Doctors Can Better Manage Panic Attacks with RPM &BHI

In today's fast-paced world, panic attack awareness is more crucial than ever. Anxiety disorders, including panic attacks, are among the most common mental health issues affecting millions globally. Therefore, RPM aims to decrease prevalence and impact of panic attacks and explore effective management strategies through telemedicine solutions.

Current data and statistics about Panic Attacks

Prevalence of Anxiety and Panic Attacks

According to the Anxiety and Depression Association of America (ADAA), anxiety disorders affect 40 million adults in the United States each year, making them the most common mental illness in the country. Additionally, the National Institute of Mental Health (NIMH) reports that panic disorder affects approximately 2.7% of U.S. adults annually, translating to around 6 million individuals. Consequently, these statistics highlight the widespread nature of anxiety and panic disorders, underscoring the urgent need for effective management and intervention.

Impact on Daily Life

Anxiety disorders cost the U.S. more than $42 billion a year, almost one-third of the country's total mental health bill, as per the ADAA. Moreover, this financial burden illustrates the significant impact of anxiety on healthcare systems and society. Furthermore, people with panic disorder are highly likely to use emergency services, with about 20% of panic disorder patients visiting the emergency room during a panic attack. Thus, these emergency visits further strain healthcare resources and indicate the severe disruption that panic attacks cause in patients' lives.

Need for Early Intervention

Studies show that less than 40% of people suffering from anxiety disorders receive treatment, highlighting a significant gap in mental health care. Early intervention is crucial as untreated anxiety can lead to other serious health issues, including depression, substance abuse, and increased risk of suicide. Therefore, effective early intervention strategies can prevent these outcomes, improving overall patient well-being and reducing long-term healthcare costs. Telemedicine offers a promising avenue for providing timely and accessible mental health care.

Role of Healthcare Professionals

Healthcare providers play a vital role in diagnosing and treating anxiety disorders. However, they face challenges such as time constraints and the need for specialized training. Consequently, telemedicine and digital health solutions are emerging as effective tools to bridge these gaps, offering continuous monitoring and personalized care. By integrating these technologies, healthcare professionals can enhance their ability to manage anxiety disorders efficiently, providing better outcomes for their patients.

How Esvyda Facilitates the Management of Anxiety and Panic Attacks

Esvyda's Remote Patient Monitoring (RPM) offers real-time tracking of patients' vital signs and health data. This technology allows healthcare providers to monitor patients continuously, ensuring immediate detection of any irregularities. Through RPM, healthcare teams can identify early signs of anxiety or impending panic attacks, enabling timely interventions. Additionally, Esvyda's Behavioral Health Integration (BHI) complements RPM by addressing the psychological aspects of patient care. By integrating BHI, Esvyda provides a holistic approach to managing anxiety and panic disorders. This combined approach ensures comprehensive care, addressing both physical and mental health needs. Moreover, testimonials and case studies demonstrate successful outcomes through the use of Esvyda's BHI feature.

Why Esvyda is the Best Choice for Clinics and Health Entities

Esvyda offers significant operational and financial advantages for CEOs considering telemedicine solutions. By reducing emergency room visits and optimizing patient care, Esvyda can lower overall healthcare costs. The platform's user-friendly interface and integration capabilities make it a valuable addition to any healthcare facility. Therefore, by implementing Esvyda's advanced telemedicine solutions, CEOs can enhance their clinic's reputation and efficiency, ensuring better patient outcomes and a more sustainable healthcare practice.
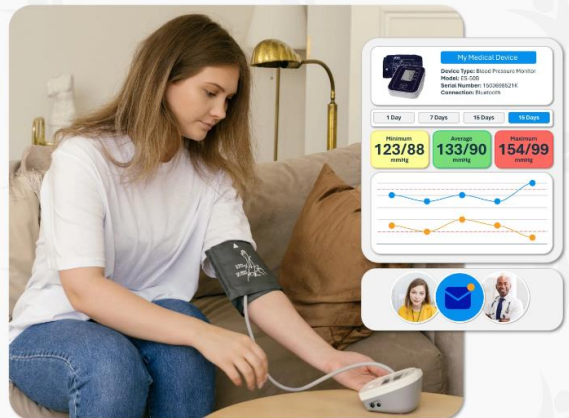
Esvyda
eHealth Anytime, Anywhere

Esvyda's eHealth platform's streamlined workflows empower providers to elevate patient care, maximize revenue, and promote population health outcomes.

Our virtual health services seamlessly integrate with health records, medical devices, and wearables, boosting health staff efficiency, patient engagement, and information security.

Get to know us!

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Jan – Mar   M -F   5 AM to 4 PM PST
Apr – Oct   M -F   6 AM to 5 PM PST
Nov – Dec M -F   5 AM to 4 PM PST

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