

## ADVANCE PRAISE

As people have become more familiar with the technology of videoconferencing and instant communications afforded by smartphones and tablet computers, the field of telehealth has gained ground, yet few members of the public are even aware that such services exist. Jocelyne Picot has succeeded in filling that knowledge gap by explaining telehealth to the uninitiated.

—**Trevor D. Craddock**,  
PhD, FCCPM, DABMP,  
Professor Emeritus,  
Western University

*(Endorsements continue overleaf)*

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## New Book Reveals Benefits of Telehealth

Health care systems today face mounting pressures from an aging population, demanding clients and rising costs. At the same time, information and communication technologies (ICTs) are helping to transform health care delivery. Welcome to the little-known world of telehealth.

The new book *What Telehealth Can Do for You* shows the impact telehealth is having on patients, caregivers and health care professionals worldwide through numerous case studies, examples and stories. From **emergency rescues** at sea to **virtual nursing care** after heart surgery, from genetic **counselling via video-conference** to the growth of **mobile health**, this book helps you understand the terminology and assess the benefits of technologies bound to play a role in your future. You may be surprised to learn:

- that telehealth can reduce wait times—for diagnostic tests, for referrals, and even in emergency departments
- that the Ontario Telemedicine Network is considered the largest and busiest such network in the world
- how social media are expanding patient-centred care and the model of self-care known as participatory medicine

A veteran consultant in the field of telehealth, author Jocelyne Picot brings a wealth of experience and a global perspective to the topic. She aims to show how ICTs can help to provide better access to health and medical care and information, now and in the future.



**JOCELYNE PICOT**, PhD, has 40 years' experience in teaching, research and consulting in medical imaging and telehealth. She is a member of COACH's Canadian Telehealth Forum and a long-time member of the American Telemedicine Association. She travels widely and while at home in Canada, divides her time between her home province of New Brunswick and adopted city of Montreal.

**Reserve your copy today by e-mailing**  
**admin@infotelmed.ca.**

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## MORE ADVANCE PRAISE

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Everyone needs to read this book and keep it as a reference. This is telehealth explained in simple terms, with examples from around the world.

—**Tony Joseph**, *community representative,*  
*Centre for Applied Ethics,*  
*McGill University Health Centre;*  
*board member, Thomas More Institute*

After reading this book I find it amazing that ICTs have not spiralled off much more successfully, considering the great improvement they could make to accessing medical care.

—**Charles Richmond Barton**, *PhD, faculty member, Concordia University (retired)*

Jocelyne Picot is one of the pioneers of this new technological era in health. As such, she is able to successfully convey the knowledge she gained through experience, using straightforward and simple language. In New Brunswick, we have benefited from her knowledge and feel privileged to receive such a gift from someone who has given so much to the community. Thank you, Jocelyne.

—**Suzanne Robichaud**, *Director, Clinical Programs;*  
**Nicole Chévarie**, *Director of Health Technologies;*  
**Nicole Laplante**, *Project Manager,*  
*Vitalité NB Regional Authority*

A long-overdue enlightenment of such a little-known and yet so important aspect of health and medicine!

—**Najma Waglay**, *MA, faculty member,*  
*Dawson College (retired)*

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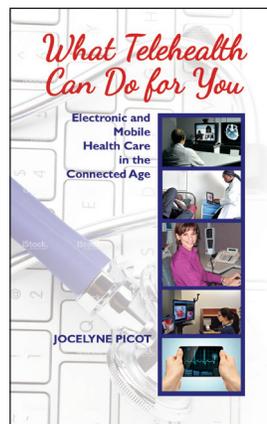
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## *What Telehealth Can Do for You* **Electronic and Mobile Health Care in the Connected Age**

### WHAT YOU NEED TO KNOW

Why would you read this book? Because, in one practical and readable resource, you will

- find out how telehealth got started, where and when
- become familiar with **teletriage, virtual health** and **e-health**
- discover how telehealth can help you in an emergency
- learn about telehealth **applications, terminology** and **technology**
- find out about the uses of telehealth at home
- locate the **telehealth services** you might need where you live
- read about telehealth **programs around the world**
- gain access to hundreds of references found in the book's endnotes
- become aware of the **hazards of health online** and how to avoid them



Wireless, mobile and Internet technologies have ushered in new dilemmas and questions, which this book also addresses. For example, with unprecedented access to information about self-care, alternative medicine and new treatments, how do patients and caregivers distinguish what is trustworthy or applicable vs. what is not? Plus, advances in information and communication

technologies (ICTs) permit people to obtain accurate diagnoses and appropriate therapies, but health care systems around the world are not necessarily equipped to cope with the rising tide of the chronically ill. These are issues that will not be resolved in the short term but deserve attention.