

RESOURCE GUIDE

How can I use telemedicine and new technology for my MPN care?

TYPES OF TECHNOLOGY TO HELP YOU

- **Artificial Intelligence (AI):** Can provide translations for non-native English speakers
- **E-skins:** Can be used for remote monitoring so you don't have to go to the doctors so often. Detects physical and electrical functions like heart, muscle, and brain activity
- **Biosensors:** Another option for remote monitoring; similar to a smart watch
- **Mobile Apps:** Includes apps for your hospital, so you can easily access your records or communicate with your doctor via the patient portal
- **Telepathology:** A type of remote expert consultation. Also improves efficiency and can allow results to be shared more quickly with you
- **Telegenetics:** Another type of remote expert consultation, so you can find out if you have any mutations like JAK2 or MPL
- **Home-Based Coaching Programs:** Uses text messages, can be helpful for survivors to connect and offer advice

HOW TO START USING TELEMEDICINE

- Ask your doctor if there are more options for televisits or if you can participate in a remote clinical trial
- Learn more about the different types of technology
- Download your hospital's app on your phone to view records and test results and to record symptoms
- Communicate with your doctor frequently via your patient portal
- If possible, use a functioning webcam and headphones
- Write down your questions
- If you feel uncomfortable or confused on how to utilize the technology, ask your doctor, nurse, or a family member/friend to show you

BENEFITS OF TELEMEDICINE

- Less travel to doctors if you live in a rural location
- Access to specialists that are far away
- Less chance of infections/catching something when going into hospital
- Typically less expensive than a physical appointment
- More convenient with no travel time
- Multiple experts can be consulted/looped in for personalized medicine

"Telemedicine isn't just technology but is also refers to other ways of using technology to facilitate the exchange of information and to keep clinicians, patients, and family caregivers connected." Lydia Schapira, MD, FASCO

DID YOU KNOW?

In a recent study that looked to gain insight into patients' experience and satisfaction with telemedicine during the COVID-19 pandemic:

- 80% of patients that were surveyed somewhat to strongly agreed that telemedicine met their healthcare needs, improved their confidence in their healthcare system, and were generally satisfied with the quality of care provided
- 90% understood their physicians' recommendations over telemedicine appointments
- 89% felt they could freely communicate their concerns
- 68% of patients also showed an inclination towards face-to-face consultations however, 90% were willing to participate in future teleconsultations

"AI is pretty good at, actually even, I would argue, probably getting better at catching cancer in a small biopsies than humans are. Then the pathologist can go in and can confirm if that's cancer or not. This saves a lot of mental power or mental energy and helps automate diagnostic processes."

- S. Joseph Sirintrapun, M.D., FASCP, FCAP

- [ACCC](#)
- [CancerCare](#)
- [Cancer Grace](#)
- [Family Reach](#)
- [MPN Research Foundation](#)
- [MPN Cancer Connection](#)
- [MPN Info](#)
- [MPN Advocacy and Education International](#)
- [Cancer Support Community](#)
- [LLS](#)
- [Triage Cancer](#)

MPN TelemED is brought to you by the **Patient Empowerment Network**. Funding is provided by an unrestricted educational grant from AbbVie, Inc. and through generous donations from people like you.