

eHealth and mHealth in future nursing

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Advances in technology have created new opportunities for the medical community. Notably, electronic health (eHealth) and mobile health (mHealth) are emerging as important components and effective platforms for delivering convenient and cost-effective healthcare.

The World Health Organization describes eHealth as an activity that delivers health-related information, resources, and services through electronic technology and the internet, whereas mHealth is a subsector of eHealth that uses wireless technology to rapidly uptake, process, and communicate information to support health system efficiency and patient outcomes.

eHealth and mHealth technologies demonstrate a number of distinct advantages that can complement or extend those offered by traditional healthcare delivery platforms. For example, mHealth allows nurses to better monitor and track patient health behaviours, collect health data and give patients access to a wealth of health information for quick and easy communication between patients and nurses.

In the context of this rapidly emerging technology, eHealth and mHealth may be particularly promising for overcoming existing global challenges in disease prevention and management, such as healthcare workforce shortages and inadequate self-management. As a result, interest in the use of eHealth and mHealth for primary and complication prevention, disease knowledge, skills, self-efficacy enhancement, symptoms management as well as physical and mental health promotion is rapidly increasing.

In this presentation, the presenter will briefly discuss the latest advancements and applications of eHealth and mHealth, and share their future directions in nursing research and education.