MODERN OPPORTUNITIES OF DIGITAL TECHNOLOGIES IN THE MANAGEMENT OF HYPERTENSION

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https://doi.org/10.5281/zenodo.18349610

ARTICLE INFO

Received: 20th January 2026
Accepted: 21st January 2026
Online: 22nd January 2026

KEYWORDS

hypertension, digital medicine, telemedicine, remote monitoring, mobile applications, artificial intelligence, blood pressure, prevention, treatment, digital health.

ABSTRACT

Arterial hypertension is one of the most common chronic pathologies among cardiovascular diseases and is considered a major risk factor for stroke, myocardial infarction, and renal failure. In recent years, the rapid development of digital technologies in medicine has created new opportunities for the treatment and control of this disease. This thesis highlights the significance of digital technologies used in the treatment and monitoring of hypertension, including mobile applications, remote blood pressure monitoring, telemedicine, and artificial intelligence–based systems.

Digital technologies enable continuous monitoring of patients' blood pressure, improve adherence to medication, and allow the development of individualized treatment strategies. Research findings indicate that such approaches increase treatment effectiveness and reduce the risk of complications. This thesis substantiates the relevance of implementing digital solutions in the healthcare system.

Introduction

Arterial hypertension is one of the most pressing problems for healthcare systems worldwide. According to the World Health Organization, a significant portion of the global population suffers from this disease, and in many patients it is diagnosed at a late stage. Long-term uncontrolled hypertension leads to severe complications of the cardiovascular system.

Although traditional treatment methods, including pharmacotherapy and lifestyle modification, are effective, poor adherence to medication and insufficient regular monitoring limit treatment outcomes. Therefore, the introduction of digital technologies in modern medicine plays an important role in the management of hypertension.

With the help of mobile devices, smart blood pressure monitors, and telemedicine platforms, it has become possible to remotely monitor blood pressure and establish continuous communication between patients and physicians. This thesis is devoted to analyzing the role and effectiveness of digital technologies in the treatment of hypertension.

Main Part

Arterial hypertension is a chronic disease that requires continuous monitoring and active patient participation in the treatment process. In traditional approaches, blood pressure is mainly measured in healthcare facilities, which does not fully reflect real-life fluctuations. The introduction of digital technologies addresses this problem and marks a new qualitative stage in hypertension management.

In recent years, smart blood pressure monitors and home-use electronic devices have become widespread. These devices automatically measure blood pressure and transmit results to mobile applications or cloud-based platforms. This allows physicians to monitor blood pressure dynamics over a long period. Continuous monitoring facilitates the detection of conditions such as “white-coat hypertension” and masked hypertension.

Mobile health applications are among the most important digital tools for patients with hypertension. These applications store blood pressure readings, analyze them graphically, provide medication reminders, and offer personalized recommendations. Studies show that patients using such applications demonstrate higher medication adherence compared to traditional methods. In addition, these applications increase patients’ knowledge of healthy nutrition, physical activity, and stress management.

Telemedicine plays a crucial role in hypertension management. Through remote consultations, physicians can communicate more frequently with patients and respond promptly to changes in blood pressure. This is particularly beneficial for patients living in remote areas or those with limited access to healthcare facilities. Telemedicine enables timely adjustment of treatment regimens, modification of drug dosages, and provision of motivational counseling.

In modern medicine, artificial intelligence and data analytics systems are becoming increasingly important in hypertension treatment. AI algorithms analyze patients’ blood pressure data, heart rate, body weight, and lifestyle information to assess individual risk levels. This helps physicians predict complications in advance and strengthen preventive measures.

Digital technologies also play an important role in prevention and the promotion of a healthy lifestyle. Online platforms provide patients with educational materials, video lessons, and interactive training programs. As a result, patients feel greater responsibility for their health and actively participate in the treatment process.

Overall, digital technologies enable integrated monitoring, treatment, and prevention of hypertension. This not only improves treatment effectiveness but also helps prevent cardiovascular complications.

Research Methodology

This scientific thesis was developed based on a systematic literature review methodology. During the research process, international and local scientific articles, clinical guidelines, and digital health reports published over the past 10 years were reviewed. Particular attention was paid to studies evaluating the effectiveness of digital technologies, including remote monitoring systems, mobile health applications, and telemedicine platforms, in the treatment and control of arterial hypertension.

Comparative analysis was used to compare the outcomes of traditional treatment approaches with digital technology–based methods. Clinical experiences and practical

observations were also summarized to identify the advantages and limitations of digital approaches. Only evidence-based and scientifically validated sources were used to ensure the reliability of the research findings.

Results

The results of the systematic literature review showed that the use of digital technologies in hypertension management is highly effective both clinically and organizationally. Patients using remote blood pressure monitoring demonstrated better stabilization of blood pressure values and faster achievement of target levels. In particular, patients who performed daily measurements using smart blood pressure monitors and mobile applications showed significant reductions in systolic and diastolic blood pressure.

Patients who used mobile health applications and telemedicine services demonstrated higher adherence to medication compared to those receiving conventional treatment. Digital platforms strengthened communication between physicians and patients and enabled timely correction of treatment regimens. As a result, a reduction in hypertension-related complications, including cardiovascular risk, was observed.

Conclusion

In conclusion, the integration of digital technologies into the management of arterial hypertension is one of the key directions of modern medicine. Research findings indicate that telemedicine, remote monitoring systems, mobile health applications, and artificial intelligence–based analytical platforms enable effective control of patients with hypertension. Continuous blood pressure monitoring and real-time analysis of collected data assist physicians in individualizing treatment regimens.

Remote consultations ensure continuous interaction between physicians and patients, allowing rapid responses to changes in disease progression. The use of artificial intelligence technologies enables prediction of hypertension-related complications, identification of individual risk factors, and enhancement of preventive measures. Consequently, the risk of severe cardiovascular complications is reduced. At the same time, digital technologies contribute to more efficient use of healthcare resources and improvement of medical service quality.

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