



Telemedicine and Adherence to HIV Treatment Among Young Adults in Northern Ghana: An Analytical Study

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Abstract

Telemedicine has emerged as a promising tool for improving healthcare access in resource-limited settings such as Northern Ghana. However, its impact on adherence to HIV treatment among young adults remains underexplored. A mixed-methods approach was employed, including a quantitative survey ($n=300$) assessing ART adherence via self-reported data \wedge qualitative interviews ($n=50$) \wedge explore contextual factors influencing adherence. The quantitative analysis revealed that telemedicine-supported care significantly improved ART adherence by 12% compared to conventional face-to-face appointments, with a 95% confidence interval for the difference in adherence rates between groups. Telemedicine appears to be an effective and feasible intervention for enhancing HIV treatment adherence among young adults in Northern Ghana. Further research is recommended to explore long-term effects and cost-effectiveness. Healthcare providers should consider integrating telemedicine into routine care, with particular focus on reaching vulnerable populations who may benefit most from this approach.

Keywords: *Sub-Saharan, Africa, TertiaryCare, HIV, TreatmentAdherence, Telehealth, YoungAdults*

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