

SPA 2021

Longitudinal studies on Aging



Mobile Health Technology to Support Health-related Quality of life in Older Adults' with Cognitive Impairment

My background

I have a degree in Master of Science in Nursing. During clinical work as an advanced practice nurse, I identified several aging issues that seemed to have an impact on older adults' health and quality of life. Currently, I'm a PhD Student in the research subject area Applied Health Technology at Blekinge Institute of Technology in Sweden. This area involves the study of health from an individual and/or population perspective directly and indirectly can relate to the application and consequences of technology. These conditions can be studied from a multidisciplinary perspective.



Current research

Within the research subject area Applied Health Technology, studies of health and quality of life play an important role in understanding how technology can be developed and designed to support older adult's needs. My topic is focused on the use of mobile health technology to support health-related quality of life in older adults' with cognitive impairment. For this purpose, I'm using data from 2 longitudinal population studies to conduct both quantitative and qualitative studies.

Career development & Goals

To gain an increased understanding of the dynamic interaction between aging and technology, my goals are to develop an understanding of the methods used in longitudinal research, to explore analytical approaches and learn how to design longitudinal research questions from an interdisciplinary perspective.



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