

BSc (Hons) Health and Social Care

Module: Introduction to Independent Research Skills (BMHP5019)

Assessment title: Assessment 1 - Research Proposal

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Research Proposal

Topic: The impact of digital health systems in the care of older adults in UK.

Review question: How does digital health systems impact the care and autonomy of older adults?

Objectives: This research aims to look at problem and gather information on importance of digital health systems in the care and autonomy of older adults. To understand the importance of digital health systems in the care of older adults. To gather information on barriers faced by the UK-based healthcare sector during implementation of digital health systems in the care and autonomy of older adults. To evaluate strategic approaches used by UK NHS healthcare sector to resolve the issues. To recommend future trends of digital health systems in the care older adults.

Rationale: The research is important because it addresses understanding the role of digital health systems in supporting the care and autonomy of older adults in the United Kingdom. Globally, it is estimated that by 2050, individuals aged 60 and above will constitute a big number of the world population, increasing the pressure on the healthcare systems (WHO, 2025). In the UK, the growing number of older adults is estimated to increase the demand for healthcare services, long term care, and management of chronic conditions. Digital health technologies including electronic health records, telemedicine, mobile health applications, and remote monitoring systems offer promising ways to improve healthcare accessibility, and outcomes. These tools allow continuous health monitoring, enhance communication between patients and providers, and promote independent living (Gupta *et al*, 2021)). Digital health systems are increasingly viewed as vital strategies for improving healthcare delivery tailored to aging populations and better outcomes. Challenges such as limited digital literacy, concerns over privacy and data security, technological accessibility, and resistance to adopting new tools may hinder their effective use (Alharthi, 2025). Therefore, understanding both the benefits and barriers of digital health systems is essential for optimizing their implementation to support older adults. This research aims to contribute to existing knowledge by identifying key knowledge by identifying challenges, analysing current strategies, and exploring how digital health can improve care delivery and autonomy among older adults in the UK.

Methods: Scoping review of peer-reviewed articles and the secondary research will the method of data collection, as it will work with literature reports and case studies that are related to implementation of digital health systems in older adult care (Pham, M.T. et al. 2014). The qualitative research methods to be used to gather to identify patterns, themes, and knowledge of the literature (Cypress, 2018). It will be used to extract data findings regarding benefits, challenges, and strategies associated with implementation of digital health systems.

Ethical considerations: Although this a scoping review research, ethical examination in important. The study addresses data responsibility, focusing on how secondary researchers obtained consent from ailing adult's participants. It also examines equity ethics, ensuring that the data protection. Finally, the proposal considers the benefits of constant surveillance and the balance against individual's rights to privacy.

References

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Gupta, D. *et al.* (2021) *Wearable Telemedicine Technology for the Healthcare Industry: Product Design and Development*. 1st ed. Chantilly: Elsevier Science & Technology. Available at: <https://doi.org/10.1016/B978-0-323-85854-0.00033-2>.

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