Barriers and Facilitators of Digital Health Adoption for Chronic Disease Management

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AGENDA

● Digital Health
● Barriers and Facilitators
● Policy Implications
Digital health connects and empowers people and populations to manage health and wellness, augmented by accessible and supportive provider teams working within flexible, integrated, interoperable and digitally-enabled care environments that strategically leverage digital tools, technologies and services to transform care delivery. Healthcare Information and Management Systems Society
SMARTPHONE OWNERSHIP

Catalyst Canada, 2016
RESEARCH STUDY

To understand the potential facilitators and barriers that might influence Digital Health adoption for COPD management
WHY COPD?
QUESTIONNAIRE

Technology Access and Use

• Demographics
• Ownership and internet capacity
• Use of Digital Health
Barriers

• What is limiting you from using Digital Health in your practice?
  • (financial, employees, technical)

• How can we solve it?
Facilitators

• Tell me about a situation when you have tried to use Digital Health?

• What data did you collect? How often?

• What motivated you to use Digital Health?

• How can we train you to use it?
TECHNOLOGY OWNERSHIP

72.7% owned a mobile phone
23.4% owned a smartphone
32.5% owned an iPad or a tablet
35.1% owned a blood pressure monitor
22.0% participants owned a glucometer.
Findings - Facilitators

HCPs and patients should be educated on how to use it.

Needs to be credible.

Reduce costs to the healthcare system.
Findings - Facilitators

It has possible health benefits for patients.

"it would give patients the power to be part of their management plan, which is better when patients are empowered, because they feel in control of their health"
Findings - Facilitators

The software needs to be easy to use.

“people are overwhelmed when they are diagnosed with something that is new and complicated, and affects something as important as your breathing. So, this has got to be something that is easy for them to access and use.”
BARRIERS

There may be privacy and confidentiality concerns.

Lack of awareness is a challenge.

There may be limited uptake from the elderly.

There was little interest in using mHealth intervention.
Findings - Barriers

There are technical issues with Digital Health.

“there are patients within little pockets of NL that don't have cellular service or Internet connection, so unfortunately those patients will not be able to be referred to the program”
Findings - Barriers

There are possible financial barriers.

I mean we’re all so busy that nobody wants to do anything for free because why would I do that for free if I get paid for it. So that’s a barrier that has to be overcome is that how do you change some of the way physicians are paid... If I do a poor quality of care for my COPD patient or if I do an excellent quality of care, it’s the same payment.
Policy Implications

1. Create a certification for compliant Digital Health interventions
   - Meet the standards of privacy and confidentiality
   - Capable of offering tech support
   - Peer-reviewed evidence

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Policy Implications

2. **Teach patients and providers about digital health**
   - Include it in the curriculum
   - Online resources
   - Public health programs
   - Introduce health coaches
   - Leverage family members
Policy Implications

3. Focus on usability
Policy Implications

4. Reduce costs of development

5. Consider bridging the Digital Divide
PUBLICATIONS


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