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Short Communication Published Date: 2025-10-06

Neurocognitive Effects of Prolonged Virtual Consultation (Zoom Fatigue) in Clinicians

With the rapid shift to telemedicine during the COVID-19 pandemic, clinicians have faced unprecedented demands in adapting to prolonged virtual consultations. This has given rise to "Zoom fatigue," a form of mental and emotional exhaustion associated with extended video-based interactions. While the Zoom Exhaustion and Fatigue Scale (ZEFS) has been widely applied in studies involving students and office workers, there is limited research on its relevance to clinicians. Physicians, in particular, often conduct hours of uninterrupted virtual patient care, which can potentially lead to significant neurocognitive strain. This study explores the impact of prolonged virtual consultations on clinician well-being, employing ZEFS alongside the Depression, Anxiety, and Stress Scale (DASS-21) and Satisfaction with Life Scale (SWLS) to assess emotional and cognitive outcomes. Findings suggest that the increased cognitive load, reduced non-verbal communication, and digital interface stress contribute to higher levels of fatigue, anxiety, and dissatisfaction, highlighting the urgent need for systemic support and ergonomic telehealth practices.

Mini Review Published Date: 2025-09-11

Fairness at a Cost: The Hidden Dangers of Steroid-Based Skin Lighteners

The misuse of topical corticosteroids for skin whitening has grown to be a serious public health issue, notably in South Asia, Africa, and the Middle East. Easy over-the-counter availability, social pressures, and strong cosmetic marketing have all contributed to its widespread use, commonly without medical supervision. This practice has been linked to a number of dermatological problems, including skin atrophy, pigmentary diseases, tinea incognito, and an alarming increase in antifungal resistance to first-line medications like terbinafine. This article examines the incidence of overuse, the underlying pathophysiology, and the dermatological and psychosocial repercussions. Prescription control, improved medical and pharmacy curriculum, digital literacy programs, and appropriate telemedicine utilization are all necessary for effective interventions. Steroid abuse is more than just a cosmetic issue; it is a developing dermatological and antimicrobial resistance hazard that requires immediate, concerted action.

Review Article Published Date: 2025-08-12

The Impact of Artificial Intelligence on the Daily Responsibilities of Family Doctors: A Comprehensive Review of Current Knowledge

This comprehensive review examines the impact of Artificial Intelligence (AI) on family medicine, focusing on its potential to improve diagnostic accuracy, optimize treatment, and enhance administrative efficiency. Analyzing literature from 2019 to 2024, the study highlights the use of AI applications, including machine learning, natural language processing (NLP), and clinical decision support systems (CDSS), in streamlining workflows, predicting health risks, and personalizing patient care. Key findings reveal significant benefits like reduced diagnostic errors, automated documentation, and proactive management of chronic conditions. However, considerable challenges remain, including algorithmic bias, data privacy concerns, limited explainability of AI outputs, and disparities in implementation across healthcare settings. Ethical considerations—such as equity, clinician autonomy, and patient trust—are emphasized as essential for the sustainable integration of these practices. The review concludes that while AI holds transformative potential for family medicine, its future success depends on collaborative design with clinicians, rigorous validation in primary care, and the establishment of ethical frameworks to ensure equitable and patient-centered adoption.

Letter to Editor Published Date: 2025-07-11