

MOBILE HEALTH APPLICATIONS - UNTAPPED POTENTIAL

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Today, there are a number of applications that allow you to monitor physical activity and health parameters or schedule a medical examination, and can also help you recognize a health problem and react in time (1, 2). The aim of the present study was to assess the usage of health applications (HApps, health-related mobile and/or web applications) among citizens in Serbia.

The anonymous online questionnaire was distributed via social media in the spring of 2020. Data were processed using the IBM SPSS. 506 respondents participated in the research, of which 155 were from the health profession. The majority of respondents were female (73.9%), and the average age was 36.88 ± 11.22 . About half of the respondents (48.2%) have a university degree, and 74.9% are employed. Installed HApps on phone/computer have 18.2% of respondents, with a statistically significant difference ($p < 0.01$) between health professionals (25.8%) and non-health (14.8%). The most commonly used HApps among health professionals are those related to their professional work (14.7%), followed by general health (3.8%) and specific diseases (1.9%). Non-health professional respondents mostly used applications related to general health (5.4%), fitness (2.0%) and the chosen doctor (1.4%). Only 0.6% of citizens used COVID-19 pandemic applications. The importance of HApps is still not sufficiently recognized in Serbia. Given the potential in controlling chronic diseases and other health conditions, especially among a population with limited access to health care and health information, they should be more integrated into the health system.

References

1. Krebs P, Duncan DT. Health App Use Among US Mobile Phone Owners: A National Survey. *JMIR Mhealth Uhealth* 2015;3(4):e101.
2. Dahri K, Gong Y, Loewen P. A quantitative and qualitative assessment of the utilization of mobile computing devices by clinical pharmacists. *Health Policy and Technology* 2016;5(3):285-290.

ZDRAVSTVENE APLIKACIJE – NEISKORIŠĆEN POTENCIJAL

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Danas postoji niz aplikacija koje omogućavaju praćenje fizičke aktivnosti i zdravstvenih parametara ili zakazivanje lekarskog pregleda, a mogu pomoći i u prepoznavanju zdravstvenih problema obavestavajući vas da reagujete na vreme (1, 2). Cilj ove studije bio je da ispita upotrebu zdravstvenih aplikacija (HApps, mobilne i/ili web aplikacije u vezi sa zdravljem) među građanima Srbije. Anonimni onlajn upitnik distribuiran je putem društvenih mreža tokom proleća 2020. godine. Podaci su obrađeni korišćenjem IBM SPSS. U istraživanju je učestvovalo 506 ispitanika, od kojih 155 iz zdravstvene struke. Većina ispitanika su žene (73.9%), a prosečna starost bila je 36.88±11.22 godina. Oko polovine ispitanika (48.2%) ima fakultetsko obrazovanje, a 74.9% je zaposleno. Instalirane HApps na svom telefonu/računaru ima 18.2% ispitanika, sa statistički značajnom razlikom ($p<0.01$) među ispitanicima iz zdravstvene struke (25.8%) i onih koji to nisu (14.8%). Najkorišćenije HApps među ispitanicima zdravstvene struke su one koje se odnose na njihov stručni rad (14.7%), opšte zdravlje (3.8%) i specifične bolesti (1.9%). Ispitanici koji nisu iz zdravstvene struke najviše su koristili aplikacije koje se odnose na opšte zdravlje (5.4%), fitnes (2.0%) i izabranog lekara (1.4%). Aplikacije u vezi sa COVID-19 pandemijom koristilo je svega 0.6% građana. Značaj HApps još uvek nije dovoljno prepoznat u Srbiji. S obzirom na potencijal u kontroli hroničnih bolesti i drugih zdravstvenih stanja, naročito među populacijom sa ograničenim pristupom zdravstvenoj zaštiti i zdravstvenim informacijama, trebalo bi ih više integrisati u zdravstveni sistem.

Literatura

1. Krebs P, Duncan DT. Health App Use Among US Mobile Phone Owners: A National Survey. JMIR Mhealth Uhealth 2015;3(4):e101.
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