

# **Wearable Technology - Not Just for Spies Anymore!**

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We all rely on technology in our workplaces. Theoretically, the advent of technology will lead to us eventually not having to work at all! For the moment, while we're still reliant, it's important to be on the lookout for the next big trend, the failing trends, and what benefits and risks they may pose to your allied health or mental health care practice. What will replace the technology you currently use? And how can technologies affect your practices' ability to get ahead? How will they affect your liability and claims risks?

## **Wearable intelligence**

Bond and Bourne aren't the only big fans of wearable technology. Tech companies are really pushing advances in spy watches, smartphone drones, and special gadgets: the biggest for 2014 appears to be the Glass technology and its integration with public data. This particular innovation could make these "spy advancements" incredibly useful in the lifesaving fields. But is it the next "big thing"?

## ***Glasses for Lifesaving: Public Safety and Law Enforcement***

The military has been using glass technology for years, but as it becomes more available, it's an option for firefighters and police officers. In public safety, the Glass could be used for evaluating building hazards, blueprints, and contact information for residents in homes where emergencies or accidents occur. It's exactly how you remember from all your favorite spy movies - one look at the item, building, person and the device transmits all relevant information to the wearer.

The NYPD experiments with use of these glasses in the field. For the NYPD, the main goal of the Glass application to law enforcement involves the ability to be hands free - not having to stop what they're doing in order to reach for a smartphone, emergency radio, tablet or computer. Of course, the public information states that they are not yet being deployed in field operations, but the potential huge.

## ***Glasses for Professional Medicine, Health and Mental Health Awareness***

Glass technology may have a huge impact on physicians and healthcare practitioners. It has great potential to recognize symptoms and visual signs of patient illness - helping a physician assess a patient's history, access medical records and stream their signs, such as recognizing heart rate increases or pupil dilations that may be indicative of extreme spikes in system and mental stresses.

The hands-free capabilities would simplify surgery and any kind of invasive procedures. Ultimately, use of glass technology would make recording procedures and archiving overall records much more

thorough – helping avoid malpractice suits over poorly kept records or diagnosed evidence.

Google has forbidden their current Glassware from using facial recognition technologies – their first choice of modification appears to focus on style, but no doubt laws will alleviate these needs in some areas where consent can be provided. HIPAA ramifications would predictably include improved collection and storage of data, but that’s to be expected in the upcoming years.

### ***Future of Glass in Neurological Applications***

Some investors speculate that neuro-feedback could be monitored by Glass. Monitoring brain activity of the patient throughout the day could provide intelligence to mental health professionals for treating depression and other conditions. Mood-sensing algorithms could target content more closely, and since the pupil response will be a top priority for analysis by Glass, detecting stress levels can stop problems at the source: prompting individuals to take breaks or meditate to relax.

Health monitoring of any personnel is one of the biggest applications currently used – naturally if both the patient and physician are wearing Glass technology, communicating the experience of the patient directly to the professional. For more information, check out this neuro application for Glass that PND Wearables is working on, or comment some questions below!

