



Mobile Health Monitors Among Elderly with Hypertension in South African Urban Areas: Usability Study

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Abstract

Mobile health monitors are increasingly used to manage chronic conditions like hypertension. Among South African urban elderly with hypertension, adoption rates and usability vary significantly. A mixed-methods approach was employed, including focus groups ($n=15$) and surveys ($n=50$). Usability was assessed using a validated questionnaire with reliability coefficients. Findings indicate that 72% of participants found the monitors easy to use, while 28% reported occasional technical issues. Participants preferred real-time notifications over scheduled alerts. Despite high usability ratings, further refinements are needed in software responsiveness and user interface design for optimal adoption among this demographic. Healthcare providers should incorporate feedback into product development to enhance patient satisfaction and adherence.

Keywords: *African Geography, Elderly Hypertension, Mobile Health Monitoring, Usability Study, User Experience Design, Telemedicine, Chronic Disease Management*

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