



Telemedicine Consultations and Chronic Disease Management in Southern Africa: Feasibility Study on Remote Monitoring in Somalia

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Abstract

Telemedicine consultations have shown promise in improving access to healthcare services for patients living in remote or underserved areas of Southern Africa. A mixed-methods approach was employed, including qualitative interviews with healthcare providers and quantitative assessments of baseline health data collected through electronic health records (EHR). Initial analysis indicated a significant improvement in medication adherence rates among patients receiving telemedicine consultations compared to those not using this service. The study concluded that telemedicine can be effectively utilised for chronic disease management and remote patient monitoring, although further research is needed to validate these findings. Further studies should explore the long-term efficacy of telemedicine in chronic disease management and investigate potential barriers to implementation. chronic diseases, telemedicine, Somalia, remote monitoring, adherence Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Sub-Saharan, Africa, RemoteMonitoring, SystemsTheory, MixedMethods, Telehealth, ChronicDiseaseManagement*

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