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# Pediatric to Geriatric Life

**"Empowering Every Stage of Life"**

"From the first steps to the golden years, P2GLife is your partner in a journey of lifelong growth and well-being."

## Parents Advocate and Researcher in True Ability Challenges:

Empowering Persons with Disabilities and Neurodiversity

"Glimpse on phases of Human Life, Health Risks, Coordinated Care Pathways and understanding Cross-Disability early intervention specialists & case managers"

Prof.(Dr.)

## MALLIKARJUNA RAO DUBISETTY

A Visionary champion of innovation, inclusion and impact

# PROF.
# (DR) MALLIKARJUNA RAO DUBISETTY (DR. MALLICK) JOINS HELIXBEAT AS VICE PRESIDENT - STRATEGY & EXECUTION, HEALTHCARE & LIFE SCIENCES (WEBSITE: WWW.HELIXBEAT.COM)

Prof. (Dr) Mallikarjuna Rao Dubisetty (Dr. Mallick) has been appointed Vice President – Strategy & Execution, Healthcare & Life Sciences at HelixBeat. With over 27 years of cross-industry leadership experience, Dr. Mallick brings a wealth of expertise in strategic management, healthcare, rehabilitation, education, technology, and research. His appointment reflects HelixBeat's commitment to advancing innovation and delivering transformative solutions in the healthcare and life sciences sector

Throughout his career, Dr. Mallick has held leadership roles with leading organisations including IBM, Kyndryl India—where he served as Chairperson for True Ability KIN (2025) and Global Co-Lead of the Healthcare & Life Sciences Centre of Excellence—Accenture, Apollo Hospitals, FHPL, NISC, and NIIT. An RCI-recognized special educator, child development and Cross Disability Early Intervention Specialist, and healthcare solutions architect, he has designed and led complex projects integrating advanced analytics, AI, and cutting-edge technologies. His work spans initiatives in Cardiovascular Disease Management, Telehealth, eHIS, eHealth, and GxP-compliant solutions for global clients.

Dr. Mallick's skills reflect a unique blend of technologist, academic researcher, and healthcare & rehabilitation specialist, shaped profoundly by his real-life experiences as a parent of a nonverbal child with autism. He pursues and practices three career paths in parallel, contributing through leadership roles across each domain.

An accomplished academic, Dr. Mallick is a Doctoral Research Scholar (Ph.D.) in Human Resource & Organization Behaviour at GITAM School of Business, specialising in ESG challenges for True Ability Persons. His qualifications include dual MBAs in Hospital & Health Systems Management from BITS Pilani & CMC Vellore, an MBA in Telecommunications & Business Management from JRN University, and a Postgraduate degree in Early Intervention & Special Education (Autism) from Osmania University, recognised by the Rehabilitation Council of India.

Dr. Mallick's skills reflect a unique blend of technologist, academic researcher, and healthcare & rehabilitation specialist, shaped profoundly by his real-life experiences as a parent of a nonverbal child with autism. He pursues and practices three career paths in parallel, contributing through leadership roles across each domain.

Dr. Mallick's impact extends beyond corporate achievements. He is the founder of the Smiles Foundation (www.AutismHelp.in), dedicated to supporting children with neurodiversity, and actively shares his insights on inclusion and education through his blog (www.SameStory.in). He has been a featured speaker at global platforms includingTEDx Talks, the International Patient Safety Conference, National Healthcare Conference, NABIDH Elevate, and Research Reviewer of ISC2024 (India) & MEDInfo 2025 (Taiwan).

His numerous accolades include the Telangana State Award for Empowerment of Persons with Disability (2022), International Changemaker Award (Gold), Outstanding Leadership Award (Dubai, 2024), and Man of the Year Excellence Award (2024).
In his new role at HelixBeat, Dr. Mallick will lead strategic initiatives to drive growth, foster innovation, and deliver measurable impact for healthcare and life sciences clients worldwide.

# Phases of Human Life: Health Risks, Telehealth, Remote Monitoring, and Homecare Solutions

An Informative Guide for Healthcare Professionals, Students, and General Readers

## Introduction

Human life is a journey marked by distinct phases, each with its own physical, mental, and social characteristics. From the vulnerability of a newborn to the wisdom of the elderly, every stage brings unique healthcare needs and risks. Modern solutions like remote patient monitoring, telehealth, and homecare are transforming how these needs are addressed across age groups. This article offers a comprehensive overview of life stages, their health risks, and the relevance of digital healthcare services in meeting the challenges of today's diverse patient populations.

## Phases of Life: Definitions and Characteristics

### Newborn (0–1 year):

Characterised by rapid growth and development, dependency on caregivers, and vulnerability to infections. Immunisations and regular health checks are crucial.

### Early Childhood (1–5 years):

Marked by physical growth, language acquisition, and social interaction. Prone to childhood illnesses, injuries, and nutritional deficiencies.

### Late Childhood (6–12 years):

Steady growth, development of cognitive skills, and increased independence. Risks include communicable diseases, accidents, and early signs of behavioural disorders.

### Adolescence (13–18 years):

Puberty brings physical, emotional, and social changes. Peer influence is strong. Mental health issues, substance use, and risk-taking behaviours may emerge.

### Young Adulthood (19–35 years):

Time for higher education, career building, and family life. Lifestyle choices impact long-term health. Risks include stress, reproductive health issues, and early onset of chronic diseases.

### Middle Adulthood (36–60 years):

Professional and personal responsibilities peak. Chronic diseases like diabetes and hypertension may manifest. Preventive health and work-life balance become important.

### Older Adulthood/Elderly (61+ years):

Ageing leads to reduced immunity, slower recovery, and higher risk of chronic and degenerative diseases. Social isolation and mobility issues are common concerns.

## Health Risks and Critical Illnesses by Age Group

| | | |
|---|---|---|
| Newborn (0–1 yr) | Infections, birth complications, jaundice, sudden infant death syndrome (SIDS) | Congenital heart disease, severe respiratory distress, sepsis |
| Early Childhood (1–5 yrs) | Respiratory infections, diarrhoea, injuries, malnutrition | Leukaemia, meningitis, severe asthma attacks |
| Late Childhood (6–12 yrs) | Allergies, injuries, communicable diseases (e.g., chickenpox), learning disorders | Type 1 diabetes, epilepsy, cancer (rare) |
| Adolescence (13–18 yrs) | Mental health issues, substance abuse, sexually transmitted infections, eating disorders | Severe depression, suicide, cancer (leukaemia, lymphoma) |
| Young Adulthood (19–35 yrs) | Stress, reproductive health issues, accidents, lifestyle diseases | Heart disease (rare), cancer (testicular, cervical), severe injuries |
| Middle Adulthood (36–60 yrs) | Hypertension, diabetes, obesity, cardiovascular risks, mental health concerns | Stroke, heart attack, cancers (breast, colon, prostate), chronic kidney disease |
| Older Adulthood (61+ yrs) | Mobility issues, cognitive decline, sensory loss, falls, chronic diseases | Alzheimer’s disease, advanced cancer, heart failure, chronic obstructive pulmonary disease (COPD) |

# Remote Patient Monitoring: Definition, Benefits, and Applications

Remote Patient Monitoring (RPM) involves using digital technologies to collect medical and health data from individuals in one location and electronically transmit this information securely to healthcare providers in a different location. RPM enables continuous monitoring of patients' health outside conventional clinical settings.

- **Newborns & Children:** Monitoring vital signs (e.g., heart rate, oxygen saturation) for premature infants or children with chronic conditions. Early detection of complications.
- **Adolescents:** Monitoring of chronic conditions (e.g., diabetes) and mental health tracking through wearables and mobile apps.
- **Adults:** Management of hypertension, diabetes, and other long-term conditions. Monitoring post-surgery recovery.
- **Elderly:** Monitoring of multiple chronic diseases, fall detection, and medication adherence. Enables independent living with timely interventions.

Benefits: Improved disease management, reduced hospital visits, early detection of complications, enhanced patient engagement, and cost savings.

# Telehealth and Homecare: Relevance to Life Stages

Telehealth refers to the use of digital communication technologies, such as video calls and messaging, to provide healthcare services remotely. Homecare involves delivering medical or supportive care in patients' homes, often facilitated by digital tools.

- **Paediatric Care:** Teleconsultations for minor illnesses, parental guidance, and follow-up after hospital discharge. Homecare for children with special needs.
- **Adolescents:** Counselling for mental health, management of chronic conditions, and sexual health education through telehealth platforms.
- **Adults:** Chronic disease management, mental health support, and maternity care via telehealth. Homecare for rehabilitation and post-operative care.
- **Elderly:** Teleconsultations reduce the need for travel. Homecare services for medication management, physiotherapy, and palliative care.

Relevance: These solutions increase accessibility to healthcare, especially for those with mobility issues or living in remote areas. They also support continuity of care and reduce the burden on healthcare facilities.

## Key Challenges in Adoption

- **Technology Access:** Not all populations have access to digital devices or reliable internet connectivity, particularly in rural or economically disadvantaged areas.
- **Digital Literacy:** Patients and caregivers may lack the skills to use telehealth platforms or monitoring devices effectively.
- **Data Privacy and Security:** Concerns about the confidentiality and safety of health information can hinder adoption.
- **Regulatory and Reimbursement Issues:** Varying regulations and lack of standardised reimbursement policies can be barriers for providers and patients.
- **Clinical Integration:** Integrating remote monitoring data into traditional healthcare workflows can be challenging.

## Use Cases: Practical Examples

- **Newborns:** Home-based monitoring of premature infants after hospital discharge, with alerts sent to paediatricians if vital signs deviate from normal.
- **Children:** Virtual consultations for common illnesses, reducing exposure to hospital-borne infections and saving travel time for families.
- **Adolescents:** Mobile apps for mental health tracking, enabling early intervention in cases of depression or anxiety.
- **Adults:** Remote monitoring for hypertension or diabetes, allowing for medication adjustments without frequent clinic visits.
- **Elderly:** Fall detection devices and telehealth consultations, helping seniors remain independent while ensuring timely medical attention.

## Conclusion

Understanding the phases of human life and their associated health risks is crucial for tailoring healthcare interventions. Remote patient monitoring, telehealth, and homecare are revolutionising healthcare delivery by making it more accessible, proactive, and patient-centric. Despite challenges, these solutions hold immense promise for improving health outcomes across all age groups. As technology evolves, continued efforts to bridge digital divides and integrate these services seamlessly into care pathways will be essential for the future of holistic healthcare in India and globally.

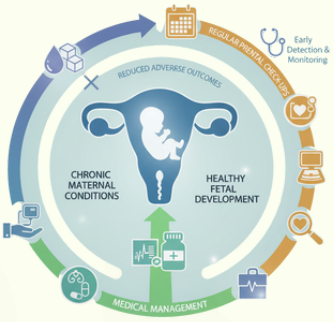
# Coordinated Care Pathways From Pre-Natal Through Post-Natal Periods

Role of Case Managers and Early Intervention Specialists in Clinical and Rehabilitation Settings. Neurodevelopmental disorders typically manifest early in development affecting cognition, communication, and behavior. Cross disabilities refer to co-occurring impairments that exacerbate challenges, highlighting the need for comprehensive approaches.

Various genetic, environmental, and biological factors contribute to disorder onset during pre-natal, peri-natal, and post-natal periods. Understanding these influences informs risk assessment and prevention strategies.

## Introduction

The trajectory of neurodevelopmental disorders and cross disabilities is often shaped by factors and interventions spanning the pre-natal, peri-natal, and post-natal periods. Understanding the contributions during each phase is crucial for effective prevention, early identification, and management. The coordinated efforts of case managers and early intervention specialists, both in clinical environments alongside doctors and in rehabilitation settings with therapists, are pivotal in optimizing outcomes for affected individuals and families.

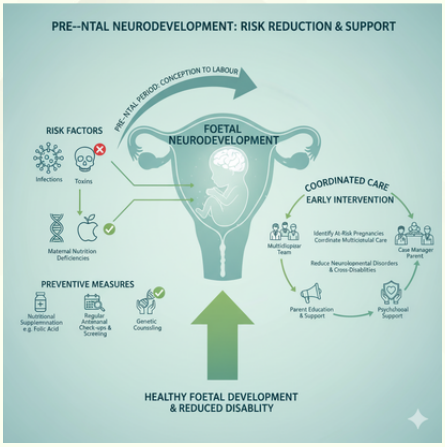


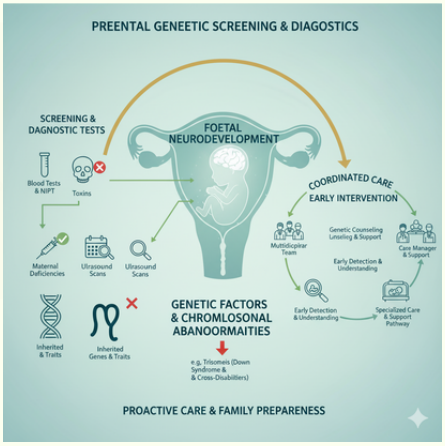

Chronic maternal conditions such as diabetes and hypertension can increase risks for adverse prenatal outcomes, necessitating careful medical management. Regular prenatal check-ups allow early detection and management of potential complications, contributing significantly to healthy fetal development.

## Pre-natal Contributions

The pre-natal period refers to the time before birth, encompassing conception to labour. During this phase, maternal health, nutrition, exposure to infections, toxins, and genetic factors can significantly influence foetal neurodevelopment. Preventive measures such as genetic counselling, nutritional supplementation (e.g., folic acid), regular antenatal check-ups, and screening for risk factors play a vital role in reducing the incidence of neurodevelopmental disorders and cross disabilities.

Case managers and early intervention specialists collaborate with obstetricians to ensure that at-risk pregnancies are identified early. They help coordinate multidisciplinary care, educate parents about risk factors, and facilitate access to support services. Early intervention at this stage may include guidance on lifestyle modifications, psychosocial support, and preparation for possible outcomes.



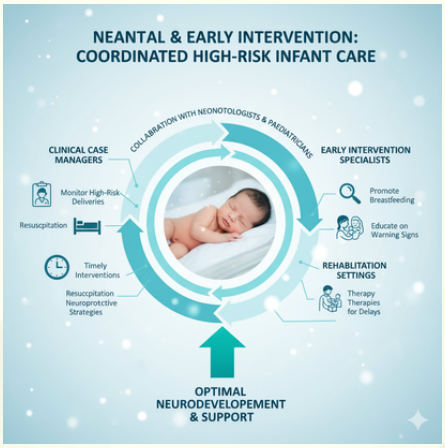




Prenatal screening and diagnostic tests can detect genetic disorders early, enabling informed decision-making and preparation for specialized care if needed. Inherited genes determine many physical and biochemical traits. Chromosomal abnormalities, such as trisomies, can lead to developmental disorders, highlighting the importance of genetic awareness.

## Peri-natal Contributions

The peri-natal period covers the time immediately before, during, and after birth (from 22 completed weeks of gestation to seven days after birth). This period is critical for brain development, and complications such as birth asphyxia, prematurity, low birth weight, and neonatal infections can increase the risk of neurodevelopmental disorders.

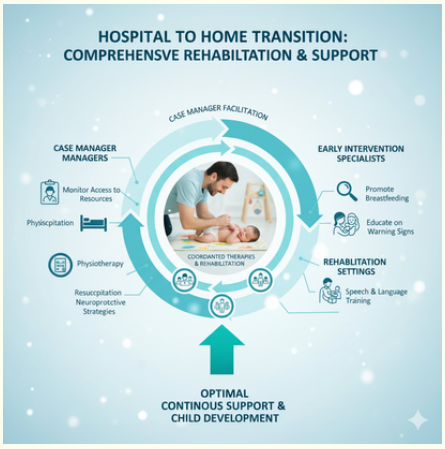
Clinical case managers work closely with neonatologists and paediatricians to monitor high-risk deliveries and ensure timely interventions, such as resuscitation or neuroprotective strategies. Early intervention specialists may participate in neonatal screening programmes, promote breastfeeding, and educate families about warning signs. In rehabilitation settings, coordination with therapists is essential for initiating early therapies for infants showing developmental delays.




**Post-birth factors such as infections, nutrition, and environmental enrichment through stimulation influence developmental trajectories and outcomes.**

# Post-natal Contributions

The post-natal period extends from birth through infancy and early childhood. During this time, ongoing surveillance for developmental milestones, timely identification of disabilities, and initiation of interventions are crucial. Environmental factors, infections, nutrition, and familial support all contribute to neurodevelopmental outcomes.




Case managers facilitate the transition from hospital to home, ensuring families have access to resources such as physiotherapy, occupational therapy, and speech-language therapy. Early intervention specialists conduct developmental assessments, design individualised intervention plans, and provide training to parents and caregivers. Their role is particularly important in coordinating with therapists and other professionals to deliver comprehensive rehabilitation services.

**Early identification of developmental challenges enables timely intervention, which is critical to improving long-term outcomes and reducing disability severity. Each developmental phase presents distinct risk factors and intervention opportunities. This section explores these contributions and their implications for care. Genetic predispositions, maternal nutrition, exposure to toxins, and maternal health conditions during pregnancy significantly impact fetal neurodevelopment.**

# Role of Case Managers and Early Intervention Specialists In Clinical Environments:

Act as liaisons between doctors, families, and allied health professionals.
· Coordinate diagnostic evaluations and treatment plans.
· Educate families about conditions, prognosis, and available interventions.
· Monitor progress and facilitate referrals to specialists as needed.
In Rehabilitation Settings:
· Work alongside therapists (physiotherapists, occupational therapists, speech therapists) to implement intervention programmes.
· Ensure continuity of care across settings (hospital, home, community).
· Advocate for the child and family, connecting them with social, educational, and financial resources.
· Facilitate regular review meetings to track outcomes and adjust interventions.

# Conclusion

Pre-natal, peri-natal, and post-natal contributions are foundational in the prevention, early detection, and management of cross disabilities and neurodevelopmental disorders. Case managers and early intervention specialists play a central role in both clinical and rehabilitation environments, working in tandem with doctors and therapists to provide comprehensive, family-centred care. Their coordinated efforts are essential for maximising developmental potential and fostering inclusion within the community.

P2G life

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*First steps to the Golden years*

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## Contact us

Smiles Foundation India
Plot 13-9-123, PR NAGAR X ROADS, opposite Neelima hospitals, Erragadda, Hyderabad 500018

Website: www.smilesfoundationindia.org

Email: Smilesfoundationindia@gmail.com

Mobile: +91 9849559676

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