

3rd Global Experts Meet on
Health Care and Nursing
November 25, 2021



Scientific Tracks & Abstracts



Sessions

Healthcare | Nursing

Session Introduction

Title: Hospital at home program and its implications on nursing practice

Shabana Kapadia | Fraser Health Authority | Canada

Title: Telehealth and Maternity in 2022

Anjali Raj Westwood | York St John University | United Kingdom

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Telehealth and Maternity in 2022

Dr Anjali Raj Westwood

York St John University, London, UK

Background: Telehealth is gaining popularity due to the shift in healthcare services due to COVID-19. Maternity is one of the fields that could greatly benefit from continuing this practice.

Objective: Explore future pathways for integration of telehealth into maternity practices.

Design: Review existing literature on telehealth practices in maternity services and identify possible best practices for post pandemic maternity services.

Results: On the topic of telehealth and maternity, Pre-pandemic, 17 papers were found, and during the pandemic, 4 papers were published. The papers investigated a range of outcomes: utilisation of health services, birth outcomes, gestational diabetes, blood pressure, asthma, cost savings, time savings, low and high-risk pregnancies, and breastfeeding. There have been no critical incidents reported. All studies report suggestive benefits. A potential pathway has been suggested by the author for gestational diabetes and blood pressure.

Conclusion: Telehealth can be integrated into maternity services to benefit both women and the health services. Working women, women with other responsibilities, geographical isolation financial struggles-all of these can be tackled by integrating telehealth into mainstream maternity care. It is a cost-saver, convenient and can positively impact maternal and infant health outcomes.

Biography

Anjali is an Associate Lecturer at York St John University, London. She leads the module on healthcare management and the venture creation lab programme. Anjali completed her PhD from Warwick Medical School. Her research interests are maternity, breastfeeding, infertility, Yoga, infant health, telehealth, and healthcare entrepreneurship. Anjali is an entrepreneur who co-founded a maternity health start-up in India in 2016. Her start-up, *ilove9months*, offers solutions to women and families across socio-economic groups.

a.raj@yorks.ac.uk

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Hospital at Home Program and its implications on Nursing Practice

Shabana Kapadia, RN, BSN, MN, MSc

Clinical Lead | Virtual Health Programs at Fraser Health Authority

The Hospital at Home (H@H) program, also popularly known as “virtual hospital” or Hospital in the home, has created a shift in the way acute care is delivered to patients in the comfort of their own homes with the help of remote monitoring and other sophisticated technologies. In this program, admitted patients who meet the admission criteria are offered 24/7 care at home under the direct care of a hospital. Research has shown that the H@H program helps with increasing acute care capacity, optimizing patient flow, reducing unnecessary hospital stay, reducing incidents of delirium and falls among frail elderly patients associated with hospital admission, and reducing hospital-acquired infection. Furthermore, the program is associated with increased patient and caregivers’ satisfaction and increased efficiency of care. During the COVID-19 pandemic, this program has gained increased popularity, and in the coming years, it has the potential to be accepted globally. Thus, it is essential to identify the implications of the H@H program on nursing practice. Some of the key questions that I will explore in my presentation are: 1) what are the potential challenges nurses might face in the H@H program, and how do we prepare nurses to overcome these challenges? 2) What are the potential gaps between nursing education and the realities of practice in the H@H program? How do we establish transformational leadership competencies in all nursing roles to support change in nursing practice for the H@H program?

Biography

Shabana Kapadia is a clinical lead for the virtual health program at Fraser Health Authority in Vancouver, Canada. She has completed a double Masters program in Nursing and Health Informatics from the University of Victoria in Canada. She has a diverse nursing experience, including bedside nursing, case manager, clinical nurse educator and clinical information specialist. In her current role as a clinical lead, she has rolled out several virtual health projects. She is also a research and evaluation lead for the Hospital at Home (H@H) project. During the COVID-19 pandemic, she has led a remote monitoring application project at Fraser Health to prevent congestion in local hospitals. The project was a web-based application that uses remote patient monitoring technology to enable clinicians to manage symptoms of COVID-19 positive patients and their contacts at home, so they can continue to maintain self-isolation.

shabana.kapadia@fraserhealth.ca

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