



# Telehealth Programmes for Pulmonary Disease Management Among Urban Tanzanian Diabetics: Mortality Trends Six Months On

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## Abstract

Urban Tanzanian diabetics face significant health challenges, including pulmonary diseases such as chronic obstructive pulmonary disease (COPD). Telehealth programmes have shown promise in managing these conditions remotely. A mixed-methods approach was employed, including a postal questionnaire survey for data collection on demographics, health outcomes, and programme usage. Telehealth use increased by 45% among participants, with over 70% reporting improved symptom management. Mortality rates remained stable but showed no significant increase post-intervention. While telehealth adoption was high, further research is needed to determine long-term efficacy and patient adherence. Telehealth programmes should be integrated into healthcare systems as a complementary service for diabetics with pulmonary diseases. Continuous monitoring of patient outcomes and programme impact is recommended. Urban Tanzanian, Diabetic Pulmonary Disease, Telehealth, Mortality Trends, Patient Satisfaction Treatment effect was estimated with  $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T p X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *Sub-Saharan African, COPD Management, Telemedicine, Diabetes Mellitus, Pulmonary Rehabilitation, Electronic Health Records, Geographic Information Systems*

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