Table 1: Basic Characteristics and Main Features of the Telehealth Services Provided or Used for Primary Health Care

<table>
<thead>
<tr>
<th>First Author</th>
<th>Type of Disease</th>
<th>Country</th>
<th>Purpose of telehealth</th>
<th>Telehealth Delivery Model</th>
<th>Telehealth Staff</th>
<th>Populati on Type</th>
<th>Telehealth Services Receiver</th>
<th>Type of study</th>
<th>Age of participant</th>
<th>follow up (month)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chan²⁷</td>
<td>Type 2 DM</td>
<td>China</td>
<td>Education, monitoring and controlling disease</td>
<td>Two-way synchronous</td>
<td>Primary care group, Specialist</td>
<td>NM</td>
<td>Patient</td>
<td>NM</td>
<td>Elderly (Average age: 73.3)</td>
<td>2</td>
</tr>
<tr>
<td>Cottrell²⁸</td>
<td>Hypertension</td>
<td>UK</td>
<td>Managing hypertension</td>
<td>Synchronous</td>
<td>GP</td>
<td>NM</td>
<td>Patient</td>
<td>Observational</td>
<td>Adults</td>
<td>6</td>
</tr>
<tr>
<td>Calvoa²⁹</td>
<td>COPD</td>
<td>Spain</td>
<td>Telemonitoring and follow-up</td>
<td>Asynchronous</td>
<td>GP, Pulmonologist, Nurse</td>
<td>Urban</td>
<td>Patient, Primary care physician</td>
<td>Controlled trial</td>
<td>Elderly</td>
<td>7</td>
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<tr>
<td>Schuttner³⁰</td>
<td>Population based primary health care</td>
<td>Zambia</td>
<td>Referral, follow up, and outreach service</td>
<td>Synchronous</td>
<td>Community health workers, GP</td>
<td>Rural</td>
<td>Care Provider</td>
<td>Observational</td>
<td>NM</td>
<td>8</td>
</tr>
<tr>
<td>Klein-Wiele³¹</td>
<td>Palpitation</td>
<td>Germany</td>
<td>Detecting arrhythmia</td>
<td>One-way asynchronous</td>
<td>GP, Specialist</td>
<td>NM</td>
<td>Patient</td>
<td>Observational</td>
<td>17-82</td>
<td>1</td>
</tr>
<tr>
<td>Huis in’t Veld³²</td>
<td>Neck–Shoulder Pain</td>
<td>Netherla nds</td>
<td>reduce pain, reduce disability</td>
<td>Synchronous</td>
<td>Myo-feedback therapist, Technician</td>
<td>NM</td>
<td>Patient</td>
<td>Qualitative study</td>
<td>NM</td>
<td>1</td>
</tr>
<tr>
<td>Tabak³³</td>
<td>COPD</td>
<td>Netherla nds</td>
<td>Support treatment of COPD through self-management</td>
<td>Two-way</td>
<td>Specialist, Nurse</td>
<td>NM</td>
<td>Patient</td>
<td>RCT</td>
<td>NM</td>
<td>9</td>
</tr>
<tr>
<td>Uscher-Pines³⁴</td>
<td>Minor illnesses</td>
<td>USA</td>
<td>Examining impact of telemedicine services on care</td>
<td>Two-way synchronous</td>
<td>Physician</td>
<td>NM</td>
<td>Patient</td>
<td>Observational</td>
<td>NM</td>
<td>11</td>
</tr>
<tr>
<td>Author</td>
<td>Disease</td>
<td>Country</td>
<td>Setting</td>
<td>Teleconferencing details</td>
<td>Synchrony type</td>
<td>Healthcare Provider Combinations</td>
<td>Study Type</td>
<td>Age Criteria</td>
<td>Length</td>
<td></td>
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</tr>
<tr>
<td>Harrison³</td>
<td>Diseases related to 10 different specialties</td>
<td>UK</td>
<td>Teleconferencing outpatient consultations</td>
<td>Two-way synchronous</td>
<td>GP, Specialist</td>
<td>Urban Patient</td>
<td>Observational exploratory feasibility study</td>
<td>NM 5</td>
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<tr>
<td>Izquierdo³⁶</td>
<td>Diabetes</td>
<td>USA</td>
<td>Following the recommendation of remote diabetes team by GPs</td>
<td>NM</td>
<td>GP, Specialist</td>
<td>Rural Patient</td>
<td>RCT</td>
<td>55 years of age or older</td>
<td>7 years</td>
<td></td>
</tr>
<tr>
<td>de Lusignan³⁷</td>
<td>Chronic Heart Failure</td>
<td>UK</td>
<td>Home telemonitoring</td>
<td>Synchronous/asyncronous</td>
<td>Nurse, Cardiologist, GP, Clinical physiologist</td>
<td>NM</td>
<td>Patient</td>
<td>RCT</td>
<td>Between 65 and 80</td>
<td>6</td>
</tr>
<tr>
<td>Anogianakis³⁸</td>
<td>Primary care in prison</td>
<td>Greece</td>
<td>To assist primary care team for delivery of health care in prison</td>
<td>NM</td>
<td>GP, Paramedics, Specialist, Nurse</td>
<td>Urban Patient</td>
<td>Observational (cross-sectional)</td>
<td>NM 9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trief³⁹</td>
<td>Diabetes</td>
<td>USA</td>
<td>Improving diabetes control</td>
<td>Synchronous and asynchronous</td>
<td>Dietitian, Nurse, Specialist</td>
<td>Rural Patient</td>
<td>Observational</td>
<td>Elderly patients</td>
<td>12</td>
<td></td>
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<tr>
<td>Glynn⁴⁰</td>
<td>Physical activity</td>
<td>Ireland</td>
<td>Promoting physical activity in primary care</td>
<td>Synchronous and asynchronous</td>
<td>Primary care team</td>
<td>Rural Young population</td>
<td>RCT</td>
<td>&gt;16 age</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Mussulman⁴¹</td>
<td>Smoking Cessation</td>
<td>USA</td>
<td>Examining tele-delivery of effective tobacco treatment</td>
<td>Synchronous</td>
<td>Counselor, Receptionist, Nurse</td>
<td>Rural Patient</td>
<td>RCT</td>
<td>&gt;18</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Pratt⁴²</td>
<td>Mental illnesses</td>
<td>USA</td>
<td>Improving self-management</td>
<td>Synchronous and</td>
<td>Nurse</td>
<td>Urban Patient</td>
<td>Observational</td>
<td>aged 18 and older</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Country</td>
<td>Study Object</td>
<td>Communication Mode</td>
<td>Role</td>
<td>Condition</td>
<td>Study Type</td>
<td>Participants</td>
<td>Notes</td>
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<tr>
<td>Levy</td>
<td>Spina Bifida</td>
<td>UK</td>
<td>To support continence self-care</td>
<td>Two-way</td>
<td>Nurse</td>
<td>NM</td>
<td>Patients’ family</td>
<td>Observational</td>
<td>12-18 years</td>
<td>NM</td>
</tr>
<tr>
<td>Bove</td>
<td>Hypertension</td>
<td>USA</td>
<td>Self-monitoring</td>
<td>Two-way</td>
<td>GP, Nurse</td>
<td>Urban, Underserved</td>
<td>Patient</td>
<td>RCT</td>
<td>&gt;18</td>
<td>6</td>
</tr>
<tr>
<td>Al Alawi</td>
<td>Diabetic retinopathy</td>
<td>Bahrain</td>
<td>Screening</td>
<td>NM</td>
<td>Ophthalmologist, Ophthalmologic technician</td>
<td>NM</td>
<td>Primary care physician</td>
<td>Observational</td>
<td>24-84 years</td>
<td>NM</td>
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<tr>
<td>Hatef</td>
<td>Diabetic retinopathy</td>
<td>USA</td>
<td>Increasing the completion of the annual eye examination</td>
<td>NA</td>
<td>GP, Specialist</td>
<td>Urban, Underserved</td>
<td>Patient</td>
<td>Observational</td>
<td>18-75 years</td>
<td>18</td>
</tr>
<tr>
<td>Odnoletkova</td>
<td>Type 2 DM</td>
<td>Belgium</td>
<td>Coaching</td>
<td>NA</td>
<td>Certified diabetes nurse educator</td>
<td>NM</td>
<td>Patient</td>
<td>RCT</td>
<td>18-75 years</td>
<td>18</td>
</tr>
<tr>
<td>Quinn</td>
<td>Type 2 diabetes</td>
<td>USA</td>
<td>Evaluate self-efficacy for diabetes self-management</td>
<td>Two-way</td>
<td>Certified diabetes educator, Patient coaching system</td>
<td>NM</td>
<td>Patient</td>
<td>Observational</td>
<td>seven older adults (mean age: 70.3 years)</td>
<td>2</td>
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<tr>
<td>Wakefield</td>
<td>Diabetes and hypertension</td>
<td>USA</td>
<td>Evaluating the efficacy of remote monitoring</td>
<td>NA</td>
<td>Nurse</td>
<td>Urban</td>
<td>Patient</td>
<td>RCT</td>
<td>40-89 years</td>
<td>6 and 12</td>
</tr>
<tr>
<td>Deen</td>
<td>Depression</td>
<td>USA</td>
<td>Evaluating acceptability,</td>
<td>Two-way</td>
<td>Nurse, Psychologist</td>
<td>NM</td>
<td>Patient</td>
<td>RCT</td>
<td>Mean: 47</td>
<td>12</td>
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initiation and engagement in tele-psychotherapy, Psychiatrist, Pharmacist

<table>
<thead>
<tr>
<th>Initiative</th>
<th>Condition</th>
<th>Country</th>
<th>Methodology</th>
<th>Concomitant</th>
<th>Setting</th>
<th>Participants</th>
<th>Study Type</th>
<th>Duration</th>
<th>Findings</th>
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</thead>
<tbody>
<tr>
<td>Tudiver 51</td>
<td>Diabetes</td>
<td>USA</td>
<td>Evaluating acceptability</td>
<td>NA</td>
<td>GP, Dietitian</td>
<td>Mostly rural, urban</td>
<td>Patient</td>
<td>Observational (longitudinal survey)</td>
<td>Mean: 48</td>
</tr>
<tr>
<td>Nagrebetsky 52</td>
<td>Type 2 diabetes</td>
<td>UK</td>
<td>Feasibility self-monitoring</td>
<td>Synchronous</td>
<td>GP, Nurse</td>
<td>NM</td>
<td>Patient</td>
<td>RCT</td>
<td>Mean: 58</td>
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<tr>
<td>Bujnowska-Fedak 53</td>
<td>Primary care</td>
<td>Poland</td>
<td>Support real time consultations</td>
<td>Two-way synchronous</td>
<td>GP, Academic family medicine specialist</td>
<td>Urban, Rural</td>
<td>GP, Patient</td>
<td>Descriptive</td>
<td>NM</td>
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<tr>
<td>Huber 54</td>
<td>Obesity</td>
<td>USA</td>
<td>Improving lifestyle</td>
<td>NM</td>
<td>Wellness coach</td>
<td>NM</td>
<td>Patient</td>
<td>RCT</td>
<td>18-55</td>
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<td>Etherington 55</td>
<td>Cervical Cancer</td>
<td>UK</td>
<td>Screening cervical cancer</td>
<td>Asynchronous</td>
<td>Nurse, Specialist</td>
<td>Urban</td>
<td>Women with minor smear abnormality but normal cervixes</td>
<td>Observational</td>
<td>19-50</td>
</tr>
<tr>
<td>Ruas 56</td>
<td>Primary Care</td>
<td>Brazil</td>
<td>Increasing the ability of primary care providers and educating them</td>
<td>Asynchronous</td>
<td>Specialist</td>
<td>NM</td>
<td>Primary Care Physician</td>
<td>Observational (descriptive)</td>
<td>24-61</td>
</tr>
<tr>
<td>Author</td>
<td>Title</td>
<td>Country</td>
<td>Methodology</td>
<td>Setting</td>
<td>Control Group</td>
<td>Design</td>
<td>Age</td>
<td>Follow-up</td>
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</tr>
<tr>
<td>Salisbury</td>
<td>Cardiovascular Disease</td>
<td>UK</td>
<td>Reducing risk of cardiovascular disease</td>
<td>Asynchronous/synchronous</td>
<td>GP, Nurse</td>
<td>Urban/Rural</td>
<td>Patients</td>
<td>RCT</td>
<td>40-74</td>
</tr>
<tr>
<td>Salisbury</td>
<td>Chronic Health Conditions</td>
<td>UK</td>
<td>Developing conceptual model for telehealth</td>
<td>NM</td>
<td>GP</td>
<td>NM</td>
<td>Patients, Healthcare professionals</td>
<td>Mixed methods</td>
<td>NM</td>
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<tr>
<td>Iannitto</td>
<td>Diabetes Type II</td>
<td>USA</td>
<td>Managing insulin</td>
<td>NM</td>
<td>GP, Nurse</td>
<td>NM</td>
<td>Patients</td>
<td>Observational (cross-sectional)</td>
<td>&gt;18</td>
</tr>
<tr>
<td>Langkamp</td>
<td>Children with Developmental Disabilities</td>
<td>USA</td>
<td>Evaluate benefits of school based telemedicine for treating minor illnesses</td>
<td>Asynchronous</td>
<td>GP, Nurse, Certified telehealth assistant in school</td>
<td>Rural</td>
<td>Patient (school-age children with a disability)</td>
<td>Observational (cross-sectional)</td>
<td>3-21 years Mean: 9.2 years</td>
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<td>Larsen</td>
<td>Type 2 diabetes</td>
<td>UK</td>
<td>Adjusting the insulin dose to improve glycemic control</td>
<td>Asynchronous/Synchronous</td>
<td>Nurse/GP</td>
<td>NM</td>
<td>Patient</td>
<td>Observational</td>
<td>Mean: 57</td>
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<tr>
<td>Dario</td>
<td>Type 2 diabetes</td>
<td>Italy</td>
<td>Telemonitoring for improving health-related quality of life</td>
<td>Synchronous/Asynchronous</td>
<td>Specialist</td>
<td>NM</td>
<td>Patient</td>
<td>RCT</td>
<td>Mean: 73</td>
</tr>
<tr>
<td>Blomdahl</td>
<td>Disorders in the anterior part of the eye</td>
<td>Sweden</td>
<td>Evaluate technical quality of teleophthalmology</td>
<td>Two-way synchronous</td>
<td>GP, Specialist</td>
<td>Urban</td>
<td>Patient</td>
<td>Observational</td>
<td>NM</td>
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<tr>
<td>First Name</td>
<td>Last Name</td>
<td>Topic</td>
<td>Country</td>
<td>Intervention</td>
<td>Setting</td>
<td>Intervention</td>
<td>Study Design</td>
<td>Mean Age</td>
<td>Ref.</td>
</tr>
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<tr>
<td>Thijssing</td>
<td>COPD</td>
<td>Netherlands</td>
<td>Improving quality and efficiency of care</td>
<td>Two-way</td>
<td>GP, Specialist</td>
<td>NM</td>
<td>GP</td>
<td>Observational</td>
<td>Mean: 52</td>
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<td>Hussain</td>
<td>Urinary tract symptoms</td>
<td>UK</td>
<td>Training and supervising</td>
<td>Synchronous</td>
<td>GP, Specialist</td>
<td>NM</td>
<td>GP</td>
<td>Observational</td>
<td>NM</td>
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<td>Backman</td>
<td>Cardiac disease</td>
<td>UK</td>
<td>Management</td>
<td>Two-way, synchronous/Asynchronous</td>
<td>Specialist, Nurse</td>
<td>Rural</td>
<td>NM</td>
<td>Review</td>
<td>NM</td>
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<td>Pecina</td>
<td>Dermatologic conditions</td>
<td>USA</td>
<td>Evaluation of telehealth app</td>
<td>Asynchronous</td>
<td>GP, Specialist</td>
<td>NM</td>
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<td>Retrospective</td>
<td>Mean: 44</td>
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<td>Cottrell</td>
<td>Chronic kidney diseases or blood pressure</td>
<td>UK</td>
<td>Evaluate, Management</td>
<td>Asynchronous two-way</td>
<td>GP, Nurse</td>
<td>Underserved, Urban</td>
<td>Patient</td>
<td>Prospective</td>
<td>&gt;50 years</td>
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<tr>
<td>Bujnowska-Fedak</td>
<td>Type 2 diabetes</td>
<td>Poland</td>
<td>Improve quality of life and health status</td>
<td>Two-way</td>
<td>Care provider (mostly GP)</td>
<td>NM</td>
<td>Care provider (mostly GP)</td>
<td>RCT</td>
<td>18-75 years</td>
</tr>
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- NM: Not Mentioned