



Adapting and Assessing a Mobile Application for Blood Pressure Monitoring Among Elderly Diabetic Patients in South Africa: An Exploration of User Experience and Acceptance

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Abstract

In South Africa, where diabetes is a significant public health concern affecting elderly populations, effective monitoring of blood pressure (BP) is crucial for managing this condition. A qualitative study involving semi-structured interviews with 20 participants aged over 65 years who have diabetes. The adaptations were based on feedback from focus group discussions with users of similar applications. Participants reported a preference for an application that allowed customization of reminders and notifications to suit their daily routines, indicating the need for more personalized features. The findings suggest that elderly diabetic patients in South Africa value mobile applications that offer flexibility and personalization over standardised BP monitoring tools. Future development should focus on incorporating user feedback into the application design to enhance its usability and acceptance among this demographic.

Keywords: *Cultural Competence, Diabetes Management, Elderly Care, Mobile Technology Acceptance, Qualitative Research, User Experience Design, Anthropology of Health Informatics*

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