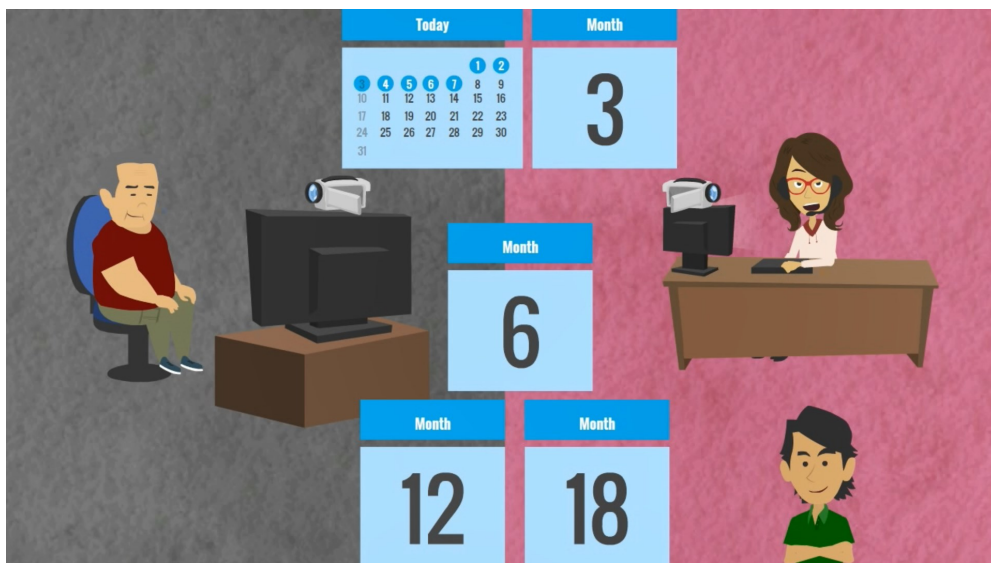


# HEALTHH NEWS VOL. 9

## ACCEPTABILITY OF TELEMEDICINE



- **Telemedicine (telemed) is used to connect health care staff with patients in distant places.**
- For instance, health care staff at NSHC and ANTHC can connect with patients who are in rural outlying communities.
- Telemed allows for better quality of health care at a lower cost.
- With it, health care is more immediate and far reaching. The patient and health care staff can see and talk to each other in real time despite being many miles apart.

### How we looked at the data

- Participants received counseling over telemed computer systems. The counseling focused on a heart healthy lifestyle.
- After counseling participants were asked how likely they were to recommend the HEALTHH Project to a friend or colleague on a scale from 1 to 10.
- 1 = no desire to recommend the programs to a friend or colleague, 10 = full desire.
- A high score points to higher acceptability for the telemed session.

## RESULTS

Participants had counseling when they first joined the HEALTHH Project. Later they had 3 follow ups over an 18 month period. Across all time periods, telemed counseling sessions were rated above an 8. **All scores are out of 10.**

- Both men and women gave a rating above an 8.
- Across all ages, ratings were high.
- Overall the ratings were 8.7, pointing to high acceptability of the telemed counseling sessions.