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## Telemedicine as the best solution for cardiac emergencies in air travels

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**Introduction:** In flight, medical and cardiac emergencies always occur and air travels are increasing every year. There are not so many researches about the problem. Physicians have limited experience because of lack of formal medical education. Cardiac emergencies are not recorded as a standard format by airlines. Telemedicine is considered to provide health care at a distance.

**Methods:** The systematic study has been done for Pub Med articles from 2000-2015.

**Results:** Every year, 17000 in-flight medical emergencies occur in America. It has been shown that there are potential stresses in air travel. Commercial airplanes are pressurized but if pressure reduction happens, there would be a serious problem; hypoxia. Cardiac and respiratory patients (symptomatic coronary disease, uncompensated heart failure, heart congenital and valvular disorders, sickle cell anemia and sleep apnea) will suffer from lack of oxygen. Chest pain and cardiovascular emergencies have been diverted flights in most instances as reported.

**Discussion & Conclusion:** Telemedicine seems as the best solution for the problem especially with supervision of an aerospace medicine specialist. The following suggestions are proposed by aerospace medicine: Travelers screening, educational programs for travelers, education of aircrew, founding a central standard recording system, designing proper medical kits for airplanes and considering telemedicine as the basic necessity for emergencies in air travel.

### Biography

Amir Khoshvaghti has completed his PhD of Anatomical Sciences from Shahid Beheshti University of Medical Sciences. He is the Assistant Professor and Head of Department (Basic Sciences of Aerospace and Sub aquatic Medicine Faculty) in Iran. He has published more than 10 papers in reputed journals (English and Farsi). He has also presented more than 30 oral presentations or posters in national and international congresses.

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