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LETTER TO THE EDITOR

The Importance of Telenursing in Nursing: A Paradigm Shift in Chronic Patient Care

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TO THE EDITOR:

Telenursing, a vital branch of telehealth, enables the provision of nursing services remotely through the use of communication technologies. This approach is particularly beneficial for individuals with chronic illnesses, the elderly, and those living in remote or underserved areas (1). Randomized controlled trials have demonstrated that nurse-led telehealth programs, such as tele-homecare, significantly reduce hospital readmissions and emergency visits, while improving the quality of life for patients with chronic conditions (2). Moreover, telenursing interventions for patients with hypertension have led to improved blood pressure control and better adherence to medications and lifestyle modifications, underlining the increasing significance of telenursing in chronic disease management (3, 4).

Tools such as telephone consultations and remote monitoring systems not only enhance patient satisfaction but also ensure access to care for individuals with limited mobility or without a primary caregiver in remote regions (5). The application of advanced technologies is increasingly seen as an extension of the art of nursing, enabling swift and informed decision-making in patient care (6). As a cornerstone of remote nursing care, telenursing leverages communication tools, including telephone, internet, and video, to deliver sustained care to chronically ill patients and isolated communities. These technologies reduce temporal and geographic barriers, cut healthcare costs, and significantly improve patient health outcomes (7).

Recent studies emphasize that telenursing can eliminate spatial-temporal limitations, reduce the economic burden of care, and enhance the well-being of vulnerable populations (8). Continuity of care models integrated into telenursing further contribute to patient rehabilitation and self-efficacy (9, 10). In conditions like type 2 diabetes, telenursing facilitates improved self-management, ongoing education, and motivation for self-care (11).

Despite its many benefits, the widespread adoption of telenursing still faces challenges, including limited digital literacy, concerns over data privacy, a lack of technological familiarity, and restricted internet access, particularly among elderly populations (12). Telenursing offers continuous access to care, reduces transportation costs, improves clinical outcomes, and enhances healthcare efficiency. However, its success relies on addressing key barriers, including the need for nurse training in digital skills, data confidentiality, digital equity, and infrastructural readiness.

In conclusion, telenursing represents a highly effective tool for improving clinical outcomes, increasing patient satisfaction, and overcoming access barriers, especially in underserved regions. With ongoing investment in IT infrastructure, focused training for nurses and patients, and strict adherence to ethical and security standards, telenursing is poised to become a foundational component of future nursing care.

Keywords: Telenursing, Nursing Care, Chronic Disease, Telemedicine

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