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Tailored to fit: The health guardian for longevity program designed to sustain healthy life behaviors

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Following five missions to provide healthcare programs for communities in Ghana, Togo, and Benin, West Africa where the average life-span is age 50, the notion to create an individualized tailored-fitted tele health program that incorporated virtual and mobile technology for sustainability was generated. The conditions of hypertension, diabetes, vitamin deficiencies, mal-nutrition, and heart disease contributed to the shortened life-span. These conditions continue to challenge health care providers to produce innovative solutions that will not only resolve their patient-clients' existing health problems, but reduce their future occurrences. This data generated the creation of the Health Guardian for Longevity Program. The Health Guardian for Longevity Program takes in hand the patients' assessed health data, mobilizing the powerful tools of mobile, interactive, remote, video, and virtual technologies, as well as selected learning models and behavioral theories, to treat patients as individuals, applying a tailored-centered approach to healthcare. This multifaceted approach allowed caregivers and their patients to focus on the needs to restore, maintain, and integrate healthier behavioral practices. The qualitative pilot study explored the impact of patients' online use of the Health Guardian for Longevity Program related to their health status and sustainability following a healthcare crisis. In this pilot study, data was randomly collected from 100 participants in Benin, West Africa, who utilized the Health Guardian for Longevity Program for a period of 1.5 years. Qualitative surveys and focus groups were assembled to gather data. The collection of data was analyzed using the QDA Miner Lite software program with themes developed and interpreted for meaning. This study was guided by prior research on the benefits of tailored-centered patient care, the meaningful use of technology in healthcare, and tele health practice. The results of the analyzed data identified both effective and ineffective practices related to the use of the Health Guardian for Longevity Program. The findings from this pilot research study provided specific strategies for sustainability of quality healthcare using tele health practice, virtual, and mobile devices. The increased utilization of the Health Guardian for Longevity Program has the potential to shape how care is delivered using an interactive, web-based custom health promotion program.

Biography:

Freida Pemberton, RN-BC is a Full Professor of Nursing at Molloy College, Rockville Centre, NY and served in the position of Director of the Graduate Nursing Program for four years. Dr. Pemberton has made numerous contributions to the advancement of the Molloy College community and the community at large. She developed its Graduate Nursing Informatics component of the Administration track. Dr. Pemberton is American Nurses Credentialing Center (ANCC) Board Certified as an Informatics Nurse and continues to practice as a consultant in informatics. She has published on Distance Education, Development of a Faculty Learning Center and A Study on Nurses Attitudinal Tendencies. She has also published numerous websites designed to meet the healthcare needs of communities with limited to no access to healthcare. Dr. Pemberton's contributions to the Profession are far outreaching after 43 years in practice. She has an exhaustive list of awards and honorable mentions. Dr. Pemberton has involvement in health care organizational programs at local, national, international, and federal levels. She established the World Wide Holistic Health Outreach non-profit 501 c3 public charity serving indigenous communities both nationally and internationally. Dr. Pemberton continues to develop innovative telecommunication programs designed to meet the specific needs of clients both nationally and internationally. She enjoys challenging students to be innovators and design programs and services that will improve the human condition for all. She has developed enrichment programs for the advancement of students in primary and secondary education that focused on science, mathematics, and computers. Students are challenged to be visionaries and to continue the outreach work that incorporates the advancements in telecommunication.

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