



Digital Health Interventions for Chronic Disease Management Among Rural Senegalese Farmers in Ghana: A Five-Year Study

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Abstract

Rural communities in sub-Saharan Africa often face challenges in accessing healthcare services, particularly those with chronic diseases such as hypertension and diabetes. In Ghana, where rural Senegalese farmers are a significant demographic, there is an unmet need for effective chronic disease management interventions. The study will employ a mixed-methods approach combining quantitative data from electronic health records and qualitative interviews with participants and healthcare providers to evaluate the efficacy of digital health interventions in facilitating chronic disease management in rural settings. Initial results suggest that digital health technologies have significantly improved patient adherence to medication regimens, reducing missed appointments by approximately 20% compared to traditional methods. A thematic analysis of qualitative interviews revealed themes related to increased access and convenience for patients and healthcare providers. The findings indicate a promising role for digital health interventions in enhancing chronic disease management among rural populations. Further research is warranted to explore scalability and sustainability of these interventions. Healthcare policymakers should prioritise the integration of digital health technologies into existing service delivery models, alongside traditional approaches, to improve access and outcomes for underserved rural communities. digital health interventions, chronic disease management, rural Senegalese farmers, Ghana, mixed-methods study 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: Sub-Saharan, Africa, Ghanaian, FastFISH, Multicentre

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