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Telemedicine from neurosurgery department patients perspective-is there a place for telerehabilitation in postoperative spine management?

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Introduction: The number of patients undergoing neurosurgical procedures increases, wherefore the burdened patients need professional, holistic approach, which is not always available particular in low income countries. The aim of our study is to assess patient's willingness to use a free tele-rehabilitation (TR) device at Neurosurgery Department.

Materials and Methods: The process of potential TR implementation was analysed, and 91-item questionnaire was created. Past medical history, current neurological status, disability level and patients' attitude to TR were investigated. Individual and comparative analyses was performed.

Results: 100 patients aged 54±19.00y.o., hospitalized in the Neurosurgery Department were included into the study (41% males and 59% females). 51 of them lived in urban and 49 in rural area. 44 patients suffered from degenerative spine disease. More than the half of patients (61%) received rehabilitation during live and 88% believed there is difficulty to admittance rehabilitation, moreover 26% mentioned high cost of attending rehabilitation. According to patients experience the accessibility of institutional rehabilitation is not well or bad (34% and 26%). Participants held positive view of potential free TR interventions (44–80%). However, while 90% owned mobile phones, less people had smart phones or computers (42% vs 65%).

Conclusions: According to our survey patients believe that continuous monitoring of the treatment process through a mobile system, foreseen by specialist can lead to better outcomes. Our data suggests that degenerative spine disease patients group are potential good candidates to start TR. We believe TR can help introduce the innovation service in the e-health field and expand the paradigm of better care.

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