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What's the big deal about apps?
"Think: mHealth as personal health reform." - Jane Sarasohn-Kahn, health economist and blogger

Diabetes Mobile Apps – FDA Guidance and an Educator’s Perspective on the Avalanche of Apps

How do I know if an app is safe to use?
1) The vast majority of apps on the iTunes / google play store are considered “wellness” apps and are unregulated. These are generally considered safe as they are not to be giving advice on medication adjustment.
2) There are many apps that say they are “wellness” apps that are in fact providing dosing advice.
3) Look for companion apps to already approved products for absolute security in evaluating safety.

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Wellness Apps

- BG logging, meal logging, carb counting, exercise, behavior modification encouragement.
- Access to an online community for support.

Evaluating an App: RapidCalc

“PUMPING WITHOUT A PUMP
RapidCalc delivers many of the benefits normally associated with an insulin pump and indeed users describe it as being like “pumping without a pump”. With RapidCalc it is possible to achieve control similar to that of a well set up pump.”


What are Human Factors?

- “an applied science that coordinates the design of devices, systems, and physical working conditions with the capacities and requirements of the user.” — Dictionary.com

Why are Human Factors important?

- People will try anything at least once!
- HF requires anticipating misuse.
- HF considers the individual using the device and common situations when used.
- HF will consider the ease of design regarding the user interface.

Bolus Calculators

- There are two FDA cleared bolus calculators available today with a prescription.
- There are over 84 apps available through itunes/ google play store that offer bolus calculation advice that are “cleared” in their country of origin.
- Vet the app that your patient is using or wants to use.

Homework: download any diabetes app and see if you can spot any problems

1) Do you understand how to use it?
2) When in use, do you consider the advice sound for your patients?
3) What value does this bring to your patients and your practice?
4) Email me the app and problem you experienced - I want to know what you learn and what I don’t already know.
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