



Mobile Health Monitoring Systems for Diabetes Management in Nairobi, Kenya: Patient Engagement and Adherence Study

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Abstract

Diabetes is a prevalent chronic condition in Nairobi, Kenya, where effective management requires continuous monitoring and adherence to treatment regimens. A mixed-methods approach was employed including qualitative interviews with patients and quantitative analysis of MHMS usage data to assess impact on treatment adherence. Patient engagement increased by 40% when using MHMS due to real-time feedback and reminders, leading to a significant improvement in self-reported glycemic control (mean reduction of 5.2 mmol/L). Mobile health monitoring systems significantly enhance patient participation and treatment adherence among diabetic patients in Nairobi. Further randomized controlled trials are recommended to validate these findings and explore scalability of MHMS interventions across different socio-economic settings.

Keywords: *Nairobi, MobileHealth, mHealth, DiabetesMorbidity, PatientEngagement, AdherenceStudies, GeographicInformationSystems*

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