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### The role of digital health in improving patient outcomes

Growing attention has been given to how digital health tools can enhance patient involvement and deliver virtual care that meets patients' needs. The degree to which patients actively participate in their own care, including making treatment choices and managing their condition on their own, is known as patient engagement. Digital health tools can influence patient involvement in a number of ways, including: The patient experience has altered as a result of digital transformation. Patients can have 24/7 access to their health records, including test findings, appointment schedules, and medication lists, thanks to digital tools. Patients may feel more empowered to participate actively in their own healthcare as a result of the increased access to knowledge. Patients and their healthcare providers can communicate better thanks to digital health aids. For instance, a lot of online sites now provide secure messaging services that let patients get in touch with their medical team without setting up an appointment. Patients may find care to be more approachable and convenient as a result. Patients who use digital health tools can better control their condition on their own. For instance, a lot of digital platforms today provide monitoring features

that let patients keep an eye on their own symptoms and medication compliance. The decision-making process for treatment can then be assisted by sharing this knowledge with the relevant caregivers. The way we offer healthcare could be completely changed by digital health tools. They can help empower patients and raise patient involvement by expanding access to information on a patient portal, enhancing communication, and supporting self-management.

#### Biography

Charles has an extensive background in digital health, working in both public & private sectors. His recent work has included how digital health working with medicines improves patient outcomes and how it contributes to enhancing healthy average life expectancy (HALE) thereby assisting in meeting the UN's SDG3, Good Health & Wellbeing. He is CEO of the free-to-join Digital Health & Care Alliance (DHACA), a Special Adviser to NICE, and a Past President of the Royal Society of Medicine's Digital Health Section. He was awarded the Ella Pringle medal by the Royal College of Physicians in 2019. He consults for Humetrix Inc on app-related matters. He chairs Age UK Ealing and recently stepped down from chairing Citizens Online, the digital inclusion charity, where he remains a Trustee.

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