THE JOURNAL OF TELEMEDICINE

Hojjati et al., The importance of telenursing in nursing, Spring 2025 2(2), 33-35

LETTER TO THE EDITOR

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

Hamid Hojjati, Nafiseh Hekmati Pour*

Received 22/06/2025 Accepted for publication 30/06/2025 Published 30/06/2025

* **Correspondence to**: Department of Nursing, Ali.C., Islamic Azad University, Aliabad Katoul, Iran. email: <u>n-hekmatipour@aliabadiau.ac.ir</u>

About the authors:

Hamid Hojjati; PhD in Nursing, Assistant Professor, Nursing Research Center, Golestan University of Medical Sciences, Gorgan, Iran.

Nafiseh Hekmati Pour; Department of Nursing, Ali.C., Islamic Azad University, Aliabad Katoul, Iran.

This is an open access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction, provided the original author(s) and source are credited.

https://doi.org/10.32592/TJT.2025.2.2.33

https://tjtmed.com

THE JOURNAL OF TELEMEDICINE

Hojjati et al., The importance of telenursing in nursing, Spring 2025 2(2), 33-35

TO THE EDITOR:

T elenursing, 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

https://doi.org/10.32592/TJT.2025.2.2.33

THE JOURNAL OF TELEMEDICINE

Hojjati et al., The importance of telenursing in nursing, Spring 2025 2(2), 33-35

REFERENCES

- 1. Rad AM, Nouri MA, Safarian B. Psychiatric disorders in the elderly. 2025.
- Gajarawala SN, Pelkowski JN. Telehealth Benefits and Barriers. The Journal for Nurse Practitioners. 2021;17(2):218-21.
- Tajari M, Mashhadi M, Akhound-Zadeh G, Hojjati H. The effect of SMS and telegram reminder system education on adherence to medication regimen in teenager with Type 1 Diabetes in Gorgan, 2019. ndhj. 2020;11(1):46.
- Tajari M, akhoundzadeh G, Hojjati H. Educational Effect of Short Message Service and Telegram Reminders on Adherence to the Diet in Teenagers with Type I Diabetes in Gorgan 2018. zbmu-jdn. 2019;7(2):764.
- 5. Wilson J, Heinsch M, Betts D, Booth D, Kay-Lambkin F. Barriers and facilitators to the use of e-health by older adults: a scoping review. BMC Public Health. 2021;21(1):1556.
- Chalfont G, Mateus C, Varey S, Milligan C. Self-Efficacy of Older People Using Technology to Self-Manage COPD, Hypertension, Heart Failure, or Dementia at Home: An Overview of Systematic Reviews. The Gerontologist. 2021;61(6):e318-e34.
- 7. Mallahigar F, Bahrami A. Oral hygiene nursing in older adults. Am J Geriatr Psychiatry. 2021;29(10):1053-7.
- 8. Leff B, Ritchie CS, Rising KL, Cannon K, Wardlow L. Addressing barriers to equitable telehealth for older adults. Frontiers in Medicine. 2025;Volume 12 2025.
- 9. Mun M, Park Y, Hwang J, Woo K. Types and Effects of Telenursing in Home Health Care: A Systematic Review and Meta-Analysis. Telemedicine journal and e-health : the official journal of the American Telemedicine Association. 2024;30(9):2431-44.
- Vormeier P, Schreiner VC, Liebmann L, Link M, Schäfer RB, Schneeweiss A, et al. Temporal scales of pesticide exposure and risks in German small streams. The Science of the total environment. 2023;871:162105.
- 11. Şahin E, Yavuz Veizi BG, Naharci MI. Telemedicine interventions for older adults: A systematic review. Journal of telemedicine and telecare. 2024;30(2):305-19.
- 12. Şahin E, Veizi B, Naharci M. Telemedicine interventions for older adults: A systematic review. Journal of Telemedicine and Telecare. 2021;30:1357633X2110583.

https://doi.org/10.32592/TJT.2025.2.2.33

https://tjtmed.com

#tjtmed