

Journal Club Presentation

Topic: Empowering Adults through Digital Health Initiatives for better health outcomes: Effective Self-Management of Metabolic Syndrome, a case study

Presenter: Bhavya Malhotra

Date & Time: 20-10-23, 2:00 P.M.

Participants: 15

The Journal club presentation on 20th October was presented by Bhavya Malhotra on the topic "**Empowering Adults through Digital Health Initiatives for better health outcomes: Effective Self-Management of Metabolic Syndrome, case study**"

The presentation was divided into the following subtopics: overview of digital health, WHO guidelines & recommendations on digital intervention for health system strengthening, followed by a presentation of the progress made and milestones achieved in our ICMR Funded study- "Digital Health Intervention to enhance self-management of Metabolic Syndrome (MetS) among adults living in urban poor settings", in collaboration with National Institute of Pathology.

The goal of the presentation was to provide insights on the digital health, digital health interventions, and their importance. The members who are not associated with the MetS study were oriented with various aspects of the study. The contribution of this study in the field of digital health interventions and in the health outcomes of the people who are suffering from MetS was also discussed in length.

Following the presentation was a very engaging question-and-answer session, in which the presenter answered questions about digital health, data confidentiality, literacy, etc. Overall, it was a very enlightening and stimulating Journal Club Session.

References:

[What is Digital Health? | FDA](#)

[WHO guideline Recommendations on Digital Interventions for Health System Strengthening - PubMed \(nih.gov\)](#)