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Mobile devices have become the most important and useful device in this decade. It has reshaped our life in many ways and replaced many devices like camera, radio, clock etc., but the most innovative and notable feature in my point of view is its potential for remote monitoring for healthcare. As highlighted in the report "How Mobile Devices are Transforming Healthcare" by Darrell West, this technology is supposed to save up to \$197 billion over the next 25 years in the United States alone. This establishes the fact that mobiles not only can monitor and improve healthcare delivery but can also contribute to cost savings.

This report highlighted how patients with chronic diseases can transmit their health data such as blood pressure, blood glucose, heart rate to healthcare providers in the comfort of their own homes, rather than getting appointments, waiting for long hours to be seen and then monitored. This monitoring also allows healthcare providers to act immediately in case of emergency. These can also help patients in scheduling their visits, reminders of medications, updates on medications in case of emergency and virtual meetings if necessary.

Another important feature of this technology is virtual consultation and access to doctors in rural and far-flung areas where specialists are not available. In many countries, where resources are limited, mobile are used for video consultations and healthcare lectures. This helps in improving the quality of healthcare as well bridging the gap between rural and urban areas.

The region I belong to is also starting to use technology in healthcare delivery, even though there is still room for improvement. Telemedicine services, which allow patients to consult with healthcare providers remotely, have become more prevalent, especially during the COVID-19 pandemic. A lot of healthcare providers are now trying to maintain electronic health records and letting their patients access their files and information whenever required. This helps

in communication with their healthcare team more effectively where multiple departments are involved.

Despite all this, there are still many challenges ahead. Digital literacy, interrupted or no internet access, lack of android mobiles, low socioeconomic status are the most important factors amongst many others. There is still a lot of room for improvement and a lot of training at a mass level is required, in order to overcome these barriers.

In my region I think a comprehensive mobile health application would help people. This app could integrate monitoring, medication reminders, prescriptions, appointment scheduling, educational resources, and communications with healthcare providers. A single platform with all this access will be easy to learn and handle and will improve adherence and response. Also, AI integration into healthcare apps can be beneficial if it can analyze patients' diet, vital signs, and symptoms, and then suggest appropriate lifestyle modifications or alert healthcare providers for the warning signs.

In nutshell, mobile devices have revolutionized the healthcare industry by enabling remote monitoring, improving access to healthcare, and promoting patient engagement and education. While technological advancements have brought significant benefits, it is crucial to address the challenges of equitable access and digital literacy to ensure that all members of society can benefit from these innovations. By embracing and thoughtfully integrating technology into healthcare, we can work towards a more efficient, accessible, and personalized healthcare system.

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Reference:

West, D. (2012). How mobile devices are transforming healthcare. Issues in Technology Innovation, 18. Brookings Institute. <https://www.brookings.edu/wp-content/uploads/2016/06/22-mobile-health-west.pdf>