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The Potential of Digital Therapeutics in Healthcare to Improve Patient Outcomes

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Abstract:

The burden of chronic illness is rapidly rising globally. Unfortunately, the majority of these illnesses are irreversible and require lifetime medicine. The management of chronic illnesses is hampered by inadequate drug monitoring and adherence. Physicians and other healthcare professionals frequently lack the capacity to keep track of how well patients are adhering to their treatment plans and suggestions. There is a need for comprehensive illness management strategies that are best enabled by digital technologies. In this issue, Alkhatib and Darabseh (2024) discuss the efficacy of digital therapeutics for the management of anxiety and depression. Multiple points of intervention along the patient journey, such as behavioral engagement, medication adherence, personalized coaching, monitoring, and real-time personalized health recommendations, can be incorporated into digital therapeutics for better healthcare management.



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