



Innovative Medical Approaches in Zimbabwe: An Original Research Study from

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Abstract

Sub-Saharan Africa faces substantial healthcare challenges due to resource constraints and a high disease burden. Contextually appropriate innovations are required. Zimbabwe's healthcare system, which reflects these regional issues, offers a pertinent setting for investigation. This study aimed to identify and analyse innovative medical approaches implemented in Zimbabwe. Its primary objective was to characterise these innovations and assess their perceived impact on healthcare delivery and outcomes. A mixed-methods design was employed. This comprised a systematic scoping review of documented initiatives and in-depth, semi-structured interviews with key informants. Purposive sampling recruited healthcare policymakers, practitioners, and programme managers involved in innovative projects across public and private sectors. Analysis identified three predominant thematic areas: task-shifting initiatives, mobile health (mHealth) technologies for patient follow-up, and locally adapted clinical protocols. A clear trend towards community-based care models was evident. A notable proportion of innovations specifically aimed to improve maternal health outcomes through enhanced access and monitoring. Innovation within Zimbabwean medicine is actively addressing systemic constraints, frequently by leveraging existing resources and community structures. These approaches show potential for improving the reach and efficiency of healthcare services within a resource-limited setting. Policymakers should support the formal integration and scaling of successful, context-appropriate innovations, particularly in primary and maternal healthcare. Further research should focus on rigorous outcome evaluation to strengthen the evidence base. medical innovation, healthcare delivery, Sub-Saharan Africa, Zimbabwe, maternal health, task-shifting, mHealth This research provides a systematic overview of medical innovations in Zimbabwe, offering insights for practitioners and policymakers seeking to implement sustainable solutions in similar resource-constrained environments.

Keywords: *Sub-Saharan Africa, Zimbabwe, Healthcare Innovation, Contextual Adaptation, Health Systems Research, Resource-Limited Settings, Medical Technologies*



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