



Mobile Technology-Based Interventions in Healthcare

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

Globally, approximately one in three adults suffers from multiple chronic conditions, varying from 16% to 58%, which increases healthcare expenditure. Certain conditions cluster together more frequently, such as chronic heart failure (CHF), chronic obstructive pulmonary disease (COPD), diabetes, cancer, and depression.

Teaching patients how to address symptoms of chronic diseases and make informed decisions about their chronic condition improves quality of life and reduces instances of hospitalization. Self-management education (SME) programs have helped patients learn and manage their symptoms, improve their eating and sleeping habits, reduce stress, and maintain a healthy lifestyle.

Innovative technology affords a low-cost, flexible means to supplement formal healthcare education and is central to reshaping chronic care at home. If designed and implemented carefully, technological interventions are a powerful means to improve healthcare provider practice and help patients live more successfully with chronic disease, with patient-centered care to manage chronic diseases and improve patient-related outcomes.





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Message from the Editor-in-Chief

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