



Panel: Patient Driven Digital Platforms for Personalised Medicine

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myhealthapps.net/PatientView



Digital Health: Catapulting Personalised Medicine Forward

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About PatientView

- UK-based research, consulting and publishing company
- **Collects and analyses the viewpoints of thousands of patient groups (and their members) worldwide – since 2000**
- Has the capacity to reach out to **120,000 patient organisations worldwide**, covering over 1,000 health specialties
- Launched **myhealthapps.net** in November 2013 to help patients, carers, and health-conscious consumers find apps that have been tried and trusted by people like them

Surveys, research, reports, white papers, directories, toolkits...



Benchmarking the patient movement—the global perspective (2nd edition)

- A global survey of the views of 1000-plus international, national, regional and local patient groups
- Provides a self-assessment of patient-group effectiveness worldwide in 2014
- Compared also with the results of the first such benchmarking exercise in 2012

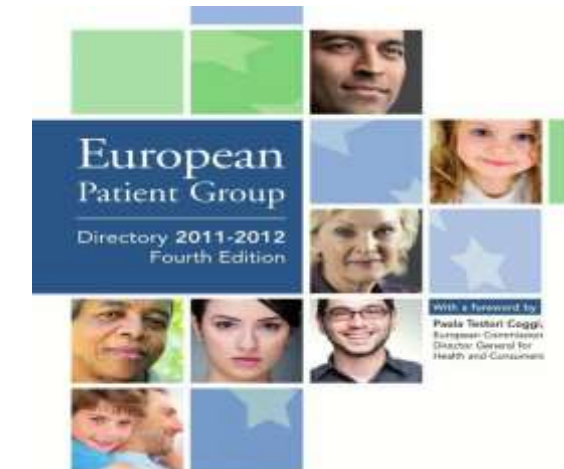
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The Corporate Reputation of Pharma in Europe 2013 —the patient perspective



A survey of the views of 500 patient groups from Europe on the corporate reputation of the pharma industry in Europe and 33 of its leading multinational pharma companies





Search Health Apps



Browse by Category



Bones and Muscles



Breathing and Lungs



Heart, Circulation and Blood



Me and My Doctor



Mental Health



Nervous System and Brain



Sexual Health



Staying Healthy



Stomach, Bowel and Continence



Support for Senses, Mobility and Learning



Other Long-term Conditions



Welcome to myhealthapps.net

myhealthapps.net brings together the world's favourite healthcare apps – *tried and tested by people like you.*

[More information →](#)

How Hearts Are Won



All the apps on this site have won recommendations from patients.

Our heart ratings give you an easy way to compare between the apps chosen for this site.

[More information →](#)

Top Chart



App of the Day

Parkinsons →



Where we are today...

- Over 400 apps
- Covering 150+ health specialties
- Apps in 50 languages
- Reviews by over 650 patient organisations worldwide
- Transparency: info on and links to app developer, who funded the app, whether it was developed with a medical adviser, if it has regulatory approval (if necessary)

Myhealthapps.net/PatientView takes no money from app developers or app downloads

Patient views on health apps

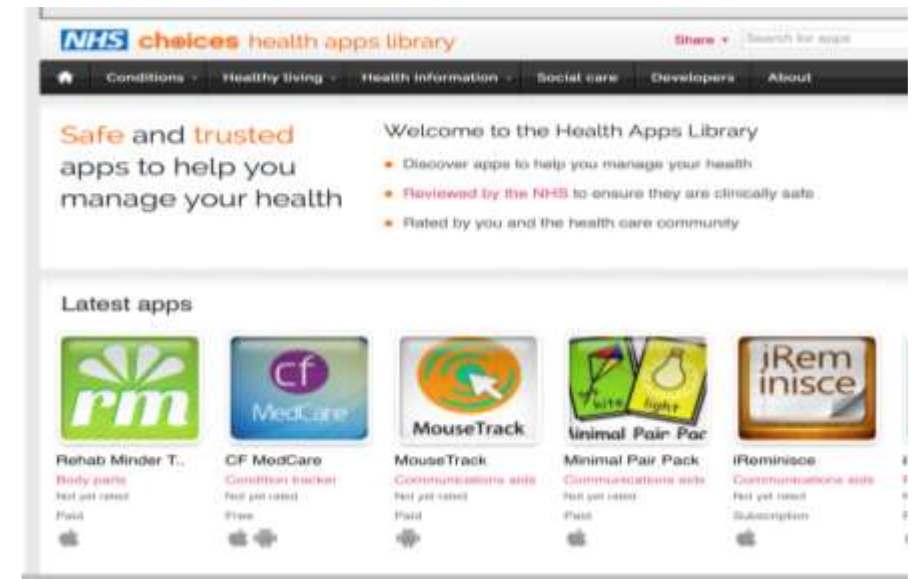


Doctors' views on health apps



Clinical views of health apps

Substantial support available to help patients and doctors overcome their concerns....





Patients are increasingly building a repertoire of apps to support their needs



All these apps available on myhealthapps.net



Pilot study with Sycamore House Medical Centre, Walsall (4,000 patients)

to promote the use of health apps to patients, give online advice, electronic booking of consultations - all to support self-care and improve relations with patients

The screenshot displays the Sycamore House Medical Centre website. At the top, a blue navigation bar contains the text "Sycamore House Medical Centre" and a menu with items: "Open", "Appointments", "Team", "Services", "New Patients", "Feedback", and "News". Below this, a large banner image shows a woman holding a baby while a doctor examines the baby. Overlaid on the banner is a search bar with the text "I would like reliable information to help me with:" and "Search Patient.co.uk". Below the search bar, a prompt reads "Please enter your main symptom / the name of your condition above". A large blue arrow points to the left, highlighting the search bar area. Below the banner is a horizontal navigation bar with six colored buttons: "Self Help Information" (green), "Health Apps" (green), "Request Medication" (teal), "My Medical Records" (light blue), "Web Consultation" (light blue), and "Book an Appointment" (blue). At the bottom, a dark footer contains links for "Disclaimer", "Privacy Policy", "Terms & Conditions", and "Contact Us", along with the text "© Sycamore House Surgery 2014" and "Powered by CAREAXES".



Two test sites offered:

NHS Health Apps Library and **myhealthapps.net**

Sycamore House Medical Centre Open ▾ Appointments ▾ Team ▾ Services ▾ New Patients ▾ Feedback ▾ News

Health Apps

To better manage your health and to boost your sense of wellbeing, have you considered using a health app on your smartphone, on your tablet device, or on your computer? There is increasing evidence that health apps can be very beneficial

Two Useful Websites :

- [The NHS Health App Library](#)

This site provides details of NHS accredited health apps

- [The myhealthapps Library](#)

This site reviews apps which have been ranked highly by patients

Personal Health Record

Users of Apple iPhones and iPads can now use the [Apple Health App](#) to integrate with our practice computer systems to create a complete Personal Health Record. For more details, please click [here](#)

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Powered by CADREYES

What do patients and carers want from health apps?

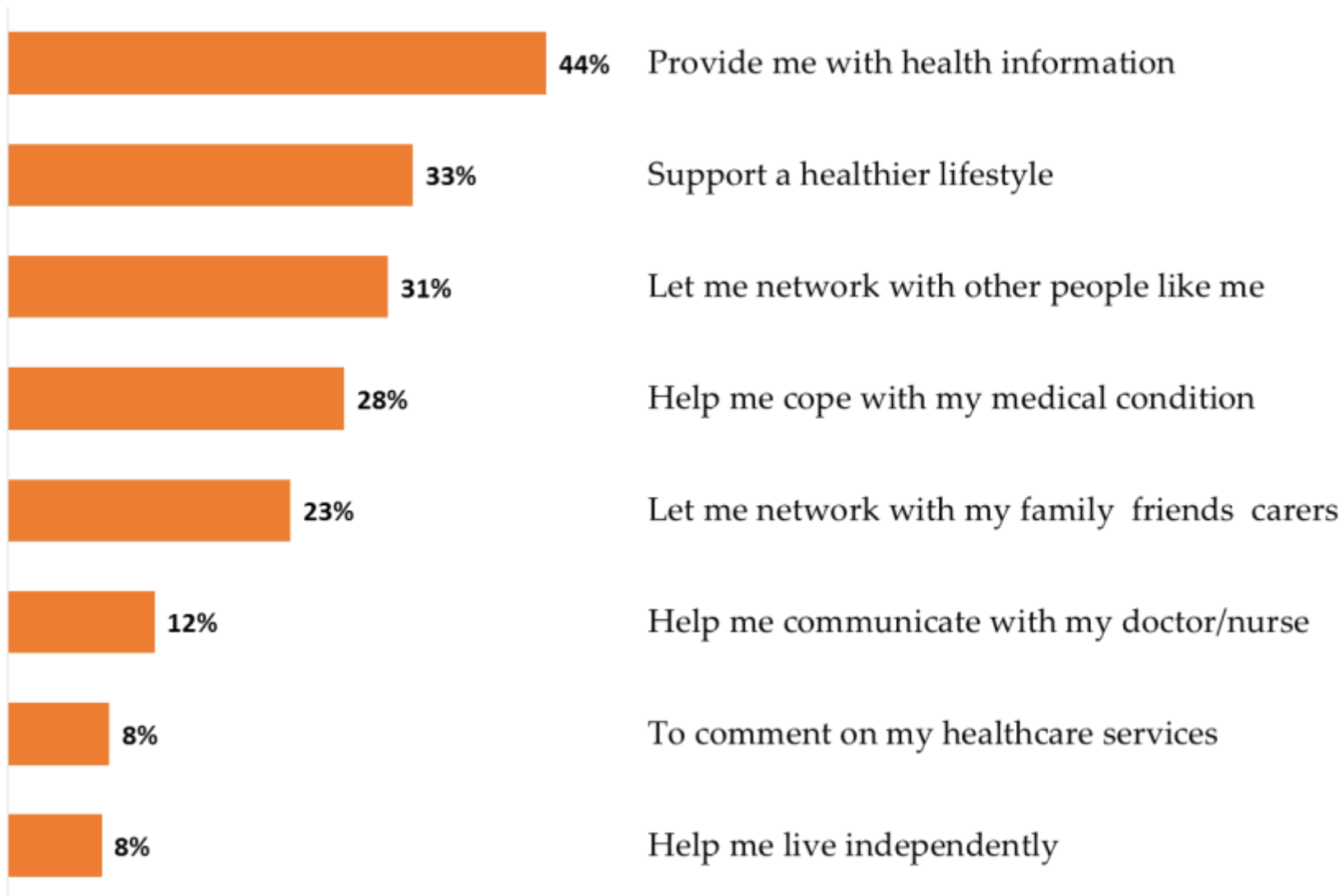
A June-Oct 2014 global survey conducted by PatientView, myhealthapps.net, and Health 2.0

- **1,130 respondents**
 - with either a long-lasting illness, or caring for someone who has one
- **From 31 countries**
 - 82.3% from Europe
- 10% with diabetes
- 9.6% with cancer
- 7.6% with arthritis
- 6.6% with a mental health problem
- 6.4% with a rare disease
- 4.9% with a hormonal disorder
- 4.8% with pain
- 4.4% with a heart condition
- 4.2% with multiple sclerosis
- Plus: 39 other conditions

10/11/2014



WHAT ARE THE **MAIN TYPE** OF HEALTH APPS YOU USE REGULARLY?

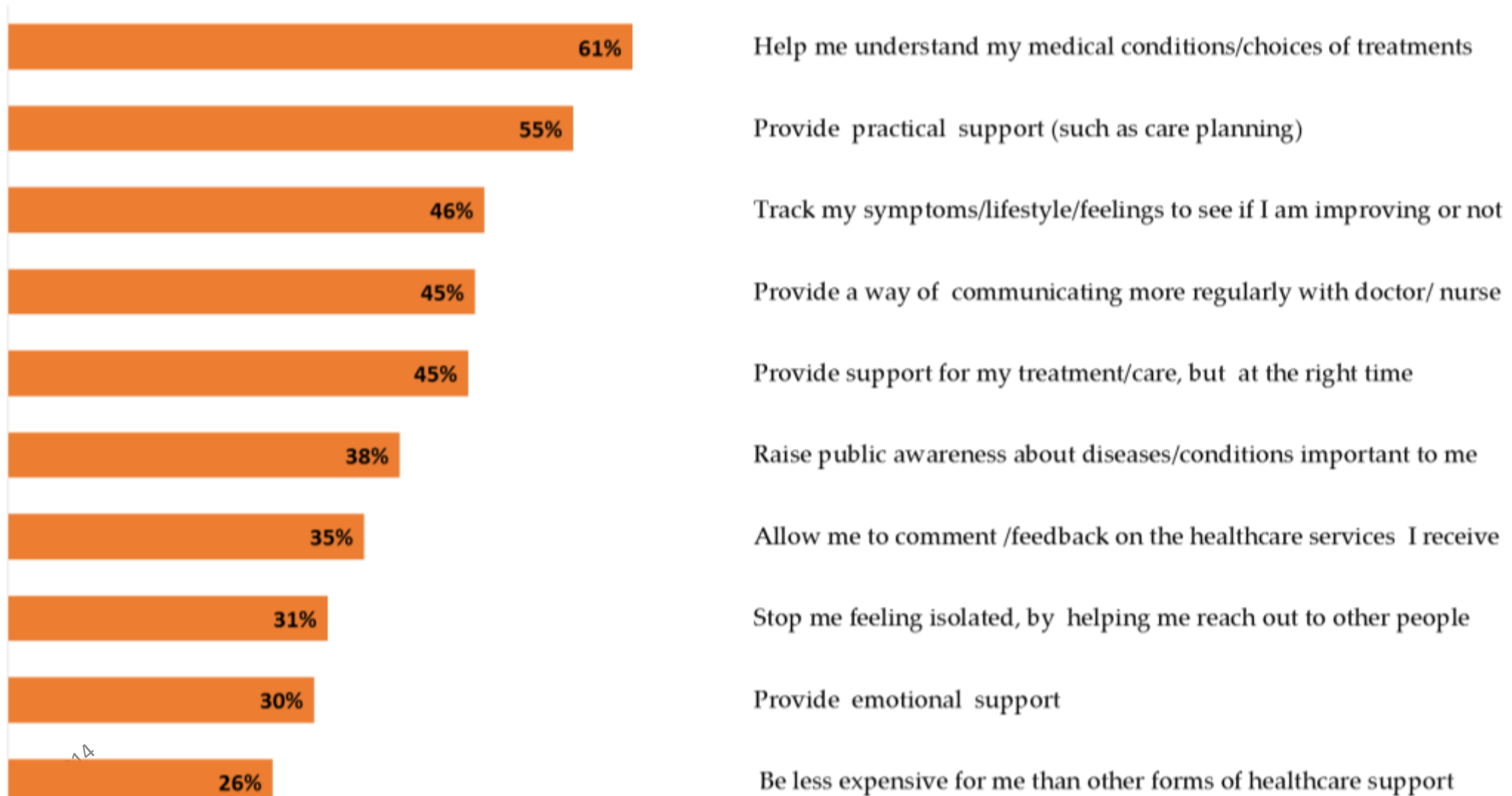


Activities are focused on areas NOT integrated with the healthcare system; can be undertaken alone



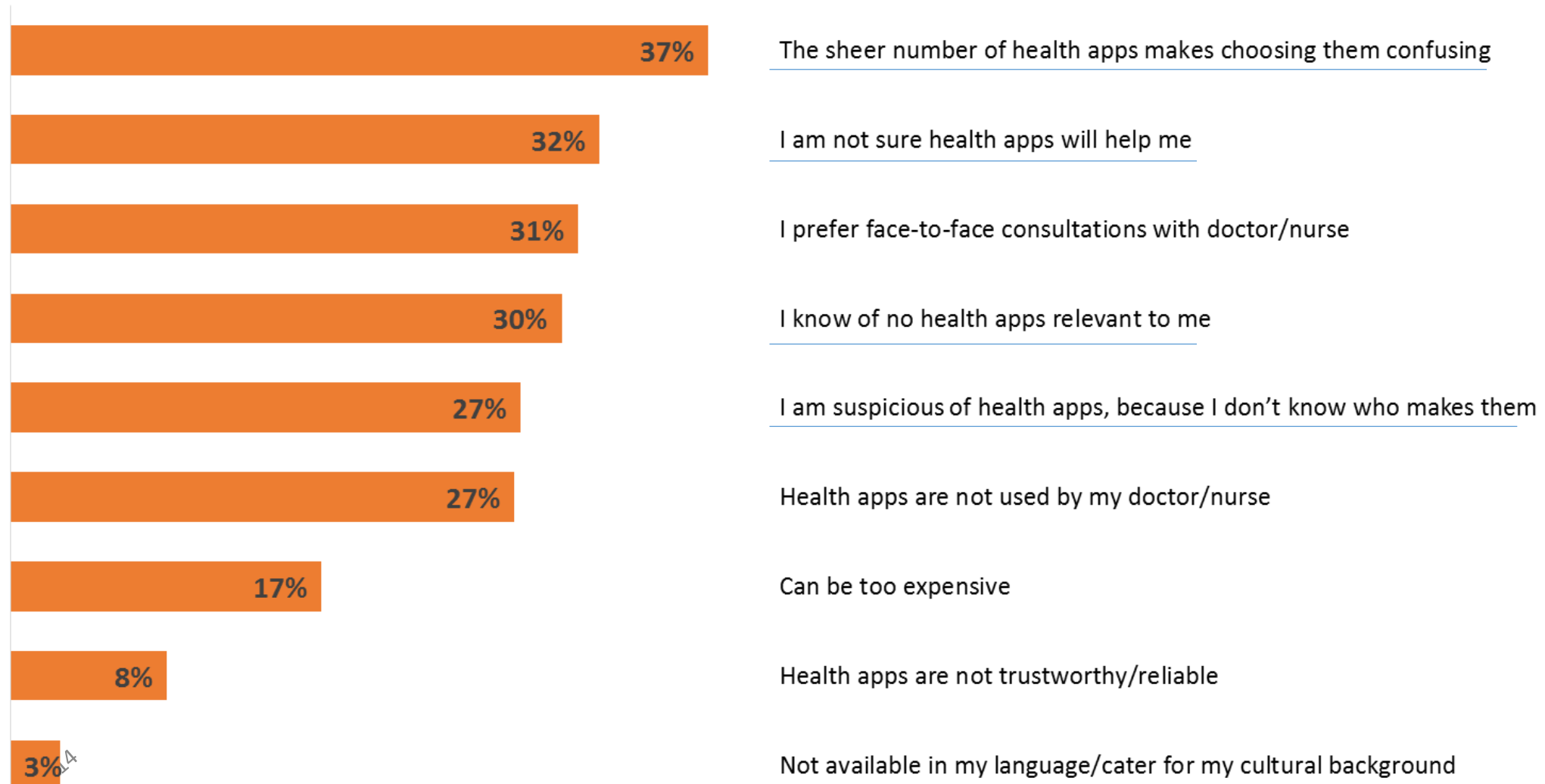
IRRESPECTIVE OF WHAT HEALTH APPS YOU ARE CURRENTLY USING,
WHAT DO YOU **WANT MOST** FROM HEALTH APPS?

*But patients aspire for
more than information*



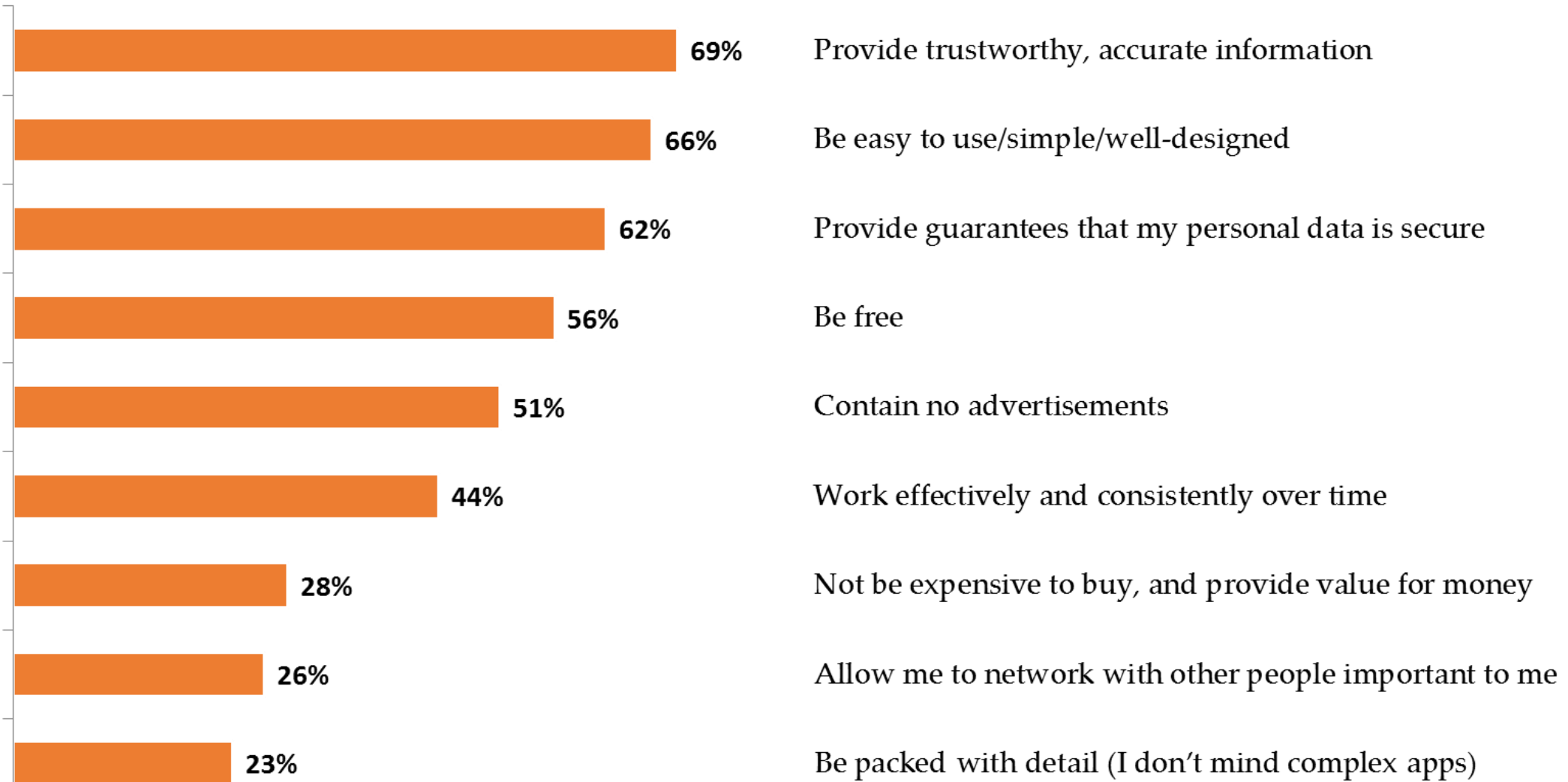
DO ANY OF THE FOLLOWING **PREVENT YOU** FROM DOWNLOADING SOME HEALTH APPS, OR USING THEM REGULARLY?

Not just about the monetary cost of the health apps ... it's a question of trust



WHICH OF THE FOLLOWING WOULD **CONVINCE YOU** TO USE HEALTH APPS REGULARLY?

Patients/carers need guidance on which apps to trust





Disability

Cancer

Diabetes

Mental health

Wellness



Cancer

What do respondents involved with cancer want from apps?

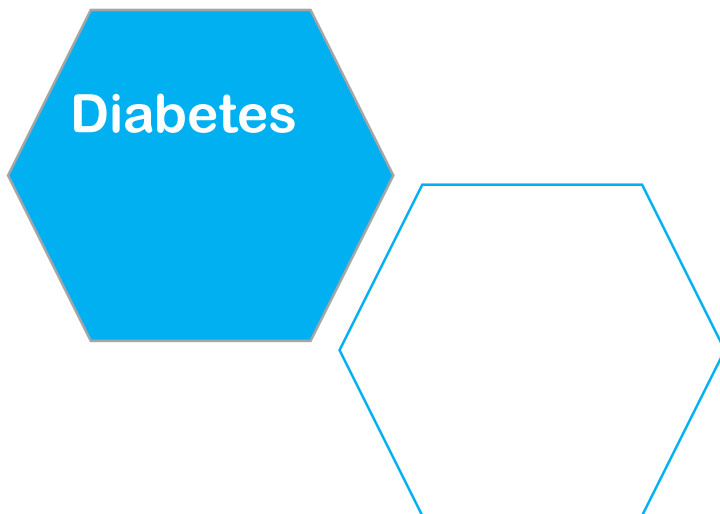
(Respondents were asked open-ended questions so they could freely describe their own particular needs and preferences)

An app that provides support in the management of my screening requirements and test results

- **Tracks my symptoms** and informs me of tests needed, even books them for me
- **Tracks tests**, including blood pressure, temperature, sleep, mood, appetite
- **Checks** against my weight, size, nature of sleep - so everything seems appropriate
- **Organises my test results** to share with ALL my doctor/nurses and health clinics
- Has room for **my medical information and records**
- **May conduct tests** as well and help avoid biopsies when possible
- Keeps me **up-to-date with research**
- **Communicates with health professionals**
- Communicates **with people in a similar situation**

An intuitive app that calculates carb to insulin ratios advising on next best steps, giving feedback on how proper maintenance clearly improves my health*

**so I do not have to think about these issues every minute of the day – relevant in T1 or insulin-dependent T2 diabetes only, though some aspects may be relevant to people with Type 2 diabetes that do not have to take insulin*



(Respondents were asked open-ended questions so they could freely describe their own particular needs and preferences)

- **Calculates carb ratios**, based on information provided by the user
- Provides useful information for **understanding carb to insulin ratios**
- **Tracks my blood sugar levels regularly** throughout the day
- **Takes data on my symptoms, treatment and lifestyle**
- Works out **how the food I eat affects my blood sugar**
- Works out **how the exercise I take affects my blood sugar**
- Must be **easy to enter data**
- Secure **messaging service with doctors/nurses** for questions would also be of value
- Supports me in **calculating ratios and insulin dosing** based on personal historical data
- Permits me to **communicate with other people like myself** to get help and advice on how much insulin to take with food
- Provides **access to nutritional information for accurate carbohydrate content** of common foods



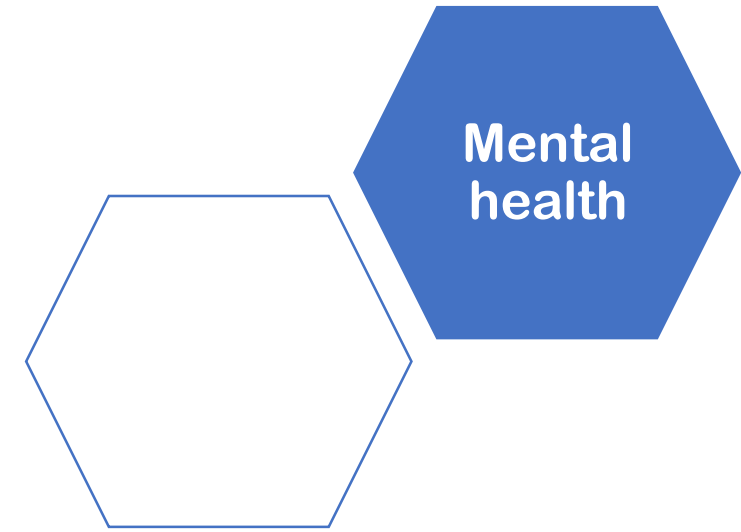
(Respondents were asked open-ended questions so they could freely describe their own particular needs and preferences)

An app that provides a support package for pain management – improving upon what is already available

- **Tracks my levels of pain** with simple measures (eg on a scale from 0 to 10, where 10 is worst) and in a way that makes me feel positive about the process
- **Trackers to include blood pressure, energy/fatigue levels, mood, weight, sleep** etc
- **Tracks daily activities** such as diet, exercise, housework, CBT/meditation/mindfulness practice, socialising, which distract and may alleviate pain
- **Trackers to include medicine use that may affect levels of pain**
- **Trackers to include environmental factors** such as weather that may affect levels of pain
- Most important that the **tracking allows me to spot trends and triggers**
- **Identifies whether the pain is part of my disease or not**, and whether I need to seek more help
- Provides **information about pain and how it may be alleviated** for different medical conditions
- Could be **used by the terminally ill**
- Can be **tailored for complex conditions**
- Allows me to **contact others and compare experiences**
- Is **shared with my doctor/nurse** who can provide advice

(Respondents were asked open-ended questions so they could freely describe their own particular needs and preferences)

- One that **lets me log symptoms**, such as changes in mood, weight, sleep patterns, or my medication so I can detect when a crisis is coming on, eg when I do not feel everything is as it should be
- Professional contacts to help me solve an emergency**, such as a panic attack, or coping with a pre- or post-psychotic incident
- Information for the carer** to help in **a crisis situation**
- Allows me to network** with support groups that can help me
- Information so I **understand my mental crises and triggers**
- Online video contact with my doctor/nurse**



***An app that helps
me manage a
personal mental
health crisis***

(Respondents were asked open-ended questions so they could freely describe their own particular needs and preferences)

- Lets me **select from a comprehensive list of healthy lifestyle choices** (relevant to my condition)...
- Lets me **choose the ones I want to adopt**
- Once I make my lifestyle choices, **reminds me what I should do** when (eg drink enough water, take a tablet)
- **Combines the lifestyle tracked with symptom/wellness logger***
- Helps me **understand whether my condition is stable** and whether I am **making the right lifestyle choices**
- Provides **advice on how to improve on my situation** (at the end of every week)
- Ensures that **self-monitoring helps me deal with problems** as they arise, and provides emergency contacts
- Arranges the information I collect so it is useful to my doctor/nurse, **ensuring my data can be shared**
- Communicates with health professionals I choose to talk to about my progress, but they should work as a team
- **Connects with the right patient/carer support groups** for me to talk about my progress
- Is **tailorable for complex conditions**
- Helps **carers support the patients they help**



An app that provides feedback on how treatment, care and lifestyle changes impact my health and wellbeing



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