## Healthy & Appy

## Using Apps in the Patient Centered Medical Home



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#### Learning Objectives

- 1. Discuss how to efficiently use point-of-care and patient-centered apps to optimize delivery of high quality healthcare during visits.
- 2. Demonstrate how such apps can improve the patient-physician relationship, enhance discussion, and empower patients in their care.
- 3. Identify and explain additional apps participants use to provide high quality healthcare during patient visits.

#### Disclosure

Chris Taggart, MD

None

Jenna Worthen, MS

None

#### Mini Computers

 Technology, especially smart phones, has allowed for powerful COMPUTERS to be in most people's pockets



- Many companies and developers have made CLINICAN and PERSONAL HEALTH programs to use with these computers
- More and more patients now have smart phones

















## Have you used apps?

IN DIRECT PATIENT CARE?

FOR YOUR OWN HEALTH?



## What has been your experience?

PROS

CONS



# Any concerns with using apps during patient care?

INTERFERE WITH PATIENT-PROVIDER RELATIONSHIP \* MAKES YOU LOOK LIKE A LESS COMPETENT PROVIDER \* TAKES TOO MUCH TIME

#### The World of Apps

- There are numerous different apps out there
  - Most are free, some cost money

- New apps are being developed daily
  - Non-for-profit
  - For profit

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## The World of Apps -Point of Care-



Epocrates

\$0 - \$174.99/year

Athena Health



Diagnosaurus DDx

**FREE** 



Shots Immunizations FREE

**STFM** 



UpToDate

\$53 / mo - \$1,199 / 3yrs

Many institutions provide this



## The World of Apps -Point of Care-



Family Practice Notebook

Free

Has jokes



AQHR ePPS

Free

**USPSTF** 



AACE 2016 Diabetes Algorithm

Free



MD Calc

Free

iPhone only

## The World of Apps -Patient-



My Fitness Pal

Free



Map My Run

Free



Apple Health

Free



MyPlate Calorie Tracker

Free







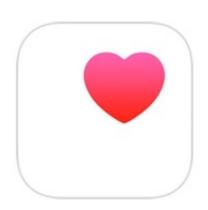


## Show & Tell

EPROCATES \* SHOTS \* MDCALC \* AQHR EPPS \* OTHERS









#### Show & Tell

MY FITNESS PAL \* MAP MY RUN \* APPLE HEALTH \* OTHERS



## Time to Share

DISCUSS OTHER APPS YOU USE SO ALL CAN LEARN



## Questions

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