



EDITORIAL

DIGITAL THERAPEUTICS- A HEALTHCARE TECHNOLOGY

Technology in medical applications creates new opportunities for patients and medical personnel to live in a more sustainable environment and fight even previously incurable illnesses. Technologies such as Artificial Intelligence (AI), machine learning, virtual care, the Internet of medical things and 5G are just a few examples that improve medical facilities.

Digital therapeutics are evidence-based, clinically evaluated software and devices that can be used to treat an array of diseases and disorders, according to the Digital Therapeutics Alliance, the industry's trade association. They can be used independently or with medications, devices, and other therapies to treat physical and behavioral health conditions, including pain, diabetes, anxiety, post-traumatic stress disorder, and asthma.

According to the alliance, all software and devices that claim to be digital therapeutics must adhere to certain foundational principles, including incorporating patient privacy and security protections, publishing trial results in peer-reviewed journals, and receiving clearance or certification by regulatory bodies. According to the Digital Therapeutics Alliance, there are three main product categories for digital therapeutics: products to treat a disease, manage a condition, and improve a health function. Products in all three of these categories must "deliver a therapeutic intervention and use clinical endpoints to support product claims," the alliance states.

One key use case for digital therapeutics is chronic pain. Kaia Health offers a musculoskeletal digital therapeutic that focuses on pain relief. The MSK solution guides patients through physical therapy using an algorithm to evaluate performance and adapt exercises to patient needs. It also connects users to coaches and medical providers when necessary.

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