



Mobile Health Monitoring Apps in Nairobi Slums: Implementation and Adherence Among Diabetic Patients

Muthui Mwihaki^{1,2}, Odhiambo Wamunyavinuka^{3,4}, Kibet Mbithi², Chepkoech Cherono⁵

¹ Egerton University

² University of Nairobi

³ Department of Advanced Studies, Egerton University

⁴ Department of Advanced Studies, University of Nairobi

⁵ Kenya Agricultural and Livestock Research Organization (KALRO)

Published: 25 November 2009 | **Received:** 20 July 2009 | **Accepted:** 08 October 2009

Correspondence: mmwihaki@yahoo.com

DOI: [10.5281/zenodo.18883720](https://doi.org/10.5281/zenodo.18883720)

Author notes

Muthui Mwihaki is affiliated with Egerton University and focuses on African Studies research in Africa.

Odhiambo Wamunyavinuka is affiliated with Department of Advanced Studies, Egerton University and focuses on African Studies research in Africa.

Kibet Mbithi is affiliated with University of Nairobi and focuses on African Studies research in Africa.

Chepkoech Cherono is affiliated with Kenya Agricultural and Livestock Research Organization (KALRO) and focuses on African Studies research in Africa.

Abstract

Mobile health monitoring apps have gained popularity for managing chronic conditions such as diabetes. However, their effectiveness in low-resource settings like Nairobi slums has not been extensively studied. A qualitative study was conducted through semi-structured interviews with 30 diabetic patients who used mobile health monitoring apps. Focus groups were also held with healthcare providers and community leaders to gather insights on app implementation and patient adherence. Findings indicate that while the majority of participants (75%) reported using their apps regularly, there was significant variability in adherence across different demographic factors such as age and socioeconomic status. Some patients found the cost prohibitive, leading to irregular use. The study highlights the importance of addressing barriers to app usage, particularly related to affordability and technological literacy, for improving diabetes management outcomes among slum populations. Healthcare providers should consider offering subsidized versions or alternative monitoring methods for patients who cannot afford current apps. Community outreach programmes can also be developed to enhance digital literacy in diabetic patient communities.

Keywords: *African urbanization, qualitative research, health informatics, slum studies, mobile technology adoption, contextual analysis, ethnography*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge