

# Impact of digital transformation on medical education and personal well-being

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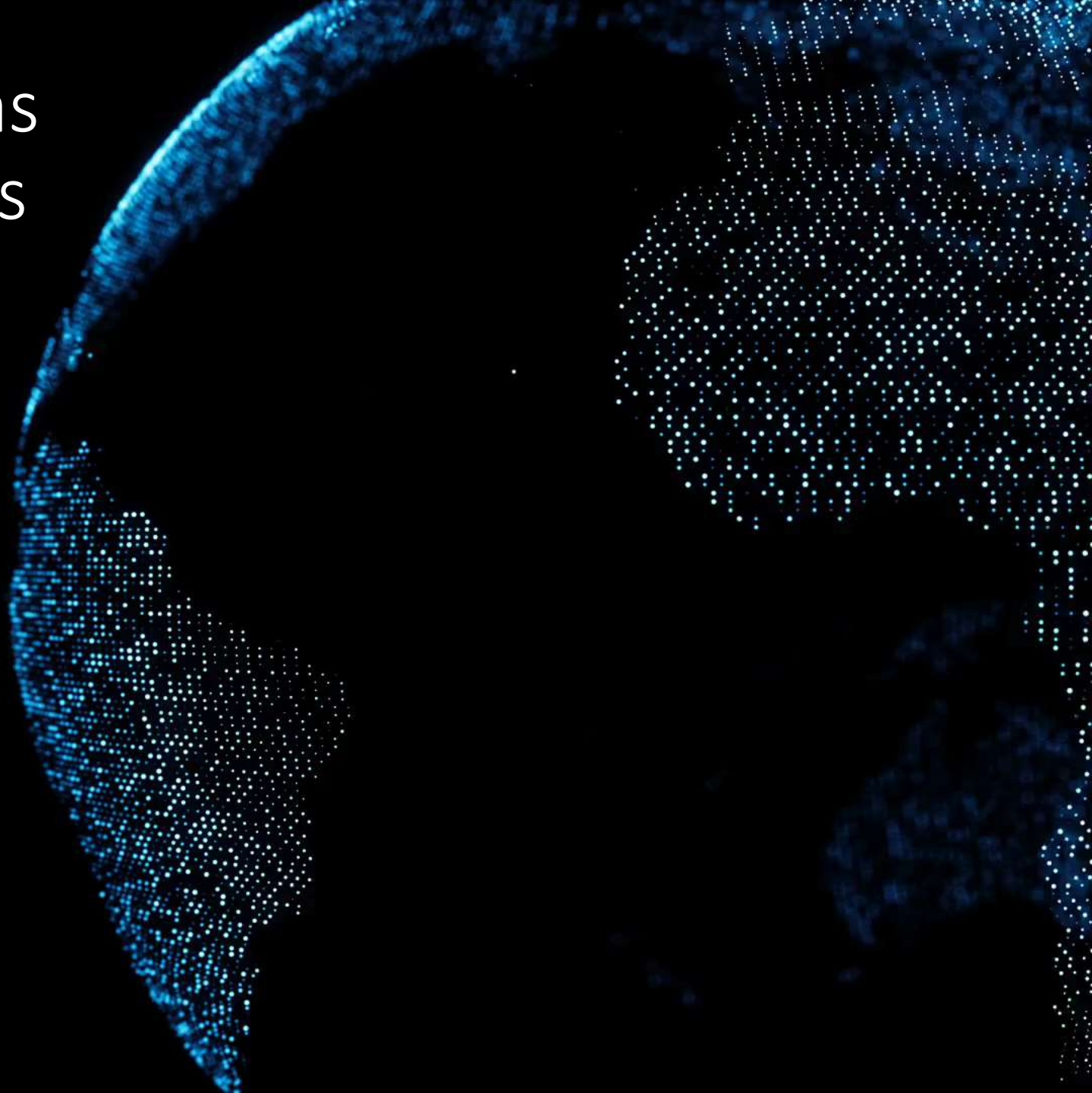
Do not go  
where the path may lead,  
go instead  
where there is no path  
and leave a trail.

**Ralph Waldo Emerson**



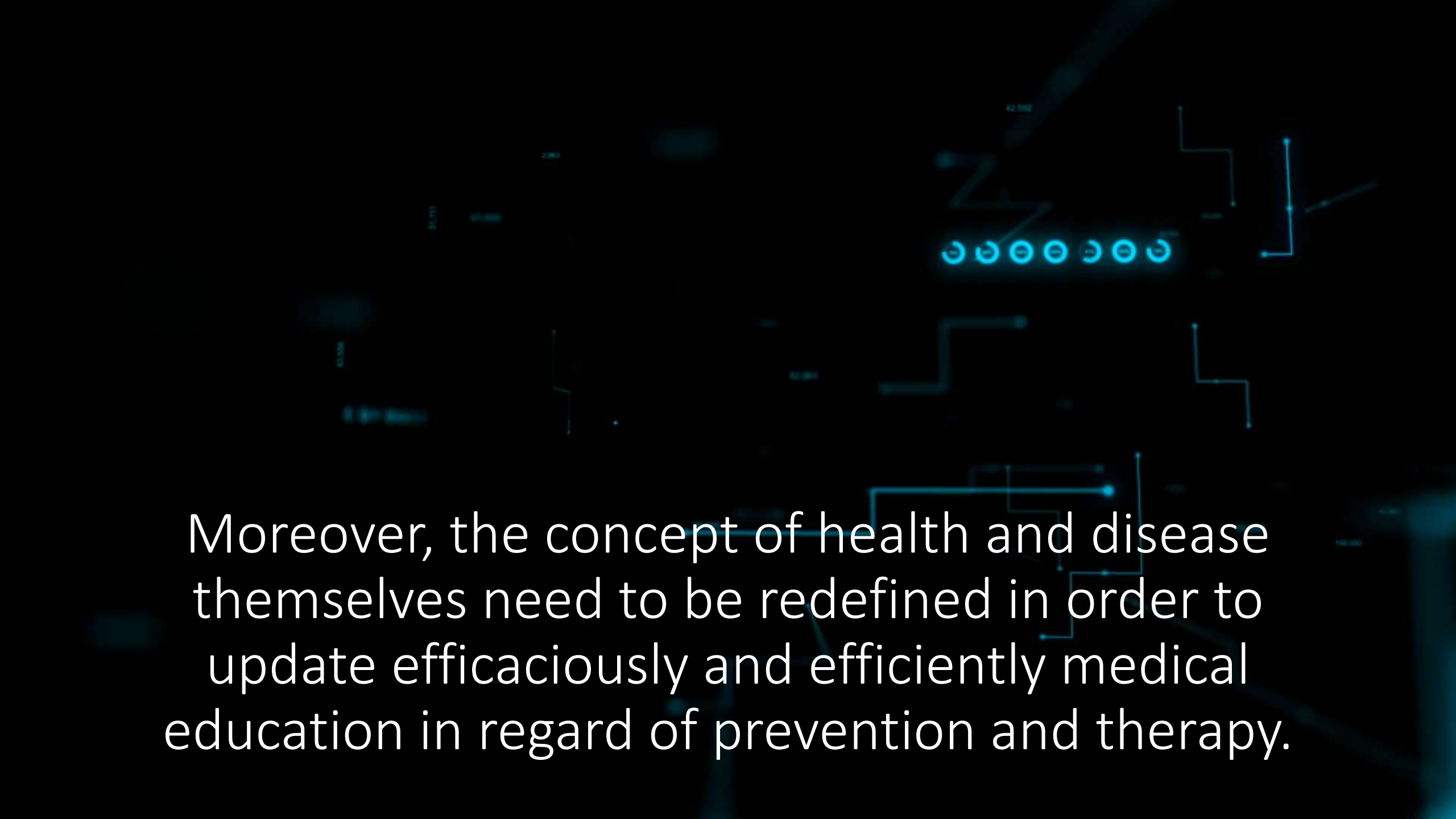


Digital transformation has impacted almost all areas of modern lifestyle.




Digital implications and applications are not negligible anymore even in the area of health and wellbeing and therefore in the area of medical education.






Moreover, the concept of health and disease themselves need to be redefined in order to update efficaciously and efficiently medical education in regard of prevention and therapy.



Additionally, the concept of medical education has to be transformed taking into account the dynamic transforming relationship between people and health professionals.




Indeed, for both people and health professionals,  
digital transformation provides some new  
interesting opportunities such as:  
easy and reliable access to general information,  
scientific databases, forum and communities.



Technological digitalized interfaces aimed to collect some biophysical parameters related to health and wellbeing are quickly growing, providing real time, multi-parameter, and multi-scale evaluation.







Most of these interfaces are built-in into the so-called “smart” phones and “smart” watches which are widespread enough to be considered as ordinary companions in daily life for most people in modern society almost independently from the level of development of the different countries or of different social classes.

Such a deep transformation in most people's habits worldwide presents some new challenges and opportunities at once and should deeply impact medical education in order to optimize prevention and therapy as much as possible in agreement with the emerging P4 medicine model suggesting that healthcare should be Preventive, Predictive, Personalized and Participative



Devices and technologies such as virtual reality interfaces may play a key role in new technological rehabilitative methods and possibly broaden the horizon of medical techniques available in the future for both therapy and prevention.





Digital transformation could not only foster a change of paradigm in healthcare encompassing biophysical features but could afford its realization as well through bioelectromagnetic medicine.

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**The scientific man does not aim at an immediate result.  
He does not expect that his advanced ideas will be readily taken up.**

**His work is like that of the planter for the future.**

**His duty is to lay the foundation for those who are to come,  
and point the way.**

**Nikola Tesla**





**“The best way to predict your future is to create it.”**

**Stephen Covey**

