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Kadiyali M Srivatsa

Doctors and Creator of Dr Maya, Germany

How Can Dr Maya Protect Humanity and Healthcare Workers?

ABSTRACT: Promoting self-care can be highly beneficial to healthcare providers all over the world. Self-care for minor illnesses has not changed over the years. Only 16% of people with a new minor ailment self-treated, 22% did nothing, and 62% visited a doctor. Consultations are often triggered by the failure of self-care, the need for reassurance, young children's involvement, fear of more severe illness, or encouragement from family or friends.

PROBLEM: In the Pre-COVID era, people with minor illnesses walked into surgery and demanded emergency appointments, but the situation changed. Family physicians are encountering violent and abusive patients, and are bullied by people in power to offer face to face consultation. How can we reduce workload, get paid and make everyone happy? Common diseases commonly occur; rare diseases rarely happen, but how do we differentiate the two? We neglected the so-called "minor ailments" because they are less understood, managed with uncertainty and often using only common sense.

SOLUTION: We collected and compiled a list of presenting symptoms that encouraged the patient to consult. Using the data, we identified nine symptoms as common and colour coded them. This is the first tool of its kind, and probably the only option to help fellow human.

OBJECTIVE: Tool to help promote self-care and medication, reduce delays or encourage to consult when necessary. Reducing wasted consultation, cost, travel to help prevent spreading infection in family and community, help patients. Integrating this innovation with Information technology, we created an application that can be used to identify infected individuals, clusters, and quarantine them.

CONCLUSION: Reducing consultations with a doctor for minor ailments will improve the quality of care, prevent cross infections, and reduce testing and hospitalisation costs. The cost of implementing this method is minimal, benefit to patients and saving the cost of care for healthcare providers is considerable.

Biography

Kadiyali M Srivatsa Doctors and Creator of Dr Maya, Germany.

kadiyalis@gmail.com