DOCTOR - PATIENT APPS

MOA SPRING CONVENTION
MAY 20TH 2018
DR STEPHEN BELL DO
THE OBJECTIVES TODAY:

• Three Things to have learned by the end of this talk:
  • 1- There are many types of mobile device APPS used by doctors and patients
  • 2- APPS can serve a useful purpose in the therapeutic Doctor – Patient Relationship
  • 3- We will demonstrate 6 examples of some of these useful APPS
THESE ARE BUT THE TIP OF THE APP ICEBERG

• These are by no means an extensive list of useful apps
• These are a couple of popular apps that colleagues and patients have found useful
• We won’t have live demos, but I encourage you to take a picture of the interesting slides or write down the names of what you find interesting and look up the APPS on Google.
• The slides will look like we are sitting down over a cup of coffee and I’m showing you what they look like.
• You get to decide if they are actually useful to you or not.
BY THE WAY:

• Does anyone know what the term “APPS” means?
BY THE WAY:

• Does anyone know what the term “APPS” means?

• Applications
  • as in application, most commonly used in mobile devices such as a mobile phone
  • A type of computer “program”
(1) First Objective: There are many types of mobile device APPS used by doctors and patients

- Drug references
- Telemedicine applications
- Diagnostic references
- Weight loss
- Blood pressure monitoring
- Diabetes care
- Oral health

- Anatomy Demonstrations
- First aid
- Emergency Management
- Stretching
- Mindfulness
- Finding Directions: Maps
- Travel Safety and Immunizations
First Objective:
There are many types of mobile device APPS used by doctors and patients

- These are just a few

- Do you have any that you use that you feel are useful?

- Care to share what the name is?

- Thanks
(2) Second Objective: APPS can serve a useful purpose in the therapeutic Doctor – Patient Relationship

• By next year, 50% of all smartphone users will have a health app on their phones! By next year the entire mobile health market will total $26 billion.

• It seems like doctors are resigning themselves to the inevitable, namely that medical apps are the future, and they want to be part of that. According to the Research Now Group, nearly 50% of doctors will introduce medical apps to their practice in the next five years.

  • https://ymedialabs.com/future-of-healthcare/#7
Second Objective: APPS can serve a useful purpose in the therapeutic Doctor – Patient Relationship

• Here are the most popular medical apps that users generally download:
  • Weight loss (50 million)
  • Exercise (26.5 million)
  • Women’s health (10.5 million)
  • Sleep and meditation (8 million)
  • Pregnancy (7.5 million)
  • Tools and instruments (6 million)
  • Other (18 million)

• https://ymedialabs.com/future-of-healthcare/#7
Second Objective:
APPS can serve a useful purpose in the therapeutic Doctor – Patient Relationship

• Case studies have shown that patients recording info into their apps report more honest and reliable info than what they actually tell their doctors or healthcare professionals monitoring their progress. As such, apps will become the go-to patient diaries for candid info that patients might have trouble sharing with doctors face-to-face.

  • https://ymedialabs.com/future-of-healthcare/#7
(3) Third Objective: We will demonstrate some examples of some of these useful APPS

- A useful website for reference and a couple of useful apps
  - iMedicalAPPS.com: a website for new apps all the time
  - Epocrates: a good drug reference
  - airRx: is there a doctor on board? in flight emergencies
  - Sidelines: at your daughter’s soccer game?
  - Smiles for Life: oral care advice for patients, reference for you
  - GoodRx: help patients save money
  - 7MWC: got 7 minutes? exercise is healthy for patients and docs too
This is a good reference website

- Medical Apps for both iPhone and Android devices
- Has a search function: example, search for weight loss apps
- List of popular apps
- Apps by specialty
- Patient apps
- Forums for Practicing Docs, Residency, Medical Students
Best iOS and Android Medical Apps - May 18, 2018

Kristin Bagby, RN, MSN | May 18, 2018

Find apps by specialty

Specialties...

Best apps of the month
Hundreds of new apps hit iOS and Android app stores every week. We've sorted through them to pick the best medical apps for medical professionals.

**Medical Apps for iOS**

**Cause of Death Reference Guide**

The Cause of Death Reference Guide app was created by the Centers for Disease Control and Prevention to provide a quick reference for physicians and other healthcare providers involved in creating death certificates. A large portion of the app is dedicated toward providing accurate medical information as it pertains to a death. This is a primary responsibility of the physician, which is crucial to a factual death certificate and vital to accurate data collection by the CDC.

Price: Free

Download on [iTunes](https://itunes.apple.com)
Forums

Medical and Healthcare apps you want to see reviewed by iMedicalApps physicians

Ask the Editors

Apple (iPhone & iPad) medical apps

Android medical apps

Medical apps for practicing Physicians

Residency medical apps

Medical Student apps

Medical Specialty apps
NOW LETS LOOK AT SOME EXAMPLE APPS
Epocrates Medical References

Epocrates

#26 in Medical

★★★★☆ 294 Ratings
Free · Offers In-App Purchases
1 out of 2 US physicians rely on Epocrates to enable better patient care by delivering the right information when it’s needed most.

Join over 1 million health care professionals worldwide who use Epocrates in the moments of care:

- Review drug prescribing and safety information for thousands of brand, generic, and OTC drugs
- Check for potentially harmful drug-drug interactions among up to 30 drugs at a time
- Identify pills by imprint code and physical characteristics
- Access timely medical news and research information
- Find providers for consults and referrals in the Provider Directory
- Select national and regional health care insurance formularies for drug coverage information
- Perform dozens of calculations, such as BMI and GFR
- New! Coordinate care securely with HIPAA-compliant text messaging
- Epocrates
  - Drug Reference
  - Pill ID
  - ICD-10
  - Calculators
  - Guidelines
  - Disease Reference
• Epocrates
  • Disease Reference
• Epocrates
  • Clinical Guidelines

Group A Strep Pharyngitis | Epocrates Guideline Synthesis

Key Points
Tonsillectomy not recommended solely to reduce GAS pharyngitis frequency. ✓ for viral sx: rhinorrhea, oral ulcers, conjunctivitis, coryza, cough, diarrhea, hoarseness, discrete ulcerative stomatitis, viral exanthema, lack of fever.

Choose Patient Type

- GAS suspected, acute episode, awaiting dx
- GAS confirmed, acute episode (initial/repeat), awaiting tx
- Chronic carrier state suspected, no acute episode
Epocrates

- Interaction Check

- alprazolam
  + hydrocodone/acetaminophen

Avoid / Use Alternative

**alprazolam + hydrocodone**

Avoid combo if antitussive use; otherwise use alternative or monitor resp. rate, ECG; decr. dose of one or both drugs, use lowest effective doses and shortest duration of concomitant tx: combo may incr. hydrocodone levels, risk of profound CNS and resp. depression, psychomotor impairment, QT prolongation, cardiac arrhythmias, vasodilation, severe hypotension, other adverse effects (hepatic metab. inhibited, additive effects)
AirRX is a mobile reference guide for physicians and medical professionals during an in-flight emergency.

AirRX provides quick guides for the 23 most common medical emergencies, information regarding your legal right to treat patients, lists of available equipment and medications, and much more.
• airRx
  • Info to know
  • Your Team
  • Top 23
  • Meds/Equip
  • Med-Legal
  • Documentation
• airRx
• Top 23 diagnoses

1) Syncope / Near Syncope
2) Respiratory Events
3) Choking
4) Nausea & Vomiting
5) Chest Pain
6) Palpitations
7) Cardiac / Respiratory Arrest
8) Seizures
9) Abdominal Pain
• airRx
  • Med Comparisons
• airRx
  • Where to start

1. Identify yourself and level of training; show medical ID if you have it.

2. Ask flight attendant/cabin crew:
   • To bring the available emergency medical kit.
   • For one attendant to assist throughout event.
   • To notify ground medical support (always ask for this to happen if available).
   • To ask whether another medical person is on the plane to assist (if needed).

3. Keep flight attendant/cabin crew informed throughout:
   • Explicitly state your impression of the situation, plan and where patient should be treated on plane (upright in seat, supine in seats, or on
SIDELINE GUIDELINES

The Sideline Guidelines App is an educational tool intended for medical providers on the sidelines treating athletic injuries for high school, college, and professional athletes. A national faculty has compiled a summary of expert knowledge to help diagnose athletic injuries (history, physical examination, and imaging), determine the ability of athletes to play their sport, recommend treatment in the training room and beyond, and estimate return to play time. This information is presented in a highly structured and searchable format that allows quick access to key points to consider when making an informed medical decision.
SIDELINE GUIDELINES

• The knowledge in this App is meant to serve as a guideline, especially since this field is still largely an "ART": it is more expert opinion than high-level evidence-based studies. As an "ART" there are few absolutes, particularly regarding return to play, so one must weigh the risk-benefit for the athlete at a given level of competition with medical providers. This App is meant to serve as a helpful guide and reference to aid the medical provider into an individualized discussion of the risks and benefits of treatment and returning to the field in game time and in the training room.

The information in this educational App is provided for general medical education purposes only and is not meant to substitute for the independent medical judgment of a physician relative to the diagnostic and treatment options of a specific patient's medical condition. In no event will The Cleveland Clinic Foundation be liable for any decision made or action taken in reliance upon the information provided in this App.
Sideline Guidelines
Cleveland Clinic

Sideline Guidelines
Management of Athletic Injuries
• Sideline Guidelines
  • Emergencies
• Sideline Guidelines
  • Diagnoses
- Sideline Guidelines
  - Treatment
  - Evaluation
- Imaging links too
Smiles For Life Oral Health

Sandcastle

Free
SMILES FOR LIFE (SFL)

• The Smiles for Life (SFL) Oral Health App is a reference tool for oral conditions designed to assist primary care providers in formulating diagnoses in real-time. Clinicians select an algorithm based on the presenting concern of the patient or physical exam finding, and the decision tool presents a series of questions to help formulate a diagnosis, triage, and treatment plan. Practical advice will aid clinicians in providing the best care for their patients. An extensive photo gallery of tooth and oral soft tissue findings is also included.
• Smiles for Life
  • Oral Health
  • Diagnosis
  • Risk Assessment
• Smiles for Life
  • Oral Emergencies

Is the clinical history and exam consistent with trauma, infection, soft tissue abnormality, or None?
Intraoral and Extra-oral Exam

1. Irrigate to remove blood, clots, and debris
2. Examine the entire mouth, including soft tissues, teeth, and bony structures
3. Assess the injured area(s) for:
   * Tenderness and swelling
   * Damaged or mobile teeth: If fractured or avulsed tooth parts cannot be located, ascertain if fragment is embedded in the soft tissues, swallowed, or aspirated. Soft-tissue x-rays may be needed
   * Occlusion: Ensure patient can bite together normally. Altered occlusion can indicate condyle or body mandible fractures and "steps" in the occlusal plane may indicate mandibular alveolar or body fractures
   * Mobile jaw segments
   * Pain or limitation on opening, which can indicate trauma to the TMJ or condyles
• Smiles for Life
  • Photo Gallery
GoodRx – Save On Prescriptions
Save up to 80% instantly!

GoodRx

#2 in Medical

★★★★★ 147.5K Ratings

Free
Stop overpaying for your prescriptions! Compare prescription drug prices and find coupons to save up to 80%, even with insurance.

Most Americans don't know that prescription prices vary wildly from pharmacy to pharmacy. There's never been a way to compare drug prices - until now.

GoodRx makes comparing prescription drug prices easy. Our app provides current cash and sale prices, manufacturer coupons, pharmacy discounts and valuable savings tips for thousands of prescriptions at pharmacies near you. GoodRx tells you which pharmacies have many popular generic drugs for less than $4 per fill, and some where certain prescriptions are for free!
Best of all, many of our savings coupons can be used from within the app - simply hand your phone to the pharmacist to save up to 80%! No need to print out anything - find savings on the go!

GoodRx is 100% free to use - there are no fees or obligations to you. You can use GoodRx for every member of your family, including pets. To protect your privacy, you can also create a passcode to limit access to the app.

GoodRx has been featured by Consumer Reports, The New York Times, PBS, ABC News, Forbes, CNN, The LA Times and more. Our app is used by hundreds of doctors and clinics to help save patients money on their medications.
GoodRx

Medication Discounts
GoodRx

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- GoodRx
- Medication Discounts
GoodRx

Medication Discounts
7 Minute Workout Challenge
Fitness Guide Inc

#5 in Health & Fitness
⭐⭐⭐⭐⭐ 430 Ratings
$3.99 · Offers In-App Purchases
• 7MWC
  • Scientifically Proven

Scientifically proven.
7 minute workout that can be done at anytime and anywhere.
Full video, audio, image and text instruction for every exercise.

- 7MWC
Monitor your progress. Stay motivated.

- 7MWC
Unlock achievements and awards. Make it fun.
DID WE DO WHAT WE SET OUT TO DO TODAY?:

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WE ARE FINISHED
THANK YOU FOR YOUR ATTENTION
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