

The Effectiveness of e-Health Interventions in Promoting Health Literacy in Adults and the Elderly: A Systematic Literature Review and Meta-Analysis

Patrícia Valentim¹

 orcid.org/0000-0001-5514-1431

Andreia Costa²

 orcid.org/0000-0002-2727-4402

Adriana Henriques³

 orcid.org/0000-0003-0288-6653

¹ Surgical Inpatient Department, Local health Unit of the West, Torres Vedras, Portugal.

² Department of Community Nursing; Nursing School of Lisbon (ESEL), Lisbon. Nursing Research, Innovation and Development Centre of Lisbon (CIDNUR), Lisbon, Portugal.

³ Department of Community Nursing; Nursing School of Lisbon (ESEL), Lisbon. Nursing Research, Innovation and Development Centre of Lisbon (CIDNUR), Lisbon, Portugal.

Introduction

Digital information and communication technologies present new opportunities and using them strategically will be essential to ensure that people enjoy better health and well-being.

Objective

To determine the effectiveness of digital interventions in promoting health literacy among adults and the elderly.²

Methods

The systematic review and meta-analysis protocol followed the Cochrane methodological process, the Preferred Reporting Items for Systematic Reviews and Meta-analysis (PRISMA) guidelines and the completion of the PRISMA checklist. A search strategy was constructed, following the eligibility criteria of the studies and using the PICOS approach. A comprehensive search was planned in the SCOPUS, Web of Science and EBSCO (Medline, CINAHL) databases. The results of the database search will be exported to Zotero®. The search strategy used in the databases and the literature selection process will be presented according to the PRISMA S guidelines (Extension). Studies will be considered eligible for analysis according to the selection through inclusion and exclusion criteria established.

Results

The relationship between digital health interventions and the promotion of health literacy will be evaluated using health literacy scales and, in order to assess the effectiveness of digital interventions, a meta-analysis will be carried out using the Jasp® tool.

Conclusion

The aim of this systematic review and meta-analysis is to obtain data on the effectiveness of digital health interventions in promoting health literacy, as well as to identify the type of digital intervention that promotes health literacy. From previous research, the results were promising: e-learning programs¹, video-based information³ and telerehabilitation programs⁴ have proven to be effective in promoting digital health literacy.

Keywords

Digital Health; Nursing; Ageing.

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Corresponding author:

Patrícia Valentim

E-mail: pvalentim@campus.esel.pt



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