



Title: How are mHealth primary care interventions implemented in different nations and how can stakeholders make policy changes to best suit the needs of the vulnerable and general populations?

Team: Editors - Akshita Mehrotra, Chandni Parikh// Researchers - Maya Rose Navarro, Sinne Sarkar, James Jung

Abstract:

This systematic review provides an overview of how mHealth interventions have been used and developed in China, India, Italy, Bulgaria, Ghana, South Africa, Peru, Brazil, and the United States of America. We aim to determine which methods are the most effective for establishing mHealth-based primary care interventions and what barriers have barred the further implementation of effective practices in certain regions.

The aforementioned countries are sorted into developed, developing, or under-developed via their 2019 Human Development Index (HDI) score granted by the United Nations Development Programme. The formulation of this review utilized policy briefs, data published by the World Health Organization, IMS Health, research found on PubMed, NYU Libraries, and Google Scholar. These were cross-referenced with previous systematic reviews. We found that the HDI score directly correlated with the difficulty of implementing mHealth for primary care interventions.

We found that developed nations were the most concerned about regulatory oversight and data privacy of the mHealth app solutions. Developing nations must adapt their mHealth app implementation policies to regions of varying socioeconomic status. Lastly, underdeveloped nations tend to have the most significant barriers to mHealth intervention, some of which include limited digital literacy and stakeholder engagement.

Thus, undeveloped nations would have the most difficulty procuring and maintaining infrastructure necessary for mHealth app implementations. mHealth implementation should be up to the discretion of the respective countries, as not all nations have the same health priorities, regulations, or barriers. While there is yet to be more evidence-based research to confirm the effectiveness of mHealth, we believe that denying mHealth services would be a great disservice and neglect of an intervention that has the potential to improve patient care across vulnerable populations in healthcare. Policies should be made to involve the government to support mHealth research and implementation.

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