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TELEREHABILITATION FOR CHRONIC PAIN MANAGEMENT

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Relevance. Telerehabilitation is vital for chronic pain treatment, offering remote access for those in rural areas or with mobility and financial challenges. By integrating technology, it creates flexible services that lower costs and improve patient compliance. The COVID-19 pandemic highlighted its essential role in healthcare delivery. Telerehabilitation interventions for chronic pain management serve primarily to both regulate pain and lower its force while aiding self-care and functional capabilities and quality of life and increasing care availability and minimizing healthcare expenditure.

Materials and methods. A retrospective analysis gathered data from various norms and guidelines, including the National Institute of Health, All India Institute of Medical Sciences, and the American Telemedicine Association. Key texts included "Telemedicine: A Comprehensive Guide" by D. M. Got and J. C. W. Wong (2020) and "Telehealth and Telemedicine in Pain Management" by J.R. McNaughton and R.H. Becker (2019). Additional data came from PubMed Central, ResearchGate, and online resources like Cleveland Clinic and Mayo Clinic.

Results and their discussion. NASA started telemedicine development in their manned space-flight program through the creation of telemetry devices which tracked astronaut biological activity remotely. The technology has progressed significantly since the COVID-19 pandemic emerged while patients now have better access and quality care and providers have better communications but healthcare providers face challenges such as risk of physician-patient relationship depersonalization and some limitations with remote consultation. Telemedicine operates in Belarus to provide follow-up medical appointments to patients who received their first diagnosis at on-site locations. The limitations of technology through inadequate infrastructure together with missing medical devices impede telemedicine deployment. The government needs to implement telemedicine facilities exclusively designed for elderly medical needs. Research programs continue to develop telemedicine optimization and quality proficiency along with establishing cost-effective payment methods. Telemedicine functions as an effective solution to connect distant pediatric health services through time. The results from qualitative research revealed that medical staff must understand what patients and their caregivers want regarding innovative healthcare delivery systems. The implementation of telerehabilitation depends heavily on patient participation since chronic pain patients appreciate its advantages yet refrain from using it independently. Further activities need to combine standard medical care procedures with steps for creating trust in telehealth while reducing patient skepticism. Additional studies based on quantitative methodologies must explore patient willingness to adopt these health services.

Conclusion:

1. Successful telemedicine initiatives rely on selecting user-friendly technology that is cost-effective and accessible. These elements ensure effective system use and patient engagement, enhancing care throughout all stages. A thorough technology evaluation improves patient-care connections and health outcomes.

2. The program relies on evidence-based treatment protocols developed alongside their implementation for reliable service delivery. Research in telerehabilitation shows that standardized, scientifically-backed guidelines ensure optimal patient care, fostering trust between patients and healthcare providers.

3. To popularize these programs, it's crucial to enhance public understanding of their benefits and cost-effectiveness. Educating patients about how these programs improve access to healthcare and alleviate transportation issues will encourage more to adopt telerehabilitation for chronic pain management.