

Reimagining Healthcare Horizons: A Youth-Centric Analysis of Medical Futures in Gabon

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Abstract

The future of medical practice in Africa depends on engaging its youth. In Gabon, understanding young people's views on healthcare evolution is necessary to inform policy and education. This study aimed to capture and analyse the perspectives of Gabonese youth on the future of medicine. Its objectives were to identify their key expectations, concerns, and priorities for the healthcare system. A qualitative approach was employed, using focus group discussions and semi-structured interviews with purposively selected participants aged 18–30 from urban and peri-urban settings. Data were interpreted using thematic analysis. Participants emphasised a strong desire for a more technologically integrated and accessible healthcare system. Telemedicine and digital health records were frequently cited as essential components. Concerns regarding inequitable access and the emigration of medical professionals were also prevalent. Gabonese youth envision a digitally transformed and equitable medical future for Gabon. Their perspectives reveal a disconnect between current healthcare realities and their aspirations for a modernised system. Stakeholders should integrate youth perspectives into health sector planning. Priorities include investing in digital health infrastructure and reforming medical education to align with technological advancements and address workforce retention. Youth perspectives, medical futures, Gabon, digital health, healthcare access, qualitative research This paper provides empirically-grounded insights into Gabonese youth's visions for medicine, offering an evidence base for future-oriented health policy and practice in the region.

Keywords: *Youth perspectives, Healthcare futures, Sub-Saharan Africa, Qualitative analysis, Medical education, Gabon, Health policy*

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