

crisis and monitoring of diabetes, etc.

Easy Access to Women and Children

Due to number of reasons, women and children are most vulnerable to the lack of access to healthcare. Telehealth, being a facility that specifically helps getting easier access to healthcare, is therefore especially beneficial to women and children.



Capacity Building

Capacity building and training is an important feature of COMSATS Telehealth. The capacity building activities of CTH can be categorized into following:



- Inhouse trainings for CTH team in Telehealth operations;
- Training of CTH team and other health professionals in health knowledge and skills;
- Awareness raising and Capacity building of stakeholders in Digital and Telehealth.

Building Partnerships

COMSATS Telehealth carries out its activities by developing linkages and collaborations with the relevant organizations. Partners provide funds, share resources and co-organize capacity building events. The partners include funding agencies like International Development Research Centre (IDRC) Canada, Government of Pakistan, and IT boards of Kyber-Pakhtunkhwa and Azad Jammu and Kashmir and local NGOs and organizations including Baltistan Health & Education Foundation and Human Development Foundation.



POTENTIAL COLLABORATION AREAS

- Resource sharing and expertise exchange among the organizations already working in Telehealth
- Establishment of a Telehealth system for a selected region
- Sharing and provision of healthcare opinions through Telehealth across the regions and borders
- Courses and capacity building programs arranged for the health professionals through Telehealth

ACHIEVEMENTS



Pioneer of Telehealth in Pakistan

More than 65,000 Consultations carried out so far



Showcased at WSIS 2005

Awarded honorary mention at ICIMOD's 2018 award



Patient Software indigenously developed

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COMSATS Telehealth (CTH)

Striving
for
sustainable
health

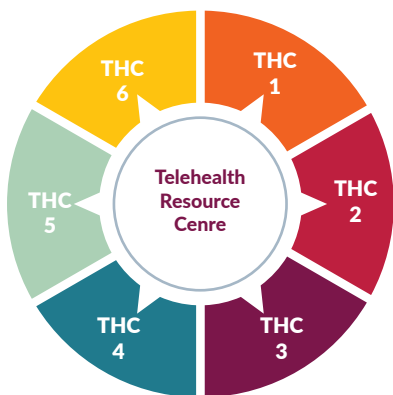


CHALLENGES IN HEALTHCARE AND TELEHEALTH

Countries of the South and, to some extent, the developed countries face several challenges in the equitable provision of healthcare, especially to the communities living in far flung areas. These include limited access to healthcare; scarcity of resources; high patient-to-doctor ratio and rural-urban divide. From DOS based computers to 5 G technologies, arrival and rapid development of Information and Communication Technologies (ICTs) has created a path through which enabling technologies can be utilized to develop new models of healthcare, and to fill in the gaps and strengthen the existing health systems. One such model is the Telehealth that promotes the use of telecommunications and virtual technology to deliver healthcare outside or in adjunct to traditional healthcare facilities.

COMSATS TELEHEALTH (CTH)

In order to bring healthcare closer to the people and communities through application of ICTs, COMSATS initiated its Telehealth project in 2001. Since its establishment, COMSATS Telehealth has brought primary healthcare and specialist's opinion to the people living in far flung areas of Pakistan, where access to doctors and specialist is limited. People can be connected to the doctors through technology within or quite close to their vicinities. The excellence in this field in the form of Information Technology Institute (now university) and Internet Services (CIS) helped COMSATS to duly meet the needs of this project.



The CTH Setup

CTH is a facility-based healthcare service. Its Resource Centre, is currently housed in CIS Islamabad, is linked through Internet to a number of Telehealth clinics (THCs) that are setup at distant locations in various areas of Pakistan. Patients from the community living near THCs get access to the doctors located at the Resource Centre via online video link assisted by a paramedic. The link enables the patients to present their problems directly to the doctor, get examined, and diagnosed followed by treatment.

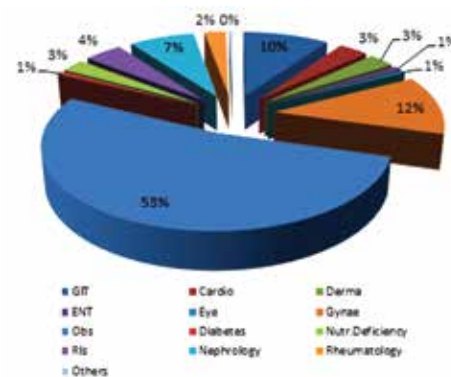
OBJECTIVES

- Promote and employ COMSATS' experience and use of Information and Communication Technology towards achieving Universal Health Coverage stipulated in Sustainable Development Goals (SDGs);
- Provide better access to healthcare for rural populations;
- Employ Telehealth as a tool in building capacity of health professionals in remote areas.

TELE-HEALTH SERVICES OFFERED

- General Outpatient care;
- Gynaecology (Antenatal and Ultrasounds);
- Paediatrics;
- Dermatology;
- Gastroenterology;
- Chronic ailments.

Case-wise Distribution of Telehealth Patients



Telehealth clinics (THCs)
Gujjar Khan (2001)
Skardu (2004)
Zhob (2011)
Islamabad - Gokina BHU (2013)
Sawabi - Dagai BHU (2013)
Islamabad D-10 (2014)
Quetta -Wahdat Colony BHU (2014)
Multan - Muzaffarabad BHU (2015)
Peshawar -Sangu BHU (2015)
Lahore- (2015)
Khairpur - Ubhri BHU (2015)
Gawadar- Shadoband BHU (2015)
Multan - Panjfaiz BHU (2015)
Mansehra - Behali BHU (2017)
Mardan - Dera Lakhpani (2018)
Sawabi - Tarakai BHU (2018)
Jhelum - Swika (2019)

BENEFITS

Reduced Travel Encumbrance

CTH provides to some of the most vulnerable and resource constraint populations access to more time economical and less travel-intensive healthcare option.



Better Healthcare

The ambulatory and specialized care provided by qualified health practitioners through COMSATS Telehealth is positively influencing the health outcomes of the people in the project areas through timely interventions for minor or major ailments or in chronic disease management, like treatment of hypertensive

