



# Action Research on a Mobile Health Intervention for Tailored Antiretroviral Adherence Support and Postpartum Viral Load Suppression in Ouagadougou

Action Research on a  
Mobile Health

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## Abstract

This study addresses a current research gap in Medicine concerning Effect of a mHealth intervention providing tailored adherence support on viral load suppression among postpartum women on ART in Ouagadougou, Burkina Faso in Burkina Faso. The objective is to clarify key debates, identify practical implications, and outline a focused agenda for scholarship and policy. A qualitative approach was used, drawing on recent literature and policy sources to frame the analysis. The analysis indicates persistent structural constraints alongside emerging local innovations; however, evidence remains uneven across contexts and sectors. The paper argues for context-specific approaches and stronger empirical foundations in future research. Stakeholders should prioritise inclusive, locally grounded strategies and improve data transparency. Effect of a mHealth intervention providing tailored adherence support on viral load suppression among postpartum women on ART in Ouagadougou, Burkina Faso, Burkina Faso, Africa, Medicine, action research This structured abstract provides a standardised summary to support rapid screening, indexing, and assessment of scholarly contribution.

**Keywords:** *mHealth, antiretroviral therapy adherence, postpartum care, viral load suppression, Sub-Saharan Africa, action research, tailored interventions*

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