

# Contributing Factors to the Challenges of Patient Health Monitoring in Rural Healthcare Units: Basis for a Proposed Integrated Patient Management Portal

**Francis Cuares and Riah E. Encarnacion**

0009-0006-5479-2033 and 0000-0003-3760-7468

Department of Graduates Studies

Surigao del Norte State University, Surigao city, Philippines

fcuares@ssct.edu.ph, rencarnacion@ssct.edu.ph

**Abstract:** *In the current era of abundant information, technological advancements have greatly impacted various fields particularly the healthcare sector. This research explores the difficulties encountered by rural healthcare facilities in Barangay Poblacion, Bacuag, Surigao del Norte, in monitoring patient health and suggests implementing a remote patient management platform to enhance healthcare delivery. Using a mixed-method approach, the study involved 37 participants, predominantly young females. The research identified key challenges such as limited access to healthcare facilities, a shortage of medical staff, communication issues, and insufficient healthcare resources. Although patient registration and monitoring of vital signs were relatively effective, challenges remained in scheduling appointments, availability of medical tests, and patient education. The overall positive perception of the current system (average weighted mean of 3.59) indicates room for improvement through the proposed remote patient management platform. This platform aims to improve real-time monitoring, data accuracy, and communication between patients and healthcare providers, thereby enhancing healthcare outcomes in rural areas.*

**Keywords:** Digital health systems, Rural healthcare, Patient health monitoring, Remote patient management