

Oral Abstracts

CS2.5-2

Empowering Healthy Ageing Through mHealth App: A Case Study on iHealth Screen App

Maggie FY Wong, Nicole L. Fung, Ken KK Cheung, Jean Woo

CUHK Jockey Club Institute of Ageing, The Chinese University of Hong Kong

Background: Hong Kong enjoys one of the highest life expectancies globally. With an ageing population and limited societal resources, empowering older adults in health management is crucial. Smartphone adoption among Hong Kong's older adults rose significantly from 68% in 2020 to 90% in 2022, presenting a great potential for mHealth apps to promote healthy ageing and support primary health care. In response, the Jockey Club Cadenza e-Tools for Elder Care project developed the iHealth Screen app in 2021, with enhanced features added in November 2024.

Aim: This study evaluates the effectiveness of the app in empowering older adults in health management and supporting primary health care goals.

Method: Using a positive ageing approach, iHealth Screen supports ageing in place by following the Integrated Care for Older People (ICOPE) framework. The app enables users to self-administer 12 evidence-based health screenings (e.g., FRAIL scale; Woo et al., 2015) and access educational and community resources.

Between July and September 2024, 9 semi-structured focus groups were conducted with 49 older adults, exploring their experiences using the app. Additionally, 185 survey responses from older adults aged 60+ and informal caregivers assessed the app's ease of use and usefulness.

Results: iHealth Screen has recorded over 20,000 downloads and 40,000 screenings. Focus group findings indicate that the app empowers older adults by enhancing health monitoring, information access, and self-care, supporting primary health care through preventive health management. Survey results reflect positive ratings for ease of use (3.6/5) and usefulness (3.7/5), with over 90% expressing willingness to continue and recommend the app.

Conclusion: Users are satisfied with the app and actively monitor their health by the app. The app shows promising in empowering older adults to manage their health, supporting primary health care, and demonstrating the potential of mHealth solutions to transform elderly care.

Reference:

Woo, J., Yu, R., Wong, M., Yeung, F., Wong, M., & Lum, C. (2015). Frailty Screening in the Community Using the FRAIL Scale. *Journal of the American Medical Directors Association*, 16(5), 412–419. <https://doi.org/10.1016/j.jamda.2015.01.087>