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## Effectiveness of using smart mobile on the response of hypertension and coronary heart disease patients: Systematic review

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**Background:** The incidence of readmission of patients with [chronic diseases](#) is influenced by values and culture that sometimes contradict medical treatment and life expectations. This study comprehensively explored the experiences and expectations of patients with chronic diseases in self-care based on their values and culture.

**Methods:** A descriptive qualitative study that included participants who live in Jakarta and Depok, Indonesia. A semi-structured focus group discussion and an in-depth interview were performed directly with all participants. We analyzed the interview results using thematic content analysis.

**Results:** There were 23 participants who were undergoing treatment for chronic diseases, nine families and 14 traditional leaders evaluated in this study. We found four themes regarding the participants' values, beliefs and expectations namely: (1) self-care following medical management and traditional rituals; (2) prevention through behavior by modification, safe environments and good nutrition; (3) support from family, peers and medical assistance (4) improving services by using technology is the participants' expectation.

**Conclusion:** Participants with chronic diseases are eager to self-care with support from families and peers influenced by the communities' values, beliefs and culture. A [holistic nursing](#) approach will encourage patients to participate in self-care positively and actively.

### Biography

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