

## **Remote Patient's Health Monitoring System for Rural Population: Challenges and opportunities**

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### **ABSTRACT**

This paper presents findings from a remote health monitoring, the challenges faced and the opportunities with emphasis on patients with hypertension in a rural area using a blood pressure health monitoring system. The health monitoring system stores and sends blood pressure (BP) data over wireless to a remote server. Medical doctors can view the data at regular basis remotely from a website. This community-based participatory research study carried out BP monitoring on eleven residents from the Kampung Serasot and did follow-up assessments on the available health care for them. The research methodology included structured questionnaires, observation of the BP monitoring and evaluation of roles of trained non-medical personnel. There is a need to determine the degree to which remote health monitoring interventions can be integrated into tele-centres to increase awareness in healthy living and wellness.

**KEYWORDS:** remote health monitoring, blood pressure readings, hypertension, tele-centre