

# 健康服務觸手可及：數碼醫療入門

## Health Access at your Fingertips: Introduction to Digital Health

### 常見資源 General Resources

#### 虛擬醫療的好處 Virtual Care Benefits

- 節省時間
- 如果健康問題輕微，可以避免前往急診室
- 減低患者對病毒傳播的風險
- 較簡單使用
- Saves time
- Can avoid visiting the hospital or emergency room for minor health problems
- Decrease your exposure to potential health risks
- Can be accessed easily

#### 虛擬醫療的短處 Virtual Care Limitations

- 如果您沒有固定的醫護人員,您的護理連續性會降低 (與即場掛號診所類似)
- 不能處理緊急情況
- 缺乏臨床適用性
- Reduced care continuity if you do not see your usual provider (similar to going to a walk-in clinic)
- Dealing with emergencies
- Clinical appropriateness

## 就診前 Before Your Visit

- 預先聯絡醫生診所
  - 決定使用哪個設備（智能手機、平板電腦、電腦），充滿電並連接網絡
  - 選擇光線充足和安靜的位置
  - 如果有家人在身邊，請使用耳機或揚聲器
  - 如果可以，在預約之前嘗試使用該電話會議應用程式（例如 Zoom）進行測試
- Call doctors' office for proper preparation
  - Choose a device (smartphone, tablet, computer) and have it fully charged and connected
  - Choose a private and quiet location that is well-lit
  - Use headphones, or speakers with family member(s)
  - Do a test call using the program (e.g. Zoom)

## 就診期間 During Your Visit

- 準備好您的健康保險卡
  - 如果您家人在您身旁，通知護理人員
  - 選擇光線充足的位置，保持在鏡頭中心，說話清晰
  - 準備好所有記錄（例如血壓記錄、體重等）和發送病歷記錄
  - 準備紙和筆或電子設備來做筆記
  - 準備病歷記錄：醫療狀況、藥物和過敏
- Have your health insurance card available
  - Let the health professional know if a family member is joining you
  - Choose a well-lit location, stay in the centre of the camera, and speak clearly
  - Have at hand any notes (e.g. blood pressure records, weight, etc.) and materials sent
  - Have a pen and paper, or electronic device to take notes
  - Have a record of your health history at hand: medical conditions, medications and allergies