ISSN: 3066-9847
Review Article
Science Set Journal of Economics Research

Revolutionizing Chronic Disease Management through AI and Digital Health Solutions

Sabira Arefin

Founder Global Health Institute, CEO IdMap.ai
Global healthcare Leadership program, Harvard Medical School
Doctoral Student, Swiss School of Business Management

***Corresponding author:** Sabira Arefin, Founder Global Health Institute, CEO IdMap.ai

Submitted: 17 October 2024 **Accepted:** 23 October 2024 **Published:** 08 November 2024

https://doi.org/10.63620/MKSSJER.2024.1060

Citation: *Arefin, S. (2024). Revolutionizing Chronic Disease Management through AI and Digital Health Solutions. Sci Set J of Economics Res 3(6), 01-03.*

Abstract

Some of the diseases are long-term disorders. For example, diabetes, cardiovascular diseases, and asthma are some of the diseases that are long-term in the world. These conditions can be challenging for patients and healthcare providers to manage in many ways, and the conventional care delivery paradigms need to be revised to provide persistent and excellent management. Consequently, adopting artificial intelligence (AI) and digital health technologies in chronic disease management holds much promise to overcome these limitations. This paper examines the use of Artificial intelligence technology in assessing symptoms, behavior change, and enablement of virtual care. Thus, we assess the applicability of these solutions to advance patient satisfaction, optimize the patient's quality of life, and minimize the total cost of care.

Keywords: Chronic Disease Management, Artificial Intelligence, Digital Health, Telemedicine, Virtual Care, Health Technology

Introduction

Chronic diseases, including heart disease, diabetes, and asthma, are the significant causes of disability and death worldwide. Treating these conditions involves constant observation, frequent hospitalizations, and patient involvement. However, conventional healthcare systems fail to deliver consistent care to patients with chronic illnesses, consequently experiencing care-delivery gaps that cause diseases to advance and health to deteriorate.

AI and digital health technologies are now influential solutions for improving chronic disease management. AI can take big data, identify trends, and present insights, allowing healthcare providers to act before the patient's status declines. Mobile applications and telemedicine platforms enable patients to be more involved in managing their health by giving them timely health status updates and educational and behavioral interventions. This article discusses the current state of chronic illness and chronic disease and the types of AI and digital health solutions that are transforming the management of chronic diseases. It also illustrates significant barriers and enablers required to apply these technologies in a large-scale healthcare system effectively.

The Current State of Chronic Disease Management

Fragmented Care and Its Consequences

In this case, the main difficulty in addressing chronic diseases is the need for a coherent approach to the care organization. People with chronic diseases seldom attend routine appointments where they are checked by their healthcare providers consecutively with intervals of weeks or months. During these intervals, acutely dynamic alterations in a patient's clinical status can easily be missed. When it comes to chronic illnesses, patients need constant supervision and appropriate treatment measures targeted at halting further deterioration of health.

Furthermore, typical paradigms of chronic disease management are generally focused on curative rather than preventive. People run for health checkups when they feel aches or ill effects, which

may be in the final stages of the disease. This delayed response means that people's health deteriorates, and the costs of treating their conditions rise since they have to undergo more extensive and expensive treatment [1].

Patient Non-Adherence

One of the significant barriers to chronic illness management is poor compliance with recommended treatment regimes. Chronic disease management involves patients adhering to various care regimens, including administering multiple medications and measuring blood pressure, glucose, cholesterol levels, dietary restrictions, and exercise regimes. The problem is that many patients need help to adhere to these routines, and even if they can, they need proper encouragement and doctor instructions [2].

Failure to follow prescribed treatment regimes harms the clinical outcomes and raises care costs. Lack of adequate control of chronic diseases exacerbates hospitalizations, ER visits, and surgeries – all of which increase costs [3]. Hence, patient self-compliance through digital solutions for chronic illness is essential to improving chronic disease outcomes.

AI-Powered Solutions for Chronic Disease Management

Symptom and Risk Factor Monitoring

Mobile health apps bring patient health facilities through AI features to monitor metrics such as blood pressure, glucose level, and daily or weekly physical activity. This app can capture patient information and analyze patient profiles to determine whether a specific patient's condition is deteriorating or likely to worsen or whether there are potential adverse health occurrences. In real-time data processing, AI can raise the alarm when irregularities are noticed, and patients should see a doctor where required [4]. For instance, an AI app to support diabetic people may interpret the patient's blood glucose level or insulin or diet dosage changes based on patterns learned over time. This type of monitoring helps in early interventions in order to prevent such associated illnesses as diabetic ketoacidosis or hypoglycemia.

Digital Therapeutics and Behavior Change

Besides symptom checks, AI-based DTx can help patients make the behavioral changes required to deal with chronic diseases. Telehealth approaches, including CBT and motivational interviewing, allow for changing the patient's behavior through mHealth apps [5]. These digital therapeutics can help patients set specific eating, exercise, and medication compliance goals. From the patient's progress analysis and constant feedback, the AI-based platforms promote the correct behavior and help the patients stick to their treatment plan for a long time. In addition to creating notifications, reminders, and rewards for reaching the goals established for the patient's health, the app can help keep the patient engaged in their care.

Integrated Virtual Care Platforms

AI-enabled virtual care platforms for chronic illnesses increase because they comprise chronic disease management features, including remote monitoring, digital therapies, and telemedicine. They enable providers to track the patient's health information, manage care from a distance, intervene in response to changes in the patient's clinical condition, or consult with the patient if necessary. Since most patients with chronic diseases have multiple conditions, virtual care systems are convenient solutions for handling such cases. Providers can leverage the AI system's insights to identify the most vulnerable clients and address their situations before they end up in the hospital emergency ward or are admitted. These platforms integrate AI with telemedicine, providing patient care without or between physical appointments [3].

Evaluating the Effectiveness of AI-Powered Solutions

Usability and Adoption

Certain restrictions in the use of AI must be understood: AI solutions must be easy to use and available to patients. Specifically, patient engagement is high in apps that provide a straightforward design, customizable alerts, and comprehensible health reports. The solutions' acceptability is also an important aspect that should be considered after consulting the elderly patients and patients with poor computer literacy in usability tests.

Clinical Validity and Data Accuracy

It is essential to achieve high accuracy as AI-based predictions and recommendations are critical elements in managing chronic diseases. These predictive algorithms must be built from accurate clinical data and tested for their marks of accuracy before being deployed. Accurate time reporting and analysis of patient data is possible through the use of AI systems to assist in decision-making in healthcare givers, but these decisions depend on the correctness of the data fed into the system and the healthiness of the algorithms used [6].

Cost-Effectiveness and Sustainability

In many cases, AI applications can save billions of dollars each year in overhead costs, significantly slow the progression of diseases, and save on the need for costly procedures. However, deploying these technologies is always associated with heavy capital investment during the initial stages of their implementation. Healthcare organizations must define how AI-based solutions are implemented and consider long-term benefits such as the number of hospitalizations and improved patient well-being [1].

Critical Success Factors for AI Integration in Chronic Disease Management

Stakeholder Engagement

For AI to be effectively integrated into CHD care, there is a need to engage patients, clinicians, families, and the government. AI solutions for patients and their families should be an active part of developing and using tools to guarantee that such solutions would meet their requirements and concerns. Physicians, nurses, and other healthcare actors contribute significantly to patient compliance with AI treatment plans. These are important if the patients are to embrace these technologies as recommended by the clinicians. Additionally, caregivers – especially those of the elderly or disabled – need access to those same technologies to track their patients' conditions and needs [2].

Regulatory Oversight and Data Privacy

Managing chronic diseases using AI-based tools requires that regulatory authorities establish that the tools are safe and effective. Because health information is categorized under special categories of data, AI systems' use of such data will have to meet the GDPR and HIPAA requirements. Much emphasis should be placed on the security of patient data since such information forms the basis of AI solutions in healthcare.

Technological Infrastructure

The future success of AI in chronic disease management is highly dependent on the technological base. Stable connection to the internet, mobile devices, and EHRs are preconditions for the AI app's efficiency. In the areas where technological advancement is still challenging, the government and healthcare organizations need to develop infrastructure enabling digital health tools [4].

Challenges and Barriers

Patient Engagement

While AI applications in chronic disease management have the potential, patient engagement still needs to be solved. Patient barriers always include privacy concerns, technological literacy, or simply a need for more motivation to use digital health apps. This shows that these barriers must be managed through patient education and the development of easily navigable designs to enhance usage rates [1].

Algorithmic Bias

AI systems can deliver on their promise only if they are fed good data. When AI algorithms are derived from biased and incomplete datasets, they will yield wrong results affecting specific population groups. For instance, models built with data obtained from patients living mainly in urban areas and those earning high incomes will not give an accurate prognosis of health outcomes among rural or low-income earners. Schmidt has noted that to decrease the inequalities in the dissemination of health, developers need to guarantee that AI systems are trained using a diverse data set.

Conclusion

Chronic diseases could benefit from AI and technologies in digital health through constant tracking and behavior change, in addition to better coordination of care. However, implementing these tools in various care delivery systems entails considering usability, validity, cost and efficiency, and consumers' involvement. Solving challenges such as patient engagement, regulatory compliance, and algorithm bias creates societal value for the application of AI in healthcare by enhancing the health of millions of chronic disease' patients. AI technologies will only grow in their importance for managing chronic diseases.

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