Apps for Patient Education: A Case-Based Workshop

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OBJECTIVES

1. Discuss the use of mobile technology in the clinical setting.

2. Suggestion patient education apps for various clinical scenarios.

3. Demonstrate use and become familiar with patient education apps.

4. Integrate patient education apps into your clinical practice.
Case #1

A 24-year-old male presents with a 2 day history of burning, redness, and inflammation to his right lower leg.

He states that he has been stung by a jellyfish at South Padre Island while surfing.

He is seeking treatment and advise on what he should do for first aid since your office was closed on Sunday.
First Aid - American Red Cross

Accidents happen. The official American Red Cross First Aid app puts expert advice for everyday emergencies in your hand. Get the app and be prepared for what life brings. With videos, interactive quizzes and simple step-by-step advice it's never been easier to know first aid.
Case #2

A 30-year-old female presents with a 30+ day history of itchy eyes, "scratchy throat," sneezing, and rhinorrhea.

She admits to a past history of allergies specifically juniper and ragweed. She takes loratidine 10 mg QD as needed only.

You make some adjustments to her regimen and offer some advice.
AllergyAlert from Pollen

Pollen.com's Allergy Alert
QuintilesIMS Incorporated

iPhone Screenshots

Discount on the App Store

Google Play
Case #3

A 68-year-old female presents with a 2-month history of recurrent headaches.

She denies changes of vision but occasionally experiences “little floating things.”

She has been taking her blood pressure at CVS and is concerned it’s [blood pressure] always high.
MedM Blood Pressure

An Ultimate Blood Pressure App

Analytics and Reports

History and Trend Graphs

Compatible with Popular BP Monitors

Blood Pressure

Normal Blood Pressure

Low Blood Pressure

Normal Blood Pressure

Hypertension Stage 1

Hypertension Stage 2

Download on the App Store

GET IT ON Google Play
Case #4

A 42-year-old male presents with a 3-month history of non-insulin dependent diabetes.

You continue to have problems titrating the dosages of his medications.

He says he is taking all of his medications as directed.
OneTouch Reveal

Wirelessly connect with the OneTouch Verio Flex® meter

Timeline of important blood sugar and activity events

14, 30 and 90-day summaries highlight blood sugar patterns

Track your progress with an expanded 12-month logbook

Together the OneTouch Reveal® app and the OneTouch Verio Flex® meter change the way you see your blood sugar—so you can quickly check your results and get back to your life.

Download on the App Store

GET IT ON Google Play
Case #5

A 26-year-old female presents to your office for prenatal care follow-up. Her pregnancy is unremarkable and moving along nicely.

This is her first pregnancy.

She has many questions about the baby’s development.
What To Expect

Chosen by over 15 million moms, this pregnancy tracker app from the world's most trusted pregnancy brand, "What to Expect When You're Expecting," guides you through pregnancy day-by-day and week-by-week. Simply enter your baby's due date (or use our pregnancy due date calculator if you're not sure) and start tracking your baby's growth today.
Case #6

A 52-year-old male with hyperlipidemia, hypertension and Type 2 diabetes presents to your office for follow-up.

After discussing some changes to his drug regimen, the patient asks about diet modifications and healthy choices.
DEMO

YouTube

ShopWell
Case #7

A 36-year-old male with obesity and no current health problems presents to your office for weight loss advice.

He is interested in losing weight and would like to know what diet and exercise plan your would recommend.
Lose It! - Calorie Counter

Lose It! – Calorie Counter
Weight Loss Nutrition Tracker
FitNow

Screenshots

Download on the App Store

GET IT ON Google Play
DEMO
Wearable Technology
What Smartwatches Are Actually Used For
Percentage of smartwatch owners that use each function daily

- Notifications/texts: 54%
- Activity tracking: 45%
- News updates: 31%
- Phone calls: 26%
- Alarm clock: 25%
- Email: 25%
- View photos/videos: 21%
- GPS/navigation: 19%
- Remote control for music: 18%
- Home automation: 17%

Based on a June 2017 survey of 5,000+ U.S. consumers aged 18+ of which 9% owned a smartwatch
Source: NPD Connected Intelligence/WEAR
PLAYLIST
Case #8

A 45-year-old male with hypertension presents to your office with a one week history of cough and a “tickle” in his throat.

One week ago, you started him on lisinopril.
Case #9

A 25-year-old female presents with fatigue and malar rash. This has been going on for some time.

On her previous visit, you ordered rheumatoid and SLE panels.

Pending more testing, you inform the patient she may have lupus.
Case #10

A 32-year-old male presents with a new diagnosis of genital herpes presents to your office.

After completing the office visit, you prescribe the patient valacyclovir 1gm bid x 10 days.

The patient would like a written prescription to “shop around” for the best price for the medication.
DEMO

YouTube
THANKS!

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App Demos