

Effectiveness of Mobile Applications in Management of Secondary Conditions in Individuals With Spinal Cord Injury: A Mixed-Methods Systematic Review

Bridget Coonrod¹, Rebekah Daniel, Sydney Price, Nelson Aguilar, Claudia List Hilton, PhD, OTR, FAOTA², Amber B. Armstead, DrPH, OTR/L, BCPR², Natalie Parks

¹Galveston, Texas, United States; ²University of Texas Medical Branch, Galveston, Texas, United States

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Primary Author and Speaker: Bridget Coonrod, bccoonro@utmb.edu

PURPOSE: Few studies regarding the use of mobile applications to manage secondary conditions after spinal cord injuries (SCI) have been published, and no systematic reviews have been published or are currently in process of publication.

DESIGN: A systematic review was completed using qualitative and quantitative studies published within the last 10 years and interventions associated with the use of mobile applications/programs.

METHOD: A search of four databases (Ovid, CINAHL, Cochrane Trials, and Scopus) produced a total of 634 results. Ninety were retrieved for full-text screening, and fifteen articles met the selected criteria.

RESULTS: Evidence demonstrates positive trends towards effective use in managing secondary conditions in those with SCI. Of specific benefit, the areas of prevention and promotion of health outcomes were demonstrated.

CONCLUSION: With secondary conditions resulting in added healthcare costs and complexity of care, the positive implications for both clients with SCI and healthcare professionals support the need for further research and development of such technologies in practice.

IMPACT STATEMENT: The resulting research serves as a beneficial tool for use across the profession of occupational therapy. Through the process of scientific rigor, this research provides to inform practical clinical knowledge for practitioners in an evolving technological climate while further informing policymakers on key concerns related to healthcare outcomes.

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