SU-12
Community mHealth Integrated Care (ComHIC) to manage hypertension/diabetes in Tanzania’s overburdened health system

mHealth: health messaging by mobile phone

GACD Annual Scientific Meeting, November 14th, 2019
Keiko Nakamura,
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Funded by Japan Agency for Medical Research and Development (AMED)
TODAY, November 14 IS ....
World Diabetes Day

NOVEMBER 14
Our partners are at national NCD week in Dodoma, Tanzania
Implementation Research Team

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President Office, Regional Administration and Local Government (PORALG)

Ministry of Health, Community Development, Gender, Elderly, and Children (MoHCDGEC)

Dodoma Regional Medical Office (RMO)
**mHealth**

- Text to send HT/DM patients
- Lifestyle advice
- Advice to visit hospitals

**Health resources in community?**
**Who supervise CHPs in community?**

**CHWs**

- CHP visit periodically

**Patient**

- Living in X village

**Travel to Y city**
**To see specialist doctor at district hospital**

**Physician**
**Nurse**
**Pharmacist?**

**Study nurse**
**Study physician**

**COMHIC IMPLEMENTATION RESEARCH**
Two-arm cluster randomised control trial, Dodoma Region, Tanzania

30 communities, 1600 HT/DM patients selected to be randomised

Intervention arm [A]
15 communities (800 patients)

Questionnaire data

[a] 30 Community workers

ComHIC + Usual care

0 month

A1

Mid-point survey

B2

12 months

A2

End-point survey

B3

24 months

FGDs: Focus group discussions

ComHIC + Usual care

Usual care

Control arm [B]
15 communities (800 patients)

Questionnaire data

[b] 30 Community workers

ComHIC + Usual care

Questionnaire + health exam data

Training

FGDs: CWs

FGDs: patients

FGDs: CWs

FGDs: patients

FGDs: patients

Training

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TMDU-UDOM-MUHAS-TDA-NU

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Implementation research, next step

- Develop training guidelines for village health volunteers to work on NCDs
- Create mHealth manuals for Hypertension/DM patients and for the local health professionals
- RCT implementation