



mHealth: A Treatment with the Mobile Phone

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DESCRIPTION

The term “mHealth,” or “mobile health,” refers to the use of mobile phones and other wireless technology in medical care. The most well-known application of mHealth is the use of mobile devices to inform customers about services for preventive medical care. However, mHealth is also used for disease surveillance, therapy support, pandemic flare-up following, and chronic disease management. With a large population and widespread cell phone use in underserved areas, mHealth is becoming a well-known option. Non-profit organisations like the mHealth Partnership are advocating for more use of mHealth in the startup ecosystem.

Comfort is one of mHealth’s key advantages for consumers. Without needing to visit a doctor, users can monitor and track specific health data constantly with the help of wearable technology and other mobile technology. There are also numerous applications to review: A digital health consulting company named research to guidance estimates that as of 2017, app stores offered 325,000 mHealth apps for download.

By enabling patients to communicate with their doctor or care team and the other way around without physically meeting, mHealth can also help fill gaps in care. For instance, doctors can send parents a secure message when their child has recovered from surgery. Additionally, it enables medical care providers to communicate with one another regarding patients; for example, informing a medical attendant when a patient has arrived for an appointment.

Due to the interaction that some mobile health apps, such as the Apple Health App, can have with a patient’s electronic health record, users can access their health data on their iPhone or iPad. The fact that mHealth applications’ security measures may lag behind those of other applications is one of their obstacles. In any case, even when protection techniques are offered, customers may not always comprehend them, which might result in a lack of knowledge about how retailers

or other groups use customers’ health information. The Health Insurance Portability and Accountability Act (HIPAA) are not followed by all mHealth applications. Users can’t be certain that their health information will be secure or that they will be notified if there is a data breach as a result.

The fact that their data could not be accurate is one more possible drawback of mHealth applications. There hasn’t been much research to support the claim made by several applications that they can measure circulatory strain by having the user touch their finger against a screen or camera. Moment Pulse was one such programme that Johns Hopkins College Institute of Medicine analysts tested, and they discovered that the estimates “were exceptionally incorrect.” Users should carefully read the app descriptions to understand how measurements are made. This issue can make suppliers unhappy because patients might assume they are accurately monitoring and measuring their pulse and not seek out real clinical consideration. Additionally, users need to be aware that certain apps can have a disclaimer that says they are simply for fun or pleasure.

Telehealth and mHealth can overlap, but they cannot be traded for one another. The primary distinction is that mHealth is only distributed *via* mobile devices. Telehealth refers to the delivery of remote consideration through electronic data and media communications improvements; however it can be implemented on portable stages. However, wireless medical devices that monitor patients remotely are also included in the definition of telehealth. The bulk of telehealth appointments involve a patient and a doctor or nurse interacting through videoconference.

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CONFLICT OF INTEREST

The author declares there is no conflict of interest.

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