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MOBILE HEALTH APPS FOR PATIENT ADHERENCE AND CHRONIC DISEASES MANAGEMENT

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Abstract

Mobile health applications for managing chronic diseases and patient adherence is one of the biggest obstacles to the successful management of chronic diseases is still patients' poor adherence to prescription and lifestyle advice. Applications for mobile health (mHealth) have become a viable, affordable, and easily accessible means of helping patients and filling this gap in conventional care. The purpose of this systematic review and meta-analysis is to compare the efficacy of mobile applications versus traditional care in enhancing patient adherence and managing chronic diseases in general. This study also evaluates user acceptability and looks at the essential components of popular mHealth apps. To find randomized controlled trials (RCTs) involving adult patients with chronic diseases using mHealth apps, a thorough literature search was carried out across several databases, including MEDLINE, Embase, and Cochrane Central. Future research should focus on high quality, long-term studies to identify the ideal app features and implementation strategies that will scalability and sustainability in clinical practice. This concludes that the mobile health apps represents a effective and viable intervention and supporting the patients Self-management of chronic diseases. Apps that employ strategies like medication reminders, electronic pillboxes, and educational content to help patients take their medication as prescribed. By putting health information and management tools directly into patients hands, these apps encourage active participation in their own care and decision-making. Apps that can leads to better control of chronic conditions like diabetes and hypertension, and that potentially reduces the hospital visits. mHealth apps foster greater patient engagement, making them active participants in their chronic disease management.

Keywords: Chronic diseases, Patient care, mHealth apps, Clinical practice.