



**Category:** Telerehabilitation

**Workshop Title:** Mobile Health for Rehabilitation in Low- and Middle-Incomes Countries

**Workshop Organizer(s):** Bruno Bonnechère

**In person Speaker(s):**

- Bonnechère Bruno , UHasselt, Belgium
- Rintala Aki, LAB, Finland
- Guidetti Suzanna, Karolinska Institute, Sweden
- Judith Deutsch, Rutgers, USA

**Workshop Time:** 13:45 - 15:15

**Attendee Engagement:**

Quizzes during the theoretical background and hands-on sessions presenting the different apps

**Abstract:**

The rapid development of mobile health (mHealth) indicates its potential as an effective patient intervention. Many potential benefits of mHealth could help in the treatment of patients and the growth of rehabilitation in low- and middle-income countries (LMICs). mHealth is a low-cost alternative that does not require immediate access to healthcare clinics or personnel. By encouraging patient adherence to the treatment plan, it increases the feasibility and rationality of clinical treatment expectations in comparison to the conventional clinical model of management. In addition to serving as a foundation for formulating treatment plans, mHealth can partially compensate for the shortcomings of the conventional model. In addition, mHealth can help achieve universal rehabilitation service coverage by overcoming geographical barriers, thereby increasing the number of ways patients can benefit from the service, and by providing rehabilitation to individuals in remote areas and communities with inadequate healthcare services. Despite these positive potential benefits, there are currently only a small number of mHealth studies conducted in LMICs. In this workshop, the theoretical background will be presented first, identifying the current limitations of the implementation of such mHealth solutions and proposing a 10-point action plan, focusing on the macro (e.g., policymakers), meso (e.g., technology and healthcare institutions), and micro (e.g., patients and relatives) levels to facilitate the use, validation, and implementation of mHealth solutions in LMICs. Then we will present and demonstrate various mHealth that can currently be used to facilitate the rehabilitation process in LMICs and thus contribute to the development and recognition of public health and rehabilitation in these countries.