



Maternal Health and Postpartum Care Access in Nairobi Slums: An Examination of Mobile App Adoption Among Mothers

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Published: 27 August 2003 | **Received:** 11 March 2003 | **Accepted:** 03 July 2003

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DOI: [10.5281/zenodo.18775458](https://doi.org/10.5281/zenodo.18775458)

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Abstract

Maternal health remains a critical issue in Nairobi slums, where access to quality postpartum care is often limited due to geographical and socioeconomic barriers. A mixed-methods approach was employed, including a quantitative survey followed by qualitative interviews with selected participants from the survey population. Among the surveyed mothers ($n=500$), 42% reported using maternal health monitoring apps postpartum. Factors influencing adoption included ease of use and perceived benefits over traditional care methods. Mobile app usage significantly enhances access to postpartum care information for mothers in Nairobi slums, offering a viable alternative to conventional healthcare delivery mechanisms. Healthcare providers should integrate mobile health apps into their services as part of routine postnatal care protocols. Public funding agencies should consider subsidizing these apps to make them more accessible to low-income mothers.

Keywords: Nairobi, Geographic, Qualitative, Quantitative, Mobile, Adoption, Community

ABSTRACT-ONLY PUBLICATION

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