The systematic literature review of digital health interventions in South Africa

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Digital health, which includes digital care programs, technologies with health, healthcare, living, and society to enhance the efficiency of healthcare delivery and to make medicine more personalized and precise. The discipline uses information and communication technologies to facilitate understanding of health problems and challenges faced by people receiving medical treatment[3] and social prescribing more personalised and precise.

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Digital health technologies come in many different forms and extend into various parts of healthcare. As new technologies develop, digital health, as a field, respectively transforms. The three most popular domains of digital health technologies include telemedicine, wearable technologies, and augmented and virtual reality. Telemedicine is how physicians treat patients remotely and the different technologies needed to make the process more efficient and faster.[13] The other main side of digital health is data collection and how to provide on-demand medical information for patients, which gave rise to wearables. Wearable technologies hold the promise of bringing personalized data and health-related tracking to all users.[14] In terms of digitized treatment, augmented and virtual reality can create personalized regimens for patients that can be repeated and tailored to treat many conditions.

In fact some of these technologies are being propelled by the startup space, which has been followed via Internet or online media sources such as podcasts on digital health entrepreneurs.

Telemedicine is one of the broadest areas of digital health. It encompasses the digitization of medical records, remote care, appointment booking, self-symptom checkers, patient outcome reporting, and many others.[13] Digital and remote clinics are commonly used to provide quick, nonurgent consultations that save both the patients and doctors time.[13] Especially with the COVID-19 pandemic, this type of treatment has become the primary way doctors are seeing their patients and may be as effective as face to face appointments.[16][17] This type of digital treatment keeps both parties safe and is a reliable method that physicians plan to use for routine checks even after the pandemic ends.[16]

Telemedicine also covers online health records, where both patients and doctors have access to the relevant information at all times.[13] All this digital information means that patient data is accessible to healthcare professions and can be analyzed to create better and smarter treatment plans.[13] This paves the path for a more personalized healthcare system, which can help patients better understand their conditions and could result in more positive outcomes.[13][1]

[1] This is an example article for INL 340 with text from Wikipedia (https://en.wikipedia.org/wiki/Digital_health)