

# Exploring the use of telemedicine in gynecology: A systematic review.

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## Abstract

The use of telemedicine in gynecology has become increasingly popular, particularly during the COVID-19 pandemic. In this systematic review, we aimed to explore the current state of knowledge regarding the use of telemedicine in gynecology. We conducted a comprehensive search of electronic databases for studies on the use of telemedicine in gynecology published between January 2015 and December 2022. A total of 27 studies were included in the final analysis. Overall, the results of the included studies suggest that telemedicine can be an effective tool for delivering gynecologic care. Telemedicine was found to be particularly useful for consultations, follow-up visits, and counselling, and for patients living in remote or underserved areas. The studies also highlighted some of the challenges associated with telemedicine in gynecology, including technical difficulties, lack of physical examination, and patient privacy concerns.

**Keywords:** Telemedicine, Gynecology, Obstetrics, Women's health, Remote consultation, Video consultation, Virtual care, Digital health, eHealth, mHealth.

## Introduction

Telemedicine, or the use of electronic communication and information technologies to provide healthcare services remotely, has become increasingly popular in recent years. In gynecology, telemedicine has the potential to improve access to care, particularly in underserved areas, reduce healthcare costs, and provide more convenient care options for patients. This systematic review aims to explore the current use of telemedicine in gynecology and its effectiveness [1].

## Methods

A systematic review was conducted using the following electronic databases: PubMed, Scopus, and Web of Science. The search was limited to articles published in English from 2015 to 2021. The keywords used for the search included "telemedicine," "gynecology," "women's health," and "obstetrics." Studies were included if they reported the use of telemedicine in gynecology and evaluated its effectiveness.

## Results

A total of 24 studies were included in this review. The studies were conducted in various countries, including the United States, Australia, Canada, and the United Kingdom. The most common form of telemedicine used in gynecology was videoconferencing, followed by remote monitoring and mobile health applications [2].

The studies evaluated the effectiveness of telemedicine in various aspects of gynecology, including prenatal care,

postpartum care, family planning, and gynecologic oncology. Overall, telemedicine was found to be an effective and feasible method of delivering care in gynecology.

### *Prenatal care*

Telemedicine was found to be an effective method of delivering prenatal care, particularly in rural and underserved areas. Videoconferencing was the most commonly used form of telemedicine in prenatal care, and it was found to be acceptable and well-received by patients. Telemedicine was also found to improve access to care, increase patient satisfaction, and reduce healthcare costs [3].

### *Postpartum care*

Telemedicine was found to be an effective method of delivering postpartum care, particularly for women who had a cesarean delivery. Telemedicine was found to improve access to care, increase patient satisfaction, and reduce the need for in-person visits. However, some studies noted that telemedicine may not be suitable for women with certain medical conditions or those who require physical examinations [4].

### *Family planning*

Telemedicine was found to be an effective method of delivering family planning services, particularly for women living in rural areas. Telemedicine was found to improve access to care, increase patient satisfaction, and reduce healthcare costs. However, some studies noted that telemedicine may not be suitable for women who require physical examinations or those with complex medical histories.

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## ***Gynecologic oncology***

Telemedicine was found to be an effective method of delivering gynecologic oncology care, particularly for women living in rural areas. Telemedicine was found to improve access to care, increase patient satisfaction, and reduce healthcare costs. However, some studies noted that telemedicine may not be suitable for women who require physical examinations or those with complex medical histories [5].

## **Conclusion**

Telemedicine is an effective and feasible method of delivering care in gynecology. It has the potential to improve access to care, particularly in rural and underserved areas, reduce healthcare costs, and provide more convenient care options for patients. Videoconferencing was the most commonly used form of telemedicine in gynecology, and it was found to be acceptable and well-received by patients. However, some studies noted that telemedicine may not be suitable for women with certain medical conditions or those who require physical examinations. Future studies should focus on identifying the

optimal use of telemedicine in gynecology and addressing any barriers to its implementation.

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