



Digital Healthcare Platforms in Chronic Disease Management Among Elderly South Africans: A Meta-Analysis

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Abstract

Chronic diseases such as diabetes and hypertension are prevalent among elderly South Africans living in urban areas. A systematic review and meta-analysis of studies conducted between and , including randomized controlled trials (RCTs). Digital platforms showed a moderate improvement in adherence to medication regimens compared to traditional management methods, with an odds ratio of 1.47 (95% CI: 1.28-1.68). The meta-analysis supports the use of digital healthcare platforms for chronic disease management among elderly South Africans. Healthcare providers should integrate digital solutions into their existing services, with a focus on training and support for users. Digital Healthcare Platforms, Chronic Disease Management, Elderly South Africans, Meta-Analysis
Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African, Chronic Disease, Meta-Analysis, Digital Health, Evaluation, South Africa, Urban*

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