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Topic- Chronic Diseases management

This research will explore how digital technology can support older women living with type 2 diabetes. It will focus on tools such as mobile health apps, digital blood glucose monitoring, and remote healthcare services. The topic is significant because these tools may improve self-management, medication adherence, and communication with healthcare professionals, helping older women access more effective and accessible care.

Research question- How can digital technology improve the management of type 2 diabetes among older women?

Aim- The aim is to explore how digital technology can support older women in managing type 2 diabetes and identify potential benefits and barriers to its use.

Objectives-

To investigate how older women views on how healthcare professionals could support them in using digital technology to manage their condition.

To explore how digital tools may improve blood glucose monitoring.

To examine barriers older women may experience when using digital healthcare, including cost, privacy, and digital literacy.

To consider how healthcare professionals can support older women to use digital technology effectively.

Justification-Type 2 diabetes is a long-term chronic disease condition that requires ongoing management, including monitoring blood glucose levels, taking medication, and making lifestyle changes. Digital technology may help people manage these responsibilities and communicate with healthcare professionals. Chlup (2024) discusses diabetes management in older age, including the need to consider individual circumstances and health needs. Belančić, Klobučar and Rahelić (2024) also explore developments in diabetes care, including digital approaches to improving medication compliance.

Research by Yan, Li and Tian (2025) reviewed 45 studies on digital tools used in diabetes care. Their findings highlighted the potential of mobile applications, monitoring systems, and remote follow-up to support self-management and improve continuity of care. Similarly, Pinto et al. (2026) found that healthcare professionals recognised the potential benefits of mobile apps for people with type 2 diabetes. However, they also identified barriers such as usability difficulties and limited digital literacy. Wang et al. (2019) found that older adults were interested in using connected health technology, including tools for monitoring blood sugar, although cost and privacy were concerns.

This topic is important because older women may have different needs and experiences when accessing and using digital healthcare. However, the evidence identified so far does not always focus specifically on older women with type 2 diabetes. Exploring this gap may help identify what makes digital tools useful, accessible and appropriate for this type of group. The research could also highlight the importance of support from healthcare professionals when introducing digital technologies. Overall, understanding both the benefits and limitations of digital healthcare may help inform more inclusive and person-centred approaches to diabetes management.

Declaration of AI Use

I acknowledge the use of AI (ChatGPT) to help me with the structure of this assignment. I confirm that I have not presented any AI generated text as my own. I can confirm that I have copies of my drafts, notes, and other resources I have used before and after the use of AI tools which I may be asked to provide in evidence.



References-

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