

ESSAY ON JOURNAL AND REFLECTION

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Introduction

The purpose of this study is to analyse the journal articles which are based on the mobile health apps of China and evaluate the article with an appropriate reflection. Mobile application in the healthcare system is necessary to provide the people an administrative plan about the timing of clinics. It also mentions the tasks that should be done by the people to maintain their health and overcome health issues. It can save the time and money of the people and the people can get a regular check-up in a minimum time. However, the quality of the mobile applications should be good as there is a high chance of getting harm from the mobile apps.

The thesis statement of this study is to make evaluation and reflection of three articles on the Chinese mobile apps and their systematic approach. The articles are evaluated with the CRAP test and DIEP strategy is used to provide a reflection on the basis of new understandings.

Body

Article 1:

Hsu, J., Liu, D., Yu, Y. M., Zhao, H. T., Chen, Z. R., Li, J., & Chen, W. (2016). The top Chinese mobile health apps: a systematic investigation. *Journal of medical Internet research*, 18(8), 1-16. Retrieved from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5020314/>

The first chosen article ‘the top Chinese mobile health apps: a systematic investigation’ discusses about the top Chinese mobile health apps and their systematic investigation. This article investigates the most downloaded Chinese mHealth apps for the iOS and Android and distinguished them with the help of the specification from the other apps. According to Hsu *et al.* (2016), it also identifies the disease specific apps that have highly demand in the patients of the china that prevents the disease by providing them medical care.

The article has high value in the current market to investigate on the Chinese apps whether they are useful or harmful to the patients all over the world. The article is also reliable in today’s market as the article shows the usefulness of the mobile health apps in the medical and social aspects with statistical data. The article also has the authority as this journal article make research on the worldwide market and the authors have sufficient medical knowledge to conduct the research.

The article categorizes the Chinese mobile health apps as per their descriptions and health initiatives such as pharmacy, patient monitoring, clinical decision support disease awareness, and

discussion forms etc. As per the opinion of Zhang, Lai & Guo (2017), this journal article clearly shows that the Chinese medical health apps can make social and medical awareness among the people as they can understand the necessity of regular checking, appointment making with the doctor and monitoring of the patients and record keeping makes more easy with the health apps. Statistical chart for the medical initiatives and heat map is provided in this journal article that critically analyses the findings got from the investigation. On the other hand, it is also identified from this journal article there are various mobile health applications in the Chinese market such as disease and especially specific apps, mHealth initiatives, web app etc. These apps provide medical services to the patients as well as scholarly and medication is also provided.

Therefore, it can be concluded that this article is provide a broad overview on the Chinese mobile health application and their potentiality and usefulness in the growing market of China and all over the world.

This article makes me understand about the utility of the Chinese mHealth services for the worldwide patients and growth rate of this sector was 29% in 2014 (de la Vega & Miró, 2014). As per my viewpoint the purpose of the article is to provide health services to the patients and make them aware about the medical services. The non-medical professionals also can get help from this article about the apps that focuses on appointment and telemedicine services and provide basic health tips to the patients.

Article 2:

Herron, J. (2016). Bad Apps: mHealth Apps Doubling as Medical Devices. *Journal of Electronic Resources in Medical Libraries*, 13(4), 177-181. Retrieved from: <http://www.tandfonline.com/doi/abs/10.1080/15424065.2016.1256800>

The second article 'Bad Apps: mHealth Apps Doubling as Medical Devices' focuses on the mHealth apps that are commonly used in the mobile and Smartphone to manage the health of the consumers. They are mainly used as the logs of fitness tracker. As per the viewpoint of Herron (2016), the purpose of this article is to analyses the mobile health apps whether it is useful or harmful to the patients.

The journal article has a high value in the current market as the article provides the status of present mobile health applications. The journal article is fully reliable and authorised as the article is based on the research of the medical professionals.

The journal article mainly provides the statistical data of the bad or potentially harmful mobile health apps by conducting the research on different mobile apps. This article tests the validity of the mobile health apps and examines with the help of evaluation tool of the mobile app. Currency, relevance, authority, accuracy and purpose of the mobile apps should be checked to identify whether the mobile health apps can cause any potential harm to the patients (Adoriasoft.com 2017).

Therefore, it can be concluded that this journal article provided the research data on the bad apps by testing the apps with CRAAP test. The article also increases the social awareness among the people not to trust any mobile health app easily without judging it. There are many apps shown in the mobile devices which can harm the health of the people and therefore, the people need to choose the correct and reliable apps for their medical checking (Herron, 2016).

This journal article helps me to understand about the bad apps and the evaluation process of identified the bad mobile health apps. As argued by Peng *et al.* (2016), there are many apps which provide good medical services to the people, but there are also barriers of installing health apps. As per my viewpoint, the people should aware about the utility and progress of these apps and take proper information and guidance from the authorised person to ensure whether the mobile apps is authentic. The perception of the users to use the mobile apps are also identified with the barriers here which helps to understand there are many entities around the perceptions which are social competitions, tangible rewards, hedonic factors etc.

Article 3:

Liang, J., He, X., Jia, Y., Zhu, W., & Lei, J. (2018). Chinese Mobile Health APPs for Hypertension Management: A Systematic Evaluation of Usefulness. *Journal of Healthcare Engineering*, 2018, 3(2), 1-14. Retrieved from: <https://www.hindawi.com/journals/jhe/2018/7328274/abs/>

The article 'Chinese Mobile Health APPs for Hypertension Management: A Systematic Evaluation of Usefulness' is selected in this study to analyse the usage of Chinese mobile health application in managing the hypertension. As stated by Liang *et al.* (2018), the traditional process of medical mode cannot fulfil the demand of increasing health management disease. The journal article provides the understanding about the characteristics, situation and problems of hypertension management with the help of mHealth apps. This article also identifies the gap

between the china products and their usefulness of the collected data to protect the privacy and data security.

This article provides the relevant information about the Chinese mobile health apps to manage the hypertension of the people on the basis of the recent data of 2018. Therefore, it makes the article current and reliable. The medical professional of the healthcare engineering department write the articles based on their recent research which makes the article authentic.

The journal article identifies the usefulness of the Chinese mobile apps in the hypertension management with the help of some methods such as analysing the result with software information sources, evaluating item template of the apps. On the other hand, it is also identified that the apps are not satisfactory all the time as most of the apps fail to provide original health information. The health apps reduce the time of the traditional medical services but they are not always reliable to identify the cardiovascular diseases. In accordance to Xie *et al.* (2017), the mobile health apps are useful for self management, but the apps are insufficient to provide the high-quality and comprehensive health information about the cardiovascular disease.

It can be concluded from the overall discussion that the Chinese mobile health app reduces the diagnosis time. On the contrary, they are not sufficient and satisfactory to provide a high-quality and comprehensive health services for the patients suffering from hypertension and cardiovascular disease.

It can be understood from the journal article that the Chinese mHealth apps can be useful to diagnose of the hypertension and cardiovascular disease. However, all existing apps are not satisfactory to manage the disease and the patients should be aware about choosing proper apps. Therefore, as per my opinion app developers should collaborate with the healthcare professionals to properly design the Chinese mobile health apps and make the people aware about the authentic apps to develop their health conditions.

Conclusion

The study depicts the evaluation of three journal articles which are based on the usage of mobile health apps to mitigate the disease. The articles are critically analyses with a CRAP test that identifies the currency, reliability and authenticity of the articles. It can be concluded from overall study that the Chinese mobile health apps is useful to reduce the time of the traditional diagnosis process and provide the patients a regular health check-up. However, it is necessary to

choose the appropriate, relevant and authentic mobile health apps and the app developers and healthcare professionals need to make the patients aware about the authentic apps. It is seen that there are many bad apps which can be harmful to the patients by giving the wrong information about the health condition. A reflection is provided in this study on the basis of my understanding about the contents of three articles.

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