



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Course: BSc (Hons) Health and Social Care

Module: Independent Project (BMHP6020_LON)

Component 1: Element 1 - Project Proposal

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Element 1 - Project Proposal

Title

The Impact of Digital Health Systems on the Care of Older Adults in the UK.

Aims

To explore the impact of digital health systems in the care of older adults in the United Kingdom and evaluate how effectively they support older people's health, independence and well-being.

Objectives

- To describe how digital health systems are used in the care of older adults in the United Kingdom.
- To analyse key factors shaping older adults' use of these systems.
- To evaluate the effectiveness of digital interventions on their care.
- To propose evidence-based recommendations for practice.

Background/Rationale

- The UK population is aging, and this is increasing the demand for health and social care services: therefore, nearly two on three hospital patients are aged 65 or over, and the number of older people needing care is expected to rise by 61% by year 2030 (McKee et al. (2021). Technology provides a central meeting point, by helping people independently at home, reducing the demand on the services and improving the quality of care for older adults (DHSC and DSIT, 2025).
- The NHS Long Term Plan commits pledge the NHS to invest in digital tools to improve access to care and enable remote management of chronic conditions, including expanding online apps. In practice, digital health systems now used in the care of older adults include telemedicine, such as virtual GP consultations and remote monitoring of vital signs, as well as apps, wearables and other tools for self-management of long-term conditions.
- Wearable-devices and home sensors can help track health indicators, enabling earlier interventions and potentially reducing hospital admissions,

while digital consultations can improve access for older adults with mobility limitations.

- Covid-19 pandemic accelerated the use of digital health technologies with older adults, this was found to be effective, achievable and acceptable compared to the standard care, but the studies highlighted challenges with technology, hearing difficulties and communication barriers in this population (Zoe et al., 2023). Overall, reviews of adoption report that limited digital literacy, physical and cognitive challenges, infrastructure gap, privacy concerns and mistrust continue to hold back uptake, with older adults, women and rural users at risk of exclusion (Hepburn et al., 2025). In the UK specifically, research on the pandemic period found that digital health excluded some older people from equal access to care and concluded that digital inclusion must become a higher policy priority (Connolly et al., 2025).
- Consequently, a tension between the policy aims of digitising care of older adults and the irregular evidence on whether these systems work for them. This project will address this gap by systematically reviewing primary research on the impact of digital health systems on the care of older adults in the UK.

Methods

This study will use secondary research, a systematic review of the impact of digital health systems on the care of older adults in the UK.

Sampling. Ten peer reviewed articles reporting primary research on digital health systems and older adults' care in UK populations will be selected through PubMed, ProQuest, Google Scholar and the UWTSD Library.

Keywords

A selection of key words to be used are 'digital health', 'telemedicine', 'tele health', 'remote monitoring', 'older adults', 'elderly care', 'United Kingdom'.

Inclusion Criteria

Published 2015 to 2026; UK older adults aged 65 and above; primary research methods; (e.g. interviews and surveys) addressing digital health systems in their care; in English with full text.

Exclusion Criteria

Published before 2015 or outside UK; not UK adults aged 65 and above; primary research methods; not addressing digital health systems in older adults' care; not in English or in full text.

Data Analysis

Thematic analysis will identify key themes, trends and patterns across the selected studies (Clarke and Braun, 2021).

Resources

Key resources include Internet to access academic databases; the university library for full text articles; feedback from the lecturer.

Timescale

Chapter:	Nov 2026	Dec 2026	Jan 2027	Feb 2027	Mar 2027
Chapter:1 Introduction					
Chapter 2: Background					
Chapter 3: Methods					

Chapter 4: Results and Decisions					
Chapter :5 Recommendations and conclusions					

Self-reflection as a researcher

I bring strong interest in digital health, and communication skills, although workload and long writing and large volume of writing will require careful management. The table below outlines key strengths and challenges relevant to the research process.

Strengths	Weaknesses
Personal and academic interest in digital health and older adults' care.	Staying confident and persistent when searches return limited results.
Willingness to engage with digital health policy and practice.	Dividing and focusing on small writing tasks.
Good communication, interpersonal skills, and ability to express opinions.	Spending a lot of time refining my work.

References

Clarke, V. and Braun, V. (2017) 'Thematic analysis', The Journal of Positive Psychology, 12(3), pp. 297–298. Available at: <https://doi.org/10.1080/17439760.2016.1262613>

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