Research Theme
Health Systems and Population Health

Research Project Title
Mobile Management in Health (m²health) at Your Fingertips

Principal Investigator
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Project Description

Background
The advent of smartphones to the masses in the early 2000’s has changed our lives significantly. Not only has this broken distance barriers, we have now greater convenient access to information than ever before. Mobile apps are reshaping—and even revolutionizing—how institutions, organizations, and people communicate, do business and go about daily activities. Across various mobile platforms, tens of thousands of apps are currently available to consumers for the purposes of health, connectivity, productivity or leisure. The role of mobile health has also evolved from increasing access to medical information to “patient activation”, by “enabling patients to participate proactively in their care,” cutting down the cost of healthcare delivery, and improving awareness through self-monitoring.

It was estimated in 2010 that the mHealth (mobile health) industry would reach out to an estimated 500 million people, out of a total 1.4 billion smartphone users. Already in 2014, the number of smartphone users worldwide has risen to beyond to 1.75 billion; the number of mhealth users would also likely exceed previous estimates. With mHealth getting more limelight than before, major mobile platforms have jumped on the bandwagon, offering health related apps out-of-the-box, and a plethora of wearable healthcare devices aimed at monitoring and improving one’s health.

Despite the proposed claims, we have barely scratched the surface as to what mHealth initiatives can offer in bridging the chasm between healthcare providers and the population. And so, a fundamental question still remains – is there any visible or measurable impact on the health status from using these apps? How can these apps potentially affect or contribute to mainstream healthcare delivery or clinical pathways?

Proposed work
The aim of this project is to advance the field of mHealth, and its objective is to understand the following – what are the key ingredients to facilitate adoption of healthcare apps to leverage and maximize their potential to their target populations in the management of chronic diseases? How can apps potentially affect or contribute to mainstream healthcare delivery or clinical pathways?

This research work is highly multi-disciplinary, and will take the candidate through the fields of...
clinical sciences, healthcare, education/ andragogy (adult learning), engineering (computer sciences or software design), and behaviour change psychology. The candidate will also experience and undertake other fields in population health, including the modern epidemiology of chronic diseases, public health research, eHealth research, trials methodology, statistics and multi-method approaches. The candidate will also get involved in stakeholder engagement, including research teams across LKCMedicine; the National Healthcare Group (NHG), Singapore; IT implementation and industry partners.

**Contact Us**

If you have questions regarding this project, please email the Principal Investigator.

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