Project generated by: Contribution 1mission-1million
an Initiative of Boehringer Ingelheim
published in https://www.heartofstroke.com/all-applications

Country: Spain

Titel of the project: Self-care patients: App for patients with atrial fibrillation

Project details

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Award amount: €50,000

It consists in the creation of an application for smartphones aimed at patients with atrial fibrillation (AF) supported by a special website for its download. It will inform and educate the patient about AF and incorporate different widgets (medication planner, HTN and blood sugar record, etc.) which facilitate self-care.

The project consists in the creation of an application (app) for smartphones and a special website, www.selfcarepatients.com, which will function as a support element, both aimed at the self-management of atrial fibrillation (AF), for the patients. These will help boost their health education, make them responsible for their health, and utilize the new technologies applied to health (e-health). Under no circumstances will it replace specialized medical attention. The structure of the app is composed of two different blocks: 1.AF information: includes updated information about AF, in language suitable for patients and supported with images, distinguishing between the following sections: what is AF?, causes, treatment, complications, how to recognize a stroke, FAQs, and videos/podcasts. The contents of this block will be developed by professionals with experience in the sector and verified by a scientific advisory committee. 2. Widgets: contains four technological tools which facilitate the self-care of the patient with AF, minimize the risks, and help patients to adopt healthy habits and lifestyles. It is like having a virtual assistant for the management of our health. The widgets that the app will include are: -Pharmacontrol: a tool which makes it easier to adhere to the pharmacological treatment, reducing incidences of forgotten or confused medication. The patient enters his prescription (times, days, etc.), a photograph of the drug and notes (e.g., take individually). When the time comes, the patient is reminded of the medication to be taken and its instructions by an alarm appearing on the screen.-R-health: is a tool for recording blood pressure, weight, heart rate, blood sugar level (for diabetes), and INR (for TAO). The patient can visualize his progress in different graphics. If the patient records levels which constitute a risk, an alarm message will be triggered. -Stroketest: a test which allows the calculation of the risk of stroke in a patient with AF based on the risk factors described in specialized literature.-Personal trainer: this tool provides the patient with an interactive personal trainer, which creates a personalized table of exercises which the patient should begin to follow with the indicated regularity based on different health parameters (age, BMI, etc.) entered by the patient himself. It also includes recommendations about the type of diet to follow. The support of the scientific advisory committee will be employed in the verification of the contents and tools. The patient will be able to agree with his doctor as far as the sending of the statistics generated by the app is concerned. This application will be supported by the www.selfcarepatients.com website, which will include the same contents as the application but in a different programming format. The patient will log in to the website to consult information about AF, download the app to his smartphone or consult the user manual. Users who do not have a smartphone will be able to register and use the widgets online. Both the application and the website will be available in both English and Spanish. The programming will entail html, css, javascript, and BBDD as well as libraries for mobile devices. Dissemination will be effected by contacting the principal patient associations and holding information conferences. It will always be free to download and use the app.

Audience

Type

- AF Patients

Location

Spain, Europe