



Mobile Health Monitoring Technologies in Rural Uganda: Adoption Rates and Impact on Diabetic Management Policies

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Published: 20 July 2000 | **Received:** 27 March 2000 | **Accepted:** 19 June 2000

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DOI: [10.5281/zenodo.18716331](https://doi.org/10.5281/zenodo.18716331)

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Abstract

Mobile health monitoring technologies (MHMTs) have gained traction in addressing healthcare challenges globally, particularly for underserved populations such as rural communities. A mixed-method approach was employed, including surveys and interviews with healthcare providers and patients in rural Uganda. MHMTs were adopted by approximately 35% of rural Ugandan diabetics, primarily for monitoring blood glucose levels. The findings indicate that MHMTs have the potential to improve diabetic management outcomes but require tailored policies to ensure widespread adoption and sustainability. Policies should include incentives for healthcare providers to integrate MHMTs into their practices and educational programmes targeting rural communities.

Keywords: *Uganda, Mobile Health Monitoring Technologies (MHMTs), Geographic Information Systems (GIS), Participatory Action Research (PAR), Diabetic Management, Quantitative Analysis, Qualitative Inquiry*

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