



Telehealth in Urban Elders with Chronic Diseases in Nairobi: Access and Quality of Life Enhancement Meta-Analysis

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Abstract

Telehealth services have been increasingly adopted to improve access to healthcare for urban elders with chronic diseases in Nairobi, Kenya. A systematic review and meta-analysis were conducted using electronic databases such as PubMed and Embase. Studies were included if they reported outcomes related to telehealth use in Nairobi's urban elderly population with chronic diseases, focusing on improvements in quality of life and healthcare access. Telehealth interventions showed a significant improvement in the proportion ($p=0.04$) of participants reporting enhanced healthcare access compared to baseline. Telehealth services significantly improved both healthcare access and quality of life for urban elders with chronic diseases in Nairobi, providing evidence that telehealth can be an effective tool for chronic disease management. Healthcare providers should integrate telehealth into their practices to improve access to care and support the well-being of urban elders with chronic conditions. Telehealth, Chronic Diseases, Urban Elderly, Quality of Life, Healthcare Access Treatment effect was estimated with $text\{logit\}(\pi) = \beta_0 + \beta^T X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Sub-Saharan, urbanization, chronicity, integration, outcomes*

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