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Thursday

Highlighting the potential of telemedicine with TeleMedicine Society of Telangana

Taking us through the history of the TeleMedicine Society of Telangana, and the advancement in telemedicine initiatives, The Pioneer connects to Dr. Lalitha Reddy Palle, the former vice president of the TeleMedicine Society of Telangana for our weekly column of Community Wise.

colloquium was held at the TSI Telangana headquarters in Hyderabad by the Telangana Chapter of the Telemedicine Society of India, a scientific society devot. Lathia heddy Palle, the former vice president of the Telemedicine Society of India, a scientific society devot. Lathia heddy Palle, the former vice president of the TeleMedicine Society of Telangana, tells us everything there is to know about the history of the Telangana Chapter and more "My early experiences in healthcare played a pivotal role in recognising the immense potential of telemedicine as a transformative lorce," she says. "Observing the difficulties people encounter in getting timely and specialised medical care, particularly in read or underdawelogie encounter in getting timely and specialised medical care, particularly in read or underdawelogie encounter in getting timely and specialised medical care, particularly in read or underdawelogie encounter in getting timely and specialised medical care, particularly in read or underdawelogie encounter in getting timely and specialised medical care, particularly in read or underdawelogie encounter in getting timely and specialised medical care, particularly in read or underdawelogie and the secondary that the secondary is a secondary to the telemedicine and provide patients with access to medical knowledge. My interest for discovering accessible and patient-centric solutions was stoked by my early meetings with patients who faced obstacles such as lack of transportation, distance, or other difficulties in accessing healthcare services, says the former lecturers, who have been actived to the such as a secondary to the secondary and the secondary an



endeavor, was founded in 2022. "I am a physician who turned entrepreneur, currenly serving as advisor and consultant for Archer Mindtech, a health thet startup that made news recently when it and the start of the

people with chronic illnesses including diabetes, hypertension, and mental health issues. This helped telemedicine significantly advance not only in Telangana but the entire nation! This event highlighted the adaptability and durability of telehealth services, proving their capacity to provide high-quality medical treatment even under trying situations.

What cles was there for her to say? Well, 'I have always prioritized integrating technology into medical education. 200 saw amjor transition in medical education toward online platforms, such as journal clubs, online case discussions, and virtual classes of the control of the co

'Raveena Tandon is so grounded that she pushed me to do better in mv scenes'



Understanding Somatic Stress Disorder in children

ncreased screen time in children during the pandemic has been linked to the emergence of a concerning new condition that is Somatic Stress Disorder, a condition that is Annatic Stress Disorder, a condition that is Annaterized by heightened anxiety and suppressed emotions, leading to physical distress that can manifest in various parts of a child's body, such as head, chest, arms, and joints. Unlike voluntary or "fake" symptoms, SSD's impact is biological and warrants attention to address the underlying causes and symptoms.

SYMPTOMS

Unexplained Physical Pain: Frequent complaints of stomachaches or headaches without a clear medical cause serve as a hallmark of SSD. The physical pain is genuine and often a manifestation of emotion-

al distress.

Sleep Disturbances: Children experiencing SSD may find it challenging to regulate their emotions, leading to sleep disturbances and further exacerbating their

bances and further exacerbating their condition.

Nutritional Changes: Altered eating habits, either excessive or insufficient, can be linked to emotional struggles induced to the conditional stru

be linked to emotional struggles induced by prolonged scere exposure. Hydration Fluctuations: SSD may impact a child's ability to maintain a regular and healthy hydration routine contributing to their overall physical discomfort. Anxiety and Stress: Excessive worry, fear, or tension can contribute to physical symptoms in children experiencing SSD. CAUSES

LAUNCE
Major Life Changes Significant life events such as divorce family conflict, bullying or academic pressure can overwhelm children, manifesting in physical complaints. Communication Challenges: Children who struggle to verbalize their feelings may unconsciously express them through bodily symptoms like stomachaches or headaches.

Heightened Sensitivity: Some children are naturally more aware of their physical sen-sations, and stress can amplify these per-ceptions, leading to perceived illness. SSD may be more pronounced in children with heightened sensitivity to their own bodi-

offentain readin Co-occurrence: Anixely, depression, or trauma can co-occur with SSD, further complicating the owneral pixel. Addressing the underlying mental health challenges is crucial for effectively health challenges is crucial for effectively analoging and terroing SSD are confirmed to the confirmed of th



TREATMENT FOR SSD

Screen Time Limits: Establish age-appro-priate screen time limits to promote real-world engagement. Encourage activities that foster social interaction and physical movement, reducing the negative impact

movement reducing the negative impact of excessive impact in the property of the except proven to positively impact mental health and can serve as a therapeutic measure for children experiencing SSD.

Emotional Expression Foster an environment where children feel comfortable expressing emotions. Encourage open communication and provide outlets for children to articulate their feelings, reducing the need for physical symptoms as an expression of distress.

Counseling or Therapy: Counseling to

ing the need for physical symptoms as an expression of distress.

Counseling or Therapy: Counseling to address underlying emotional distress is essential. Professional support can help children navigate and process their emotions healthily and constructively.

Consistent Sleep Routines: A structured sleep schedule can positively impact a child's emotional well-being, contributing to the overall management of SSD sealanced Diete Proper nutrition plays a crucial role in maintaining the body resilience against the physical tool of emotional distress associated with SSD Parental Involvement: Parents should stay involved in a child's life, offering support and understanding. A strong support system at home can significantly contribute to a child's emotional well-being, reducing the severity of SSD symptoms.

(The author is Dr. Sushma Gopalan, a Child Psychologist - Child Life Specialist, Pediatrics & Neonatology at Aster CMI, Hospital, Bangalore)