

Abstract

Telemedicine in Parkinson's Disease Management: Clinical Innovations and Patient Empowerment

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Introduction. Parkinson's disease is a progressive neurological disorder requiring continuous monitoring and long-term multidisciplinary management. Telemedicine has emerged as a promising strategy to improve access to care, facilitate clinical follow-up and support patient engagement. Digital health solutions may enable remote monitoring and strengthen communication between patients and healthcare professionals.

Methods. A narrative review of the literature was conducted to explore the role of telemedicine in Parkinson's disease management. Scientific articles from major biomedical databases were analysed, focusing on telemonitoring, digital platforms and remote clinical support. Particular attention was given to studies reporting clinical outcomes, patient engagement and continuity of care.

Results. The literature highlights several potential benefits of telemedicine, including improved access to specialist care, reduced hospital visits and enhanced continuity of monitoring. Remote consultations and digital tools may support symptom assessment and treatment adjustments while promoting patient participation in disease management.

Discussion. Telemedicine represents an innovative approach for the long-term management of Parkinson's disease. Integrating digital technologies into clinical pathways may improve accessibility, support patient empowerment and contribute to more sustainable healthcare models.

Keywords: Digital Health, Telemonitoring, Continuity of Care, Telemedicine

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