

Integrating Digital Health Diaries to Help Improve Patient-Centered Care in Children with Chronic Illnesses

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Introduction

- Patient-centered pediatric care focuses on collaboration and shared decision-making.
- Children with chronic illnesses often struggle with adherence to care pathways.
- Digital tools may improve engagement and monitoring.
- This pilot study evaluates interactive digital health diaries.

Results

- 84% recorded entries at least five days per week.
- Caregiver involvement increased adherence.
- Reduced unplanned hospitalizations.
- Improved disease activity scores.
- Families reported better communication with healthcare providers.

Digital Diary Workflow



Secure Digital Diary Entry

- Child and caregiver

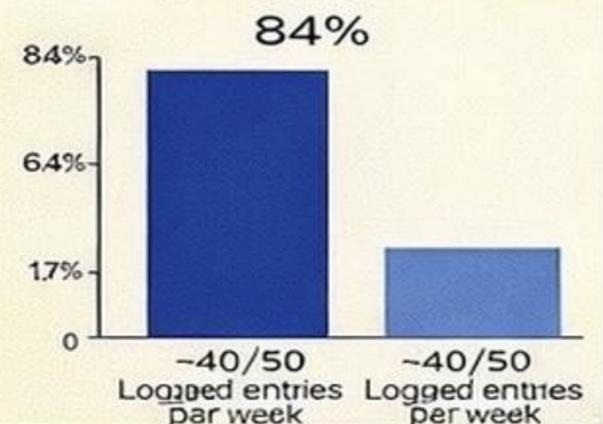
Secure Cloud Storage

- Data is uploaded to secure cloud storage

Healthcare Team Review

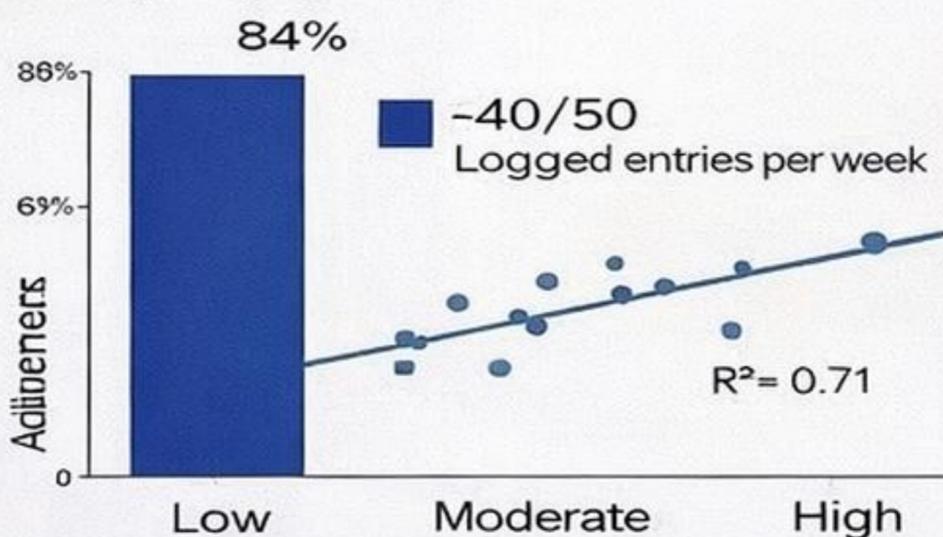
- Healthcare professionals review the entries weekly

Diary Engagement



Digital Diary Workflow

Diary Engagement



Conclusions

- Digital health diaries support patient-centered pediatric care.
- They enhance communication between patients, caregivers, and clinicians.
- They provide useful outcome monitoring data.
- Larger studies are required to evaluate long-term impact and scalability.