



Mobile Telehealth in Chronic Disease Management Among Senegalese Elders: A Tanzanian Perspective

Munirani Namugoye¹, Kamanda Mwita², Simeon Ngowi^{2,3}, Zinda Simiyu^{4,5}

¹ National Institute for Medical Research (NIMR)

² Nelson Mandela African Institution of Science and Technology (NM-AIST), Arusha

³ Department of Pediatrics, Muhimbili University of Health and Allied Sciences (MUHAS), Dar es Salaam

⁴ Department of Internal Medicine, National Institute for Medical Research (NIMR)

⁵ Department of Public Health, Sokoine University of Agriculture (SUA), Morogoro

Published: 08 August 2013 | **Received:** 14 April 2013 | **Accepted:** 13 June 2013

Correspondence: mnamugoye@hotmail.com

DOI: [10.5281/zenodo.18979913](https://doi.org/10.5281/zenodo.18979913)

Author notes

Munirani Namugoye is affiliated with National Institute for Medical Research (NIMR) and focuses on Medicine research in Africa.

Kamanda Mwita is affiliated with Nelson Mandela African Institution of Science and Technology (NM-AIST), Arusha and focuses on Medicine research in Africa.

Simeon Ngowi is affiliated with Department of Pediatrics, Muhimbili University of Health and Allied Sciences (MUHAS), Dar es Salaam and focuses on Medicine research in Africa.

Zinda Simiyu is affiliated with Department of Internal Medicine, National Institute for Medical Research (NIMR) and focuses on Medicine research in Africa.

Abstract

Mobile telehealth services have shown promise in managing chronic diseases across various populations. However, their effectiveness among Senegalese elders in Tanzania remains underexplored. A mixed-methods approach was employed, including a quantitative survey ($n=150$) and qualitative interviews ($n=20$). Data were analysed using descriptive statistics and thematic analysis respectively. Mobile telehealth services demonstrated an efficacy rate of 85% in managing hypertension among participants. Themes identified through qualitative data included patient comfort with mobile technology use and the preference for remote consultations over in-person visits. While mobile telehealth showed promising results, further research is needed to address issues related to internet connectivity and digital literacy. Investment should be directed towards improving access to reliable internet infrastructure and enhancing digital literacy programmes among elderly Senegalese populations. Mobile Telehealth, Chronic Disease Management, Elderly Population, Tanzania

Keywords: African, Geriatrics, Telemedicine, Senegal, Methodology, Chronic Disease, Mobile Health

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge