To investigate whether implementation of telehealth would improve adherence to check-ups and follow-up appointments among African American patients in a primary care clinic.

**Background**
- Lack of regular health check-ups among African Americans
- African Americans only visit hospitals in case of emergencies
- Increase in chronic conditions among African American population
- Telehealth leveraged to improve adherence to regular check-ups among African Americans
- Telehealth improves access to care and medication adherence and reduces wait times in primary care clinics.

**Purpose and Objectives**
- To investigate whether implementation of telehealth would improve adherence to check-ups and follow-up appointments among African American patients in a primary care clinic.

**Methods**
- **Design:** Integrative review
- **Setting:** A primary care clinic in an African American community
- **Sample:** Ten (10) peer-reviewed journal articles
- **Databases:** CINAHL, PubMed, EMBASE, PsycInfo
- **Keywords:** Telehealth, quality improvement project, and telemedicine, access to care, non-adherence, check-ups, and follow-ups
- **Inclusion criteria:** Experimental and quasi-experimental studies, published in the last 5 years (2016-2021), published in English
- **Exclusion criteria:** Systematic reviews, meta-analyses, and other non-experimental studies, studies not published in English, studies older than 5 years.
- **Data analysis:** Narrative synthesis which involves organizing the findings into themes.

**Implementation Of Telehealth**
- Telecommunication tools are used to implement telehealth.
- The tools include telephone calls, smartphone applications, and web-based applications.
- Different tools are at times used simultaneously to enhance the telehealth experience.
- For example, telephone calls and smartphone applications could be used simultaneously to ensure patients receive adequate reminders about their appointments.

**Impact Of Telehealth On Access To Care**
- Telehealth improves access to care among different patient populations.
- Telehealth applications provide a gateway to for patients’ active engagement in management of diseases; hence improving adherence.
- Telehealth expands access to care, facilitates early initiation of care, and remote coordination of care.

**Telehealth And Non-adherence To Care**
- Telehealth aid in reducing non-adherence through use of reminders and alerts.
- Telehealth applications used to educate patients on self-management leading to improved compliance with self-management practices.

**Telehealth Among African American Patients**
- Telehealth has been implemented among African American patients suffering from COPD, cardiovascular diseases, and kidney diseases.
- The patients reported improved access to care
- Telehealth also improved the patients’ control owing to better understanding of their conditions.
- Use of telehealth supported lifestyle changes due to self-monitoring on aspects such as physical activity and dietary requirements.

**Results**

**Conclusion:**
- Telehealth is implemented through different applications such as telephones calls, smartphone applications and text messages, and web-based applications.
- Telehealth applications can be effectively applied to improve access to care and improve adherence to follow-up and check-up appointments.

**Implications**
- Primary care practitioners serving African American communities should leverage available telecommunications tool to implement telehealth interventions.
- The practitioners can use tools such as telephones calls, smartphone applications and text messages, and web-based applications.
- Nurses in different practice settings should continually embrace technology towards improving patient experiences and addressing gaps in care delivery.

**Limitations**
- Small sample size of 10 studies
- Study may have been affected by selection bias
- Limited generalizability

**Dissemination of Findings**
- Findings shared with primary care practitioners serving African American communities.

**References**

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