

## PEER-REVIEW REPORT

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**Title:** Utilising digital health to improve medication-related quality of care for hypertensive patients: An integrative literature review

**Reviewer's code:** 04213422

**Position:** Peer Reviewer

**Academic degree:** MD

**Professional title:** Doctor

**Reviewer's Country/Territory:** Denmark

**Author's Country/Territory:** Australia

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<b>Scientific quality</b>	<input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Very good <input type="checkbox"/> Grade C: Good <input type="checkbox"/> Grade D: Fair <input type="checkbox"/> Grade E: Do not publish
<b>Language quality</b>	<input checked="" type="checkbox"/> Grade A: Priority publishing <input type="checkbox"/> Grade B: Minor language polishing <input type="checkbox"/> Grade C: A great deal of language polishing <input type="checkbox"/> Grade D: Rejection
<b>Conclusion</b>	<input type="checkbox"/> Accept (High priority) <input type="checkbox"/> Accept (General priority) <input checked="" type="checkbox"/> Minor revision <input type="checkbox"/> Major revision <input type="checkbox"/> Rejection
<b>Re-review</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Peer-reviewer statements</b>	Peer-Review: <input checked="" type="checkbox"/> Anonymous <input type="checkbox"/> Onymous Conflicts-of-Interest: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No



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## **SPECIFIC COMMENTS TO AUTHORS**

Telemedicine/Digital health intervention represents a modern concept in which health care services can be provided from afar and/or self-managed. A concept with many advantages for both eCare provider and patients as it might ease the communication, save time regarding out patients visits, time saved on laboratory test as they are becoming home-tests (POC-test), increase adherence to medical therapy and not least increase patients' disease and treatment knowledge. The latter is fundamental for self-managing with a chronic disease. In this review the authors document through literature review the need and relevance for digital health tools to improve medication-related quality of care for patients with hypertension (mild elevated blood pressure). I find the review extremely relevant for the westernized populations. Countries with long distances to health care professionals, like Australia, might benefit even more from this concept. 1. Telemedicine (Digital health) is based upon the concept of self-management (self- care), which has been defined by WHO as ..... Self-care is broad concept which also encompasses hygiene (general and personal); nutrition (type and quality of food eaten); lifestyle (sporting activities, leisure, etc.); environmental factors (living conditions, social habits, etc.); socioeconomic factors (income level, cultural beliefs, etc.); and self-medication.... (<https://www.who.int/reproductivehealth/self-care-interventions/definitions/en/>).

I do believe that self-medication is important, however, so is other aspects such as nutrition and lifestyle – also for patients suffering from hypertension as these issues also impact risk factors/co-morbidities like diabetes, which potentially could reduce the need for medication and thereby improve your primary endpoint Medication-related quality of care (Your reference no. 47 is about non-pharmacological management of hypertension). I do believe that it is important to support chronic patients digitally and



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holistically, primarily because it increases patients' disease and treatment knowledge and gives the patients different tools (medication, nutrition, lifestyle) to manage their disease. self-medication is important, however, the most important thing is for the patients to self-manage their lives with a chronic condition long term – and that includes far more than self-medication. This leads me to the next point. 2. You conclude .....'

A conjunction of findings from this reviewed and can be applied to future digital initiatives in conjunction with consideration on sustainability and long-term effectiveness on healthcare practices and patient outcomes. Therefore, future research on DHI for hypertension or chronic diseases considering WHO recommendations and developing through the evidence-to-decision framework is warranted.....' I believe the content of Tabel 4 is very important. You hardly discuss these important challenges for 'success', and I am not sure that WHO has included how to overcome these challenges in their guidelines. You recommend future research considering WHO recommendations and developing through the evidence-to-decision framework, however, future research should also be based on recommendation covering how to overcome challenges listed in table 4 (limited resources, technological issues, collaboration between stakeholders etc.). Challenges for reaching success is as important as WHO guidelines and should be written out (and not as a conjunction of findings from this review can be applied to future digital initiatives in conjunction with...).