Patient-Oriented Smartphone Apps to Improve Health & Wellbeing

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Patients have the ability to improve their health outcomes, but their capacity to do so is sometimes underutilized due to misunderstanding of how to care for themselves or ineffective engagement in their health. Technologies such as smartphone apps may improve patient management of chronic diseases.\(^5\)

Over 75% of Americans own a smartphone, and the use of health-related apps has doubled, particularly in patients with chronic illnesses.\(^6\) Apps allow patients to track disease-associated metrics such as blood pressure or blood sugar, which has been shown to increase engagement in self-care and improve clinical outcomes.\(^5\) There is also promising data suggesting that smartphone apps that provide educational readings, a pain diary, or other cognitive behavioral activities may help to reduce the use of opioids in pain management.\(^4\)

Some patients are willing to use technology such as smartphone apps to their advantage, but providers are often unsure as to how to advise their patients on the use of an app without firsthand knowledge or sufficient evidence on which to base a recommendation.

At this time, there is no identified strategy that providers can use to evaluate and recommend apps to patients. There are many apps available to consumers, but a high rating in the app store isn’t necessarily indicative of its clinical utility. Few literature reviews have been conducted at this time on patient-oriented apps, with the exception of a 2016 study by Singh, et. al. that reviewed 137 apps from the Apple and Google Play stores.\(^8\)
How can this help you to help your patients?

- I focused on peer-reviewed apps that were highly rated in both the Apple and Android app stores, based primarily on research conducted by Singh, et. al. 2016.⁸
- I made sure that those apps are still in use and consistently updated today. I also tried to avoid apps that cost any money to download.
- I chose categories of apps that would be most applicable to the types of patients seen at Hinesburg Family Medicine.
- I chose any additional apps based upon personal experience, app store reviews, and a handful of apps that are already recommended in this practice.
- Who will benefit most?
  - Patients who love technology who need extra assistance in managing their chronic illnesses or who would like help making lifestyle modifications.
Medication & General Health Management

CareZone | Health Info Organizer by CareZone
https://appsto.re/us/-eMDX.i

TracknShare LITE - A Quantified Life Journal (iOS only)
https://appsto.re/us/Uednu.i

Vitalbeat – Chronic Disease Management (Android only)
Quit smoking - QuitNow! by Fewlaps, S.C
https://appsto.re/us/Y0s2C.i

Quit It Lite - stop smoking today (iOS only)
https://appsto.re/us/tsQ7B.i
Asthma & COPD

Assist Me with Inhalers by Saralsoft (iOS only)
https://appsto.re/us/R8qmJ.i

Wizdy Pets - Kids asthma educational game by LifeGuard Games, Inc.
https://appsto.re/us/PRD3W.i
Diabetes Mellitus

Glucose Buddy - Diabetes Logbook Manager w/syncing, Blood Pressure, Weight Tracking by Azumio Inc.
https://appsto.re/us/pLzKr.i

Diabetes Pedometer with Glucose & Food Diary, Weight Tracker, Blood Pressure Log and Medication Reminder by Pacer by Pacer Health, Inc (iOS only)
https://appsto.re/us/CFjcT.i
Hypertension

Blood Pressure Companion Free by Maxwell Software
https://appsto.re/us/4OlvB.i
<30 Days by Heart and Stroke Foundation of Canada (iOS only)
https://appsto.re/us/ZCnlH.i

ASCVD Risk Estimator by American College of Cardiology
https://appsto.re/us/aFNNw.i
<30 Days by Heart and Stroke Foundation of Canada (iOS only)
https://appsto.re/us/ZCnlH.i

Constant Therapy by Constant Therapy, Inc.
https://appsto.re/us/iFxuI.i

Essential Apps for Stroke Rehab by BinaryLabs, Inc.
https://appsto.re/us/kuxMab.i
Dementia or Mild Cognitive Impairment

Alzheimer's & Other Dementias Daily Companion – An extension of the book: Confidence to Care by Home Instead Senior Care®
https://appsto.re/us/zsWIP.i

T2 Mood Tracker by The National Center for Telehealth and Technology
https://appsto.re/us/bDhIz.i

Constant Therapy by Constant Therapy, Inc.
https://appsto.re/us/iFxuI.i
Cancer

iCANcer by Naomi R. Bartley (iOS only)
https://appsto.re/us/UWbp.x.i

iCancerHealth: Cancer Care - Virtual Care at Home by MEDOCITY, INC.
https://appsto.re/us/joxgR.i

Cancer.Net Mobile by ASCO
https://appsto.re/us/jrR1z.i
Autoimmune Disease/Pain/Arthritis

MyDocHub Health Flare Tracker by MyDocHub
https://appsto.re/us/EnqYM.i

ArthritisID by Arthritis Consumer Experts (iOS only)
https://appsto.re/us/L7-sB.i
Digestive Health

CDHF GI BodyGuard by Canadian Digestive Health Foundation
https://appsto.re/us/VxkIA.i

Cara: Food, Mood, Poop Tracker – IBS Symptom Diary by HiDoc Technologies
https://appsto.re/us/orRKdb.i
Depression & Mood Disorders

Pacifica - Anxiety, Stress, & Depression Relief by Pacifica Labs Inc.
https://appsto.re/us/Dm2a3.i

7 Cups Anxiety, Stress & Depression Chat & Therapy by 7 Cups of Tea
https://appsto.re/us/zAC82.i

WhatsMyM3 by M-3 Information, LLC
https://appsto.re/us/lslWE.i
Meditation & Stress Relief

Calm: Meditation to Relax, Focus & Sleep Better by Calm.com
https://appsto.re/us/QZpfI.i

Insight Timer - Meditation App by Insight Network Inc
https://appsto.re/us/d2whu.i

Stop, Breathe & Think: Meditation and Mindfulness by Stop, Breathe & Think
https://appsto.re/us/0MeBU.i
Nutrition & Weight Loss

ShopWell - Healthy Diet & Grocery Food Scanner by YottaMark, Inc.
https://appsto.re/us/CxYCx.i

Calorie Counter & Diet Tracker by MyFitnessPal.com
https://appsto.re/us/oXSvu.i

Calorie Counter and Food Diary by MyNetDiary
https://appsto.re/us/DS1ir.i
Obesity

BariatricPal by WLSBoards.com
https://appsto.re/us/LCTMQ.i

Health Mate - Steps tracker & Life coach by Withings
https://appsto.re/us/CxpwG.i

Lose It! – Weight Loss Program and Calorie Counter by FitNow
https://appsto.re/us/1WxUr.i
Fitness & Activity

Argus Calorie Counter Diet, Activity, Step Tracker by Azumio Inc.  
https://appsto.re/us/K1OnL.i

Fitness Buddy: Gym & Home Workout Exercise Trainer by Azumio Inc.  
https://appsto.re/us/kVURE.i

7 Minute Workout – Free Daily Fitness Routines by Wahoo Fitness  
https://appsto.re/us/DKDYM.i
Women’s Health

Life Period Tracker, Health, Calendar, Ovulation by Lovetap LLC
https://appsto.re/us/7F07P.i

Period Tracker Lite by GP Apps
https://appsto.re/us/-zsSt.i

Flo Period Tracker: Period & Ovulation Tracker by OWHEALTH, INC.
https://appsto.re/us/Pee59.i
References

3. **Vermont Department of Health: 3-4-50 Vermont.** [http://www.healthvermont.gov/3-4-50/data-behavior-and-chronic-disease]
Questions? Suggestions?

- I would love feedback as to whether you think this may or may not be beneficial in future patient care!