Use of mHealth to enhance healthy ageing and support delivery of age-friendly health services – A systematic review

Presented by: Dr Sameera Ansari

Abstract: Advanced health technology along with improved health services and public health have led to increased longevity. The proportion of people aged over 60 years is increasing globally and expected to double by 2050. As part of a whole-of-systems approach, WHO identified mobile health (mHealth) as an important strategy to address this challenge. Healthcare innovations for ageing, including mHealth interventions, provide an unique opportunity to enhance access and equity of service delivery to the elderly, particularly in low and middle-income countries. This systematic review, commissioned by the WHO Western Pacific Regional Office, sheds light on evidence about the use of mHealth for healthy ageing.

Evaluating mHealth for Integrated Service Delivery in the Western Pacific Region: A systematic review

Presented by: Myron Godinho

Abstract: Mobile health (mHealth) applications, devices, and wearables comprise the ‘Internet of Things’ that enable ambulatory, home-based self-care in integrated care systems. To inform the WHO initiative on ‘Harnessing eHealth for Integrated Service Delivery in the Western Pacific Region (WPR)’, this systematic review evaluated mHealth interventions in the WPR, using the WHO Framework on Integrated People-Centred Health Services (IPCHS).

We identified 39 studies; mHealth facilitated integrated care by: enabling citizens and communities to bypass gatekeepers to services; increasing service affordability and accessibility; strengthening governance over clinical care; enabling scheduling and navigation; transitioning patients and caregivers between care sectors; and enabling evaluation. IPCHS strategy 2 (participatory governance and accountability) was infrequently addressed. Evaluations rarely reported their underlying framework, and emphasised cognitive/behavioural outcomes over health outcomes. This warrants further development of mHealth infrastructure, organisational eHealth capability maturity, and community readiness to support implementation and evaluation of IPCHS in the WPR.
About Dr Sameera Ansari

Sameera is a Post-Doctoral Researcher at the UNSW School of Public Health and Community Medicine. She has over 15 years experience in health care as a physiotherapist, educator and researcher. Her main research interests are COPD, chronic disease prevention and management, health services, implementation science, digital health and primary health care. Through her research, Sameera has collaborated with various health organisations such as Local Health Districts, NSW Agency for Clinical Innovation, GlaxoSmithKline Australia, Australian Institute of Health and Welfare, Pacific Health Information Network and the World Health Organization. This systematic review is one of the projects she led for the WHO Collaborating Centre for eHealth at the School.

About Myron Godinho

Myron is a Scientia PhD Candidate at the School of Public Health and Community Medicine, UNSW Sydney. His PhD research explores the use of Digital Health, Social Enterprise, & Citizen Engagement for delivering Integrated Primary Care, to accelerate global progress towards Universal Health Coverage and the Sustainable Development Goals. He also does research in participatory policymaking for health, as well as health leadership. With a background in medicine, Myron is interested in the digitalisation, democratisation and integration of global health systems.