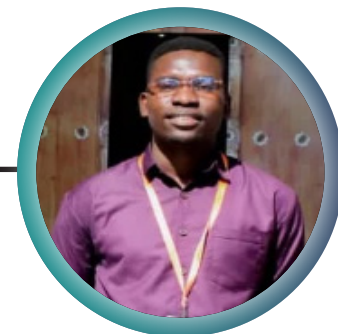


4th International Congress on Primary Health Care & 2nd Euro Nursing Congress

September 15–16 | Virtual Event



Paul Njige

MY Medicine
Tanzania

My Medics software application

Abstract:

Introduction: My Medics is a software application designed to promote rational use of medicine by providing users with relevant information about different types of medications, health advocacy on different global issues in public health, and a sharing platform of research in the medical field done by different individuals and organizations. The application is aimed at healthcare professionals, academicians, medical students, and patients who want to make informed decisions about their medication use. It provides a platform for users to access information about how to rationally use their medicine, medication safety, efficacy, and side effects.

Applications: The application is designed to be user-friendly and accessible, with a simple interface that allows users to search for relevant medical content of their interest. The application also provides users with access to a database of medication information, which includes dosage recommendations, contraindications, and interactions with other medications. To ensure the accuracy and reliability of the information provided by the application, My Medics employs a team of experts in pharmacology and medicine. These experts review and update the information in the database regularly to ensure that it reflects the latest research and clinical guidelines.

Conclusion: In addition to providing information about medications, My Medics also includes features that promote adherence to medication regimens. Users can set reminders to take their medications at specific times, and the application can also send notifications when it is time to refill a prescription. Overall, My Medics is an innovative solution that leverages technology to promote rational use of medicine. By providing users with accurate and up-to-date information about medications, the application empowers them to make informed decisions about their health and well-being.

Biography

Paul Josephat Njige is a Tanzanian digital health innovator and entrepreneur with a background in pharmacy. A graduate of St. John's University of Tanzania, he served as Vice President of the Tanzania Pharmaceutical Students Association (2022–2024), advocating for student development and collaboration. Paul is the founder of MYMEDICS, a healthcare connectivity app, and Afya Forum, an online health dialogue platform. Currently serving as Director of Business Administration at Cambridgeshire Company Limited, he was honored with the 2024 Tanzania Global Award for Best Male in Digital Innovation. Paul continues to drive change at the intersection of health and technology.