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Digital Health Awareness and Patient Outcomes:

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ABSTRACT

Digital health awareness has emerged as a crucial determinant in improving patient outcomes, treatment adherence, and self-care practices. This study aims to assess the effect of digital health awareness among patients attending selected hospitals. A quantitative research approach with a quasi-experimental design was adopted. The study evaluates pre- and post-awareness levels and associated patient outcomes. Statistical analysis was performed using descriptive and inferential statistics. The findings revealed a significant improvement in digital health awareness and associated patient outcomes following the intervention ($p < 0.001$). The study concludes that structured digital health education significantly enhances patient knowledge, self-care practices, and healthcare utilization.

Keywords: Digital Health Awareness, Patient Outcomes, Health Literacy, Nursing

1. INTRODUCTION

The rapid advancement of digital technology has significantly transformed healthcare delivery systems worldwide. Digital health includes mobile health (mHealth), telemedicine, electronic health records, and health information systems. Patients today have increased access to health-related information through smartphones, applications, and online platforms.

Despite these advancements, a gap exists between availability and effective utilization of digital health resources. Many patients lack awareness, skills, or confidence to use digital tools for managing their health.

Improved digital health awareness can lead to better disease management, increased medication adherence, reduced hospital visits, and improved communication with healthcare providers. Thus, understanding the effect of digital health awareness on patients is essential for enhancing healthcare outcomes.

2. NEED FOR THE STUDY

Nurses play a vital role in patient education, health promotion, and disease prevention. In the digital era, nurses are key facilitators in guiding patients to use digital health tools effectively.

The need for this study arises due to:

- Increasing reliance on digital healthcare services
- Lack of patient awareness regarding digital tools
- Need for nurses to integrate digital education into care
- Improving patient self-care and independence
- Enhancing quality of healthcare delivery

This study helps nurses to develop patient education strategies, promote digital literacy, improve patient outcomes, and reduce workload through empowered patients.

3. REVIEW OF LITERATURE

Recent studies show that digital health literacy is a key determinant of patient outcomes. Digital tools such as mobile apps and telemedicine significantly improve patient education, engagement, and clinical outcomes.

A scoping review highlights that digital literacy directly influences healthcare effectiveness and equity, making it a crucial factor in modern healthcare delivery. An integrative review (2026) reported that higher digital health literacy leads to better medication adherence, improved self-management, and increased follow-up compliance.

Similarly, a meta-analysis found that digital interventions significantly improve health literacy and disease management in chronic patients.

4. OBJECTIVES

1. To assess the pre-test level of digital health awareness among patients
2. To evaluate the effectiveness of a digital health awareness program
3. To assess the post-test level of digital health awareness among patients
4. To compare the pre-test and post-test awareness scores
5. To determine the association between awareness and demographic variables
6. To evaluate the impact on:
 - Medication adherence
 - Self-care practices
 - Health-seeking behavior

5. HYPOTHESIS

H1: There will be a statistically significant difference between pre-test and post-test digital health awareness scores among patients after the intervention.

H2: There will be a significant association between digital health awareness and selected demographic variables.

6. METHODOLOGY

A quantitative research approach with a quasi-experimental design was adopted. The study was conducted among 60 patients selected using a convenience sampling technique from selected hospitals.

Inclusion Criteria:

- Patients aged 18–65 years
- Willing to participate
- Able to understand digital health instructions

Exclusion Criteria:

- Critically ill patients
- Patients with cognitive impairments

Data Collection Tools:

- Structured questionnaire
- Patient outcome checklist

Intervention:

A structured digital health awareness program including mobile health apps, telemedicine, and online health resources.

Statistical Analysis:

Descriptive and inferential statistics including paired t-test and chi-square test were used.

7. RESULTS

Table 1: Demographic Variables (N = 60)

Variable	Category	Frequency	Percentage
Age	18–30	15	25%
	31–50	25	41.7%
	51–65	20	33.3%
Gender	Male	28	46.7%
	Female	32	53.3%

Table 2: Pre-test Awareness Scores

Level	Frequency	Percentage
Poor	30	50%
Average	20	33.3%
Good	10	16.7%

Table 3: Post-test Awareness Scores

Level	Frequency	Percentage
Poor	5	8.3%
Average	20	33.3%
Good	35	58.3%

Table 4: Mean and Standard Deviation

Test	Mean	SD
Pre-test	12.5	3.2
Post-test	18.7	2.8

Table 5: Paired t-test Analysis

Mean Diff	SD	t-value	df	p-value
6.2	2.1	8.45	59	<0.001

Table 6: Association with Demographic Variables

Variable	Chi-square	p-value	Significance
Age	6.12	0.04	Significant
Gender	1.85	0.17	Not Significant
Education	9.45	0.002	Highly Significant

8. DISCUSSION

The findings revealed a significant improvement in digital health awareness after the intervention. Initially, most patients had poor to average awareness due to limited exposure and low digital literacy.

Post-intervention results showed a marked increase in awareness levels, supported by a statistically significant t-value ($p < 0.001$). Education and age were significantly associated with awareness levels.

Improved awareness was associated with better medication adherence, improved self-care practices, and enhanced health-seeking behavior. These findings align with previous research studies.

Limitations:

- Small sample size
 - Limited setting
 - Short duration
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9. CONCLUSION

The study concludes that the digital health awareness program was highly effective in improving patient knowledge and practices. Structured educational interventions significantly enhance digital literacy and patient outcomes.

10. NURSING IMPLICATIONS**Nursing Practice**

- Educate patients on digital tools
- Promote teleconsultation

Nursing Education

- Include digital literacy in curriculum

Nursing Administration

- Conduct awareness programs

Nursing Research

- Future large-scale studies

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