عنوان مقاله:

The effect of using mobile apps on adherence to treatment of stroke patients

محل انتشار:

یازدهمین کنفرانس بین المللی بهداشت،درمان و ارتقای سلامت (سال: 1401)

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خلاصه مقاله:

The incidence of stroke has increased in recent years, highlighting the role of prevention and identification of risk factors, as well as the analysis of their costs. Risk factor control and treatment compliance in the following months after stroke are poor. While stroke is generally preventable. At present, new technologies, specifically mobile applications, are considered as tools with potential benefits in patients with stroke care. The use of mobile phones is an innovative and cost-effective way to fill the gaps of treatment non-adherence in chronic patients, especially stroke patients.Method & Material:This narrative review was done by keywords "mobile apps AND treatment adherence and compliance AND stroke", with no time limit thought PubMed, Elsevier, ProQuest, Scopus and Google scholar databases and search engineer in English and Farsi languages.Results:Results show that using mobile apps is effective on the treatment adherence of stroke patients. Mobile apps have been able to make changes in the lifestyle of patients at risk and led patients to be more physically active and reduce the consumption of unhealthy foods, and ultimately improved self-management and the quality of life of patients. Also, the use of these apps, patient satisfaction attracted. patients have been able to control their systolic and diastolic blood pressure well. Mobile apps reduce the risk of nonadherence in patients on anticoagulation therapy and prevent incidence of secondary stroke and finally reduce mortality in these patients.Discussion:The chronic nature of the disease and the lifelong complications caused by stroke affect patients' adherence to treatment. Over time, adherence to treatment decreases and complications caused by stroke worsen. The results suggest that mHealth technology provides a novel way to promote and manage disease conditions adherence. Mobile applications lead to change behavior in stroke patients and prevent the progression of the disease.

کلمات کلیدی:

mobile apps, treatment adherence, stroke

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