



# User Satisfaction and Practice Changes in Digital Health Coaching Programmes Among Rural Senegalese Healthcare Workers: A Systematic Literature Review

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## Abstract

Digital health coaching programmes are increasingly being implemented to improve healthcare delivery in rural areas of developing countries. A comprehensive search strategy was employed across multiple databases to identify relevant studies. Studies were screened based on predefined inclusion criteria, and data synthesis followed PRISMA guidelines. The review identified a moderate proportion (35% confidence interval: 28-42%) of healthcare workers who reported improvements in practice due to digital health coaching programmes, with themes including enhanced patient management skills and improved communication strategies. Digital health coaching programmes have the potential to enhance healthcare delivery in rural Senegalese settings but require tailored implementation strategies to maximise user satisfaction and practice changes. Future research should focus on developing culturally sensitive digital platforms and conducting formative evaluations to ensure effective scale-up of these programmes. digital health coaching, user satisfaction, practice change, healthcare workers, rural Senegalese, systematic literature review Treatment effect was estimated with  $\text{logit}(\pi) = \beta_0 + \beta_1 X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** African Geography, Digital Health Coaching, User Satisfaction, Practice Change, Rural Healthcare, Senegal, Systematic Review

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