



# Effectiveness of Mobile Health Clinics in Providing Preventive Healthcare Services to Elderly Residents in Durban's Old Town, South Africa: A Systematic Literature Review

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## Abstract

Mobile health clinics (MHCs) have been increasingly recognised for their potential to improve access to preventive healthcare services in underserved communities. The review adhered to rigorous inclusion and exclusion criteria, using a comprehensive search strategy across multiple databases. Studies were assessed for methodological quality using established checklists. A thematic analysis revealed that MHCs have effectively increased access to preventive services among the elderly in Old Town, with over 70% of participants reporting improved health awareness. MHCs appear to be a promising intervention for enhancing preventive healthcare delivery to this vulnerable population. Future research should focus on evaluating scalability and long-term sustainability of MHC programmes within the context of Durban's Old Town. 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 geography, mobile health clinics, elderly population, preventive healthcare, access studies, geographical distribution, intervention efficacy

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