

Digital health interventions for chronic disease management among older adults in developed countries: A scoping review

Mir Nabila Ashraf 1,2,3 MSc, Venezya Thorsteinson 2,3, Briana De Roo 2,3 BA & Natasha L. Gallant 1,2,3 PhD, RDPsych

1 Center on Aging and Health, University of Regina

2 Department of Psychology and Center on Aging and Health, University of Regina

3 Aging, Residents, and Caregivers (ARC) Research Unit



Background

Chronic diseases

- Globally, around 80% percent of older adults aged 65 years or older are living with at least have one chronic disease.
- Older adults living with chronic disease require greater healthcare services.
- However, these healthcare services are not always easily accessible.

Digital health

- The COVID-19 pandemic has resulted in unprecedented changes in the provision of healthcare services for older adults.
- During the COVID-19 pandemic, digital health interventions for chronic disease management were developed out of necessity.
- Currently, there is limited information available on digital health interventions specially tailored for chronic disease management among older adults.

Objectives

- To identify available digital health interventions (e.g., emails, text messages, voice messages, telephone calls, video calls, mobile applications, and web-based platforms) for chronic disease management for older adults in developed countries.

Methods

We followed the six steps of the Arksey and O'Malley framework to conduct a scoping review.

Search Strategy

- Databases included Medline, JBI EBP Database, PsycINFO and Scopus.
- Studies from 2013 to 2023.

Study Selection

- Two independent reviewers screened titles, abstracts, and reviewed full-texts, and a third reviewer resolved the conflicts.

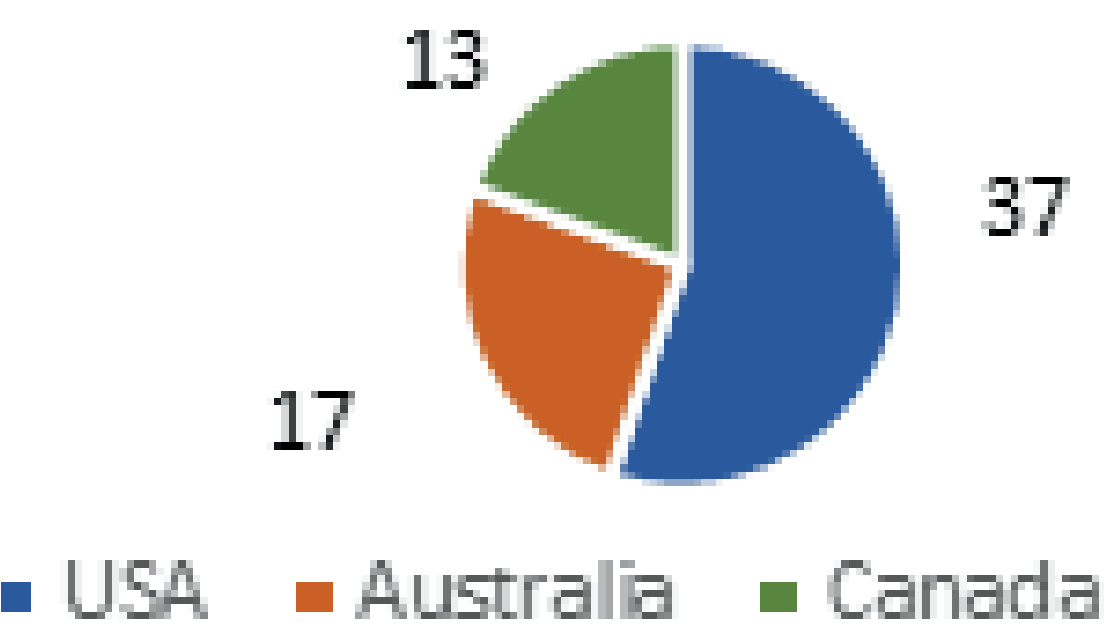
Data Extraction

- Data extracted from each study included study characteristics (i.e., author(s), year of publication, objectives, population, measures) and main findings on the digital interventions for chronic disease management.

Results

- Study characteristics and findings are presented in Figures 1, 2, 3, and 4.

Figure 2. Number of publication by country



Conclusions

- Findings provide an overview of empirical evidence in this area.
- More evidence-based research is needed to better understand the feasibility and limitations associated with the use of digital health interventions for this population.
- Dissemination of findings at the stakeholder level is also crucial for policymakers in developed countries.

Figure 1: PRISMA flow chart

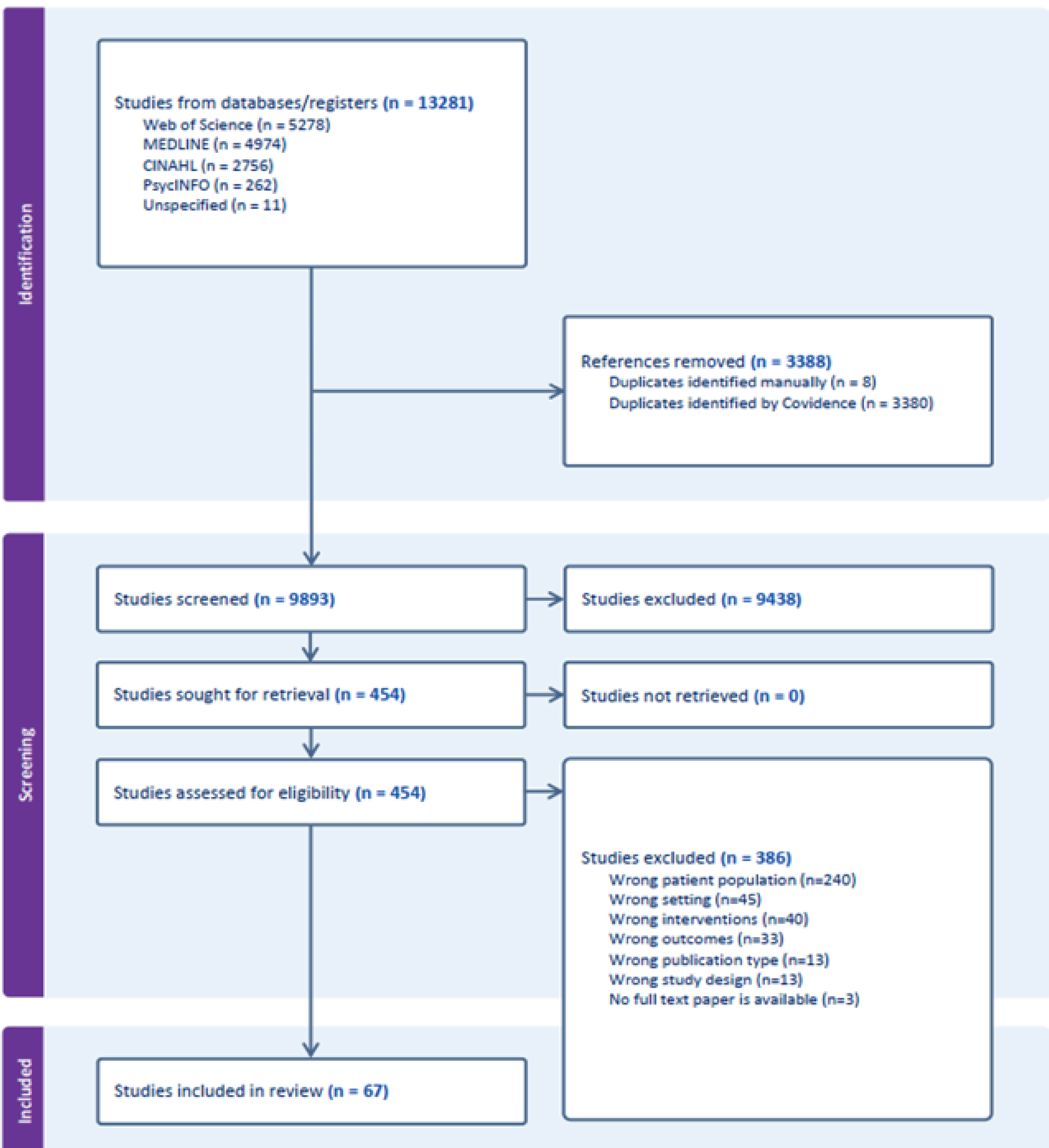


Figure 3. Number of publications by outcome

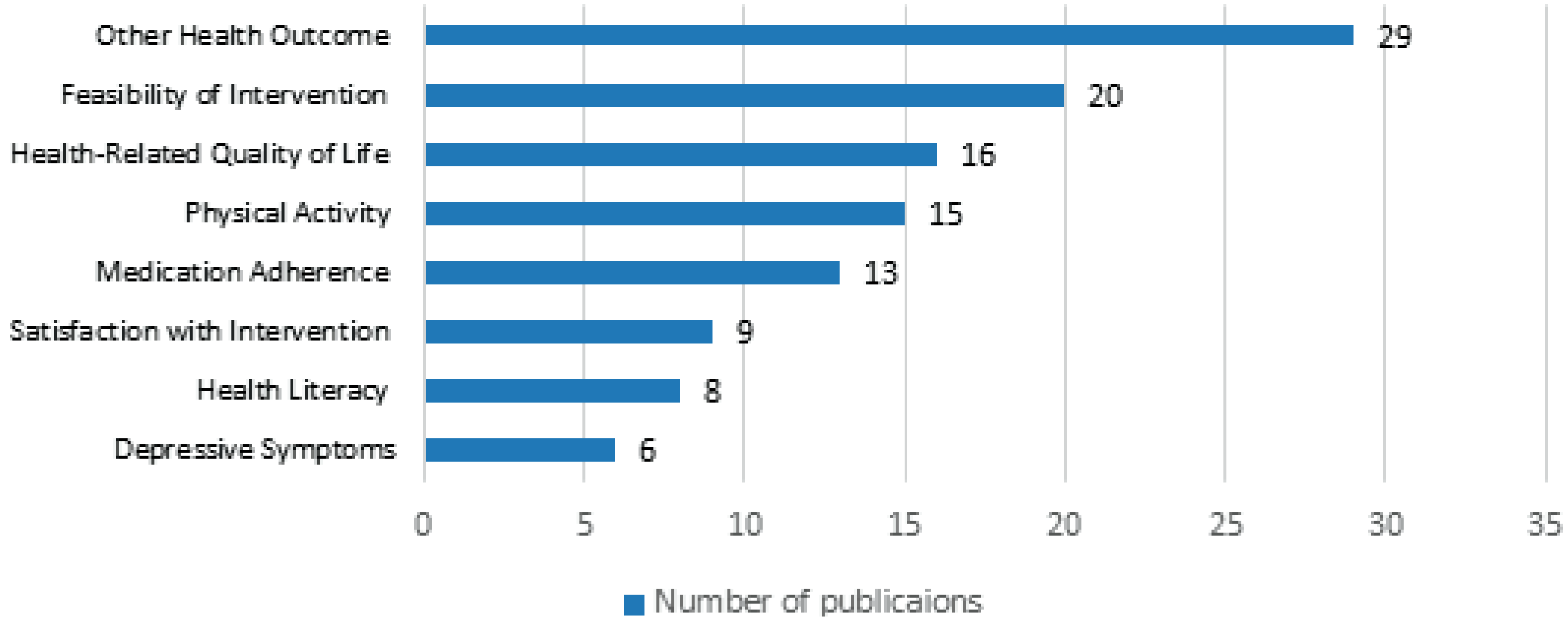
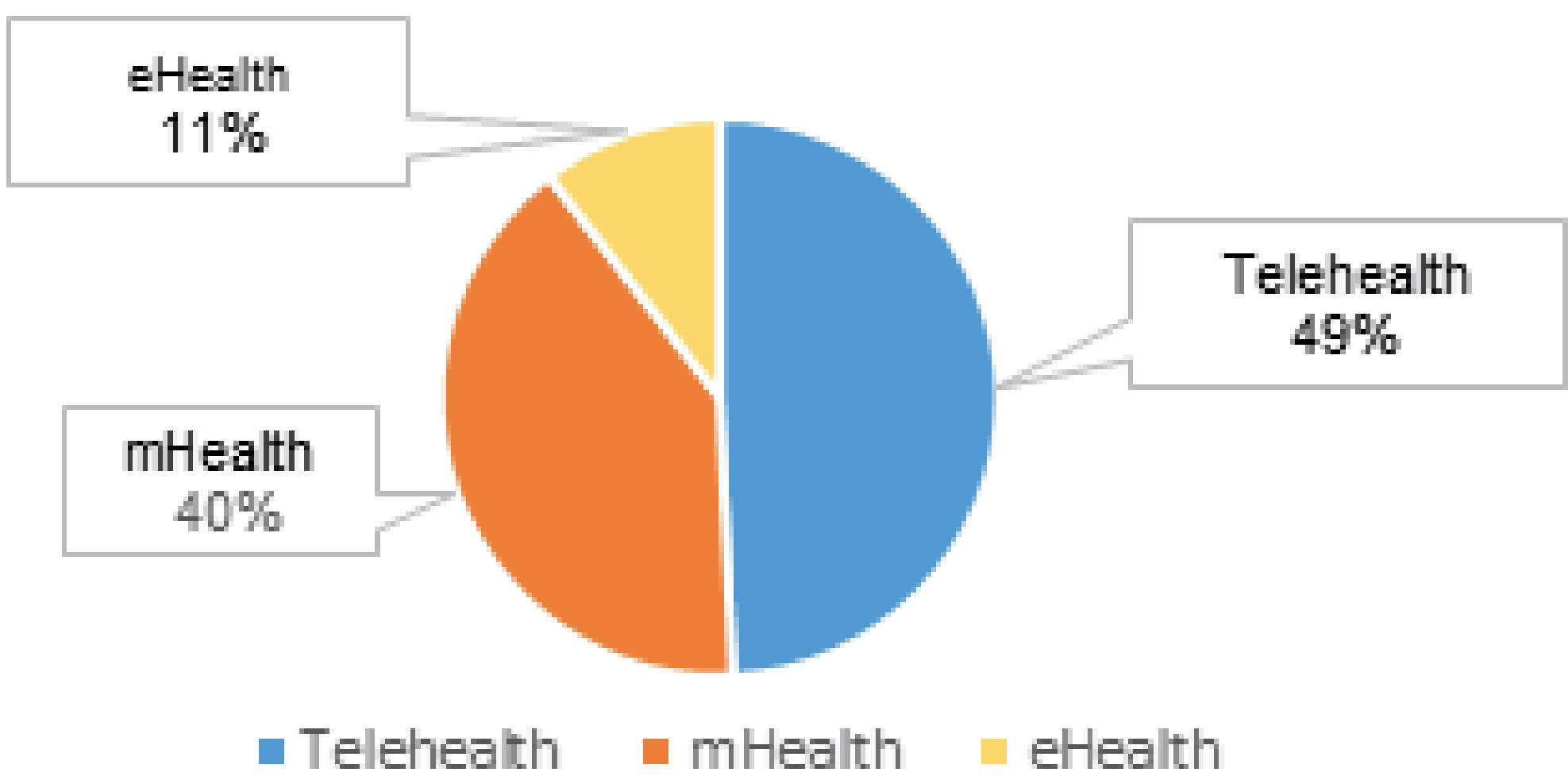


Figure 4. Number of publications by intervention type



Scan the QR code for references!

