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What's the big deal about apps?

"Think: mHealth as personal health reform." - Jane Sarasohn-Kahn, health economist and blogger

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

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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.

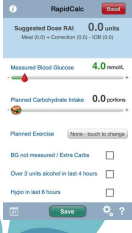
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Wellness Apps

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

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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."

<https://itunes.apple.com/us/app/rapidcalc-diabetes-manager/id400469609?mt=8>


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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*

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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.

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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.

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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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