

1. Feasibility of telemedicine for diabetic patients in Lahore: A Cross-Sectional Study.

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Background: Telemedicine is defined as the remote diagnosis and treatment of patients through telecommunication and technology. It can play an important role in healthcare, especially in urban centers with ever increasing populations such as Lahore. The recent pandemic of COVID-19 has reshaped telemedicine and enhanced its importance in providing cost effective and efficient treatment while minimizing patient-doctor contact. Diabetes mellitus is a major health concern all over the world due to increasing patients and the long-term complications. Effective management requires regular monitoring, lifestyle modifications, and continuous medical attention. In Pakistan, the growing number of diabetic patients places significant stress on healthcare systems. **Aim:** This study determines the feasibility of telemedicine services in the management of diabetes among patients residing in Lahore. **Methodology:** A structured google form was circulated among the diabetic patients in Lahore. About 307 responses were received. The questionnaire assessed demographics, challenges, awareness about telemedicine and willingness to use telemedicine. Data was analyzed using R software. **Results:** About 89.9% of participants were aware of telemedicine, and 68.7% showed willingness to use it. Moreover, video consultations were preferred by 62.5%. (Table 01) Major obstacle for the use of telemedicine was lack of technical knowledge, poor internet connectivity and difficulty in obtaining lab results. Fisher's exact test demonstrated a significant relationship between technology access and willingness ($\chi^2=14.217$; $p=0.0035$). Age group, gender and financial difficulty were not significant. Participants showed higher willingness due to travel difficulty but did not reach conventional significance ($\chi^2=2.702$; $p=0.0916$). **Conclusion:** The residents of Lahore showed acceptance for telemedicine. Improving digital literacy, overcoming barriers and physician involvement can increase adoption among diabetic patients. Overall, the results suggest that telemedicine can be a great support to healthcare models for diabetic patients in Lahore. Telemedicine can help reduce burden caused by travel, can improve follow-up care, and it can support diabetes management more efficiently in Pakistan.

Key Words: Telemedicine, Diabetes, Digital literacy, Public Health

Telemedicine Awareness	Yes	276	89.9
	No	31	10.1
Physician Explanation Received	Yes	269	87.6
	No	38	12.4
Belief Saves Time & Cost	Yes	246	80.1
	No	61	19.9
Willingness to Use	Willing	211	68.7
	Not willing	96	31.3
Preferred Mode	Video consultation	192	62.5
	Phone consultation	75	24.4
	Prescription-based apps	40	13.0

Table 01. Awareness, Perceived Utility, and Delivery Preferences

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