



# DATA'S BIG ROLE IN HEALTHCARE

*AS THE HEALTHCARE INDUSTRY EVOLVES, DATA AND INFORMATION OF PATIENTS IS CHANGING THE DYNAMICS OF HOW HEALTH IS BEING MONITORED.*

**BY BINDU GOPAL RAO**

**T**he healthcare industry is on the cusp of a data revolution. While the last few decades were spent investing in imaging, big machines, instruments and devices, the next few will be spent on personalising healthcare with data to achieve exponentially better results with much less risk and guesswork.

Wearables are going to be the main source of data in the future. These days we see so many fitness trackers, which track data of physical activity and workouts. They can provide valuable data to predict or monitor a person's

health. Soon we will have doctors prescribing medical-grade trackers that can be used by recovering patients to monitor their vitals. Pawan Gupta, Co-Founder, Curofy, avers, "We are seeing a flurry of wearables which are capturing data and hundreds of vitals ranging from heartbeat to physical activity to sleep tracking. And all of this data is being captured real-time and uploaded to cloud. This will turn out to be a huge boost to data-driven healthcare." The healthcare IT sector has a strong mandate to create electronic medical records and patient management software that charts these and other elements

from patient intake to discharge.

"Going wireless and paperless has allowed IT developers to build systems where electronic surveys and intake forms are sent to patients, progress surveys during treatment, and satisfaction and clinical outcome surveys at discharge. Today DNA analysis can also provide a patient with detailed instructions to lead a life in harmony with his/her genetic predisposition and avoid predisposing disease factors," says Dr. Vikas Puri, President & Co-Founder, Intelligent Health Group, a franchise of health clinics with locations in Canada and India.

The good thing about data collection is that it can be standardised and shared on the cloud with other applications. For example, sleep apnea is a disease which affects a large section of the