Technology And Health 2.0

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Objectives

• Be aware of types of mobile devices
• Understand the differences between apps and mobile sites
• Be knowledgeable of authoritative mobile health and wellness resources for patrons
• Be familiar with the use of social networking for health information
Agenda

- Introductions
- The mobile universe – devices, apps, content
- Mobile health and wellness resources
- Evaluating mobile resources
- The patron equation and library services
Consumer Health Toolkit

• Developed in partnership with the California State Library
• PDF available for download
• Technology and Health 2.0 section on pages 71-77

www.library.ca.gov/lds/docs/HealthToolkit.pdf
Definitions

• Mobile device
  • Smartphone, tablet, iPad, iTouch, PDA

• Mobile medical device/ mHealth
  • Devices and systems used by medical personnel to gather, transmit or analyze data or information

• Mobile app
  • Software that is downloaded to a device

• Mobile site
  • Website designed for display on a small screen
What’s in your pocket, purse, briefcase or on your lap?
Poll - Please indicate any of the following devices you own:

- iPhone
- Android phone
- Other type of smartphone
- iTouch
- iPad
- Tablet
- PDA or Window CE device
- Kindle, Nook or other e-reader
- Other
- I don’t own a mobile device
Trends In the Use of Mobile Devices for Health Information

• Growing trend, particularly among certain populations

• Some users are skipping the computer for Internet access altogether

• Apps and mobile sites are complementing traditional websites
What is Happening in Your Library?

• Are your users using mobile devices now to access library materials or reference content?

• What about e-readers?

• Do you see changes in library services due to the use of mobile devices and e-readers?
Finding Quality Health Apps and Mobile Sites of Interest to Library Users

- National Library of Medicine
- Other government sites, such as the CDC and the Veterans Administration
- Directory of apps and sites at USA.gov
- Non-government, commercial offerings
Free Content for **Emergency Responders, Health Professionals, and Consumers**

### Apps
- ✓ Wireless System for Emergency Responders (WISER)
- ✓ ✓ Radiation Emergency Medical Management (REMM)
- ✓ ✓ AIDSinfo HIV/AIDS Glossary
- ✓ ✓ Health Hotlines
- ✓ ✓ Reunite
- ✓ Embryo

### Mobile Sites
- ✓ Water Emergency Response for Libraries
- ✓ PubMed Mobile Beta and PubMed® for Handhelds
- ✓ ✓ DailyMed
- ✓ MedlinePlus Mobile
- ✓ ✓ AIDSinfo Mobile
Same Resource, Different Formats

MedlinePlus.gov

MedlinePlus Mobile
AIDStodo

HIV/AIDS
Glossary App

Used by both consumers and clinicians
Health Hotlines App

Directory of health-related organizations that have 1-800 numbers

(from DIRLINE)

http://dirline.nlm.nih.gov/
Emergencies and Disasters
Flood! Water damage to library collection – what do you do?

Emergency Preparedness and Response
Safely stabilizing library collections in a water emergency

How to Respond to Water Emergencies
steps to be taken
Recovery Procedures
by material to be recovered
Health and Safety
information on mold and asbestos
Resources
glossary, diagrams
Videos
of recovery procedures
Disclaimer

Mobile Site:
Water Emergency Response for Librarians
PubMed Mobile

Search Results (28236)

Filter by Free Full Text or Review

Abdominal aortic aneurysm: A comprehensive review
Free full text

Thoracic Aorta Pseudoaneurysm with Hemopericardium: Unusual Presentation of Warfarin Overdose.
Free full text

Endovascular Stent-Graft Repair of a Tuberculous Mycotic Aortic Aneurysm.

PubMed for Handhelds

National Library of Medicine
The world's largest medical library

PubMed for Handhelds

go.usa.gov/xFb

- **PICO** search
  Patient, Intervention, Comparison, Outcome

- **askMEDLINE**
  free-text, natural language search

- **Consensus Abstracts** *New*

- **MEDLINE/PubMed**
  Search MEDLINE/PubMed
  Read Journal Abstracts

- **Disease Associations**
  Search case reports for disease associations

Disclaimer | Privacy | Feedback | NLM mobile
Radiation Emergency

What to do?

Mobile REMM App

(Radiation Emergency Medical Management)
JUMPSTART Triage Algorithm (Children)

Able to walk?
Yes → MINOR
No → IMMEDIATE

Spontaneous breathing?
No → APNEA
Spontaneous breathing

Palpable pulse?
Yes → EXPECTANT
No → APNEA

Respiratory rate ≤ 15 or ≥ 45 → IMMEDIATE
15-45 → Neurological Assessment [AVPU]

Neurological Assessment

A - Alert
V - Responds to verbal stimuli
P - Responds to painful stimuli

- Appropriate - e.g., withdrawal from painful stimulus
- Inappropriate - e.g., posturing

U - Unresponsive to noxious stimuli

Conventional triage categories definition

Adapted from http://www.jumpstarttriage.com
Hazardous Spill

What is it?

WISER App
(Wireless System for Emergency Responders)
The government apps and mobile sites allow you to access official information on various topics from the palm of your hand. Learn more about apps.

**Sort:** Featured | Post Date | Alphabetical | All Apps

**National Hurricane Center Mobile Site**
Access critical hurricane advisories.
Learn More »

**My TSA**
Travel wisely with this mobile app from the TSA.
Learn More »

**USAJOBS**
Information and services on USAJOBS from U.S. Office of Personnel Management.
Learn More »

**Product Recalls**
Stay informed, stay safe, check for product recalls.
Learn More »
To provide better service in alerting the American people to unsafe, hazardous or defective products, six federal agencies with vastly different jurisdictions have joined together to create www.recalls.gov -- a "one stop shop" for U.S. Government recalls.

Follow the tabs above to obtain the latest recall information, to report a dangerous product, or to learn important safety tips.

Recalls on the Go

When you're buying and using products, safety comes first. And now, with this product recalls application, you have vital safety information available whenever and wherever you need it - right on your mobile phone, thanks to the RECALLS.GOV mobile application.

Whether you're at your child's day care center or a yard sale, whether you're at a store or at home, you can now type a product's name into your phone and learn immediately whether that product has been recalled because of a safety concern. You can also see photos of recalled products and learn what to do with recalled products in your homes.

Stay informed, stay safe, check for product recalls.
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Recalls.gov - Website, Android App, and Mobile Web

Product Recalls
Check food, drug, car, and product recalls from across the federal government.

Note: To install the Recalls.gov App on an Android device outside of Android’s App Market, you will need to enable Unknown Sources. On your Android phone, go to Settings > Application Settings and check the Unknown Sources checkbox. After the Recalls.gov App is downloaded and installed, you may uncheck the Unknown Sources checkbox.

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PTSD Coach

App developed for vets to help manage Post Traumatic Stress Disorder
Health Apps, Sites and Services Outside the .gov Domain

• Some good, some questionable
• Apps and sites available for every imaginable use – reference, tracking, coaching, reminding, sharing
• Ever-changing landscape
She's One Smart Mom, She's Got text4baby

Text BABY to 511411

Envía BEBE al 511411 para Español

Get FREE messages each week on your cell phone to help you through your pregnancy and your baby's first year.

Text4baby is an educational program of the National Healthy Mothers, Healthy Babies Coalition.
Other Health and Wellness Apps
Like Having a Personal Trainer

Apps can help people track their workouts, set goals and try new things. The best ones have a website that syncs with data entered on other devices. Some are free, some you buy.

• HundredPushups.com
• SportyPal.com
• Stretch Guru
• Daily Yoga
Diet and Activity Tracking

• Weight Watchers Mobile and full app
  • some free content, much more for members

• MyFitnessPal
  • Free app and website: Set goals, track calories, exercise, generate reports, build food database, share with friends, participate in community

• Livestrong
  • Similar to above, free and pay versions

• Many others
Health and Medical

• Medication reminders
• Blood pressure tracker
• Blood glucose and diet diary
• Migraine trigger journal
• Chemo treatment diary
• First aid reference for people and pets
Example - Tracking Glucose

- Integration w/ CalorieTrack, a full featured calorie/nutrition & exercise app to make logging food and activities much easier. (over 100,000+ food items, 200+ exercise activities and the ability to create custom items for food and activity)
- Graph Food & Activity against your BG values!
Example for Diabetic Kids
What’s On Your Device?

• Please use the chat box to share the names of some good apps or sites you personally use and why you like it.

Remember – You can use many of these tools using a computer, even if you don’t have a mobile device!
Finding Apps by Operating System

- Android operation system
  - Android Marketplace
  - Amazon Appstore for Android
- Apple: iPad, iPhone, iTouch
  - iTunes Store
  - MacWorld AppGuid
- Blackberry phones
  - BlackBerry App World
Should You Download That App?

• Look for clues - is there a track record, user reviews and feedback?
• Does the developer have a website? Check it out and apply quality criteria.
• Is there a fee? Better to try free version or free trial before shelling out the dough!
• Does it provide something unique or useful to have on a mobile device?
Evaluation Recap

• Trustworthy developer/publisher
• User reviews
  • iTunes, Android Marketplace, PCWorld, CNet, many others
• Content
  • Appropriate for needs/use
  • Current, accurate, non-biased
• Cost
  • Check out trial or free versions if available first
Sports Nutrition Secrets  By AppWarrior

Open iTunes to buy and download apps.

Description
You're About To Uncover What The #1 Key Is To Sports Nutrition And Exactly What Sports Nutrition Is And How It Can Help You, No Matter How Much Time You Have Had To Prepare!

AppWarrior Web Site  Sports Nutrition Secrets Support

iPhone Screenshots

Sports Nutrition Secrets

Chapter 1: Introduction
Chapter 2: What Is Sports Nutrition?
Chapter 3: Hydration Is Key
Chapter 4: Fueling Your Body
Chapter 5: Carbohydrates Role
Chapter 6: The Need For Protein
Chapter 7: The Story With Fats
Chapter 8: Meal Planning For You...
Some Clues

**Sports Nutrition Secrets**   By AppWarrior

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**Description**
You’re About To Uncover What The #1 Key Is To Can Help You, No Matter How Much Time You

[AppWarrior Web Site](#)   [Sports Nutrition Secrets](#)

**iPhone Screenshots**

**Customer Ratings**
We have not received enough ratings to display an average for the current version of this application.
Lemon Cures
Posted by AppWarrior on Mar 6, 2010 in iphone app

Lemon is the "ultimate wonder fruit" given by Mother Nature and has been used extensively in cooking recipes as well as in natural cures. It is also used as a flavoring agent in many pharmaceuticals and as a fragrance in soap, toiletries, perfumes and cosmetics. Lemon contains the richest source of Vitamin C. Vitamin C has been found to give a boost to energy level and is considered a winning item of the superfood articles in the world as it is.
Lemon juice is one of the most popular drinks in the world as it is very healthy, tasty and low cost.

In this app, you will find how you can cure the following diseases with lemon:

- Acne
- Alzheimer’s and Dementia
- Anxiety
- Arthritis, Gout and Rheumatism
- Asthma
- Bad Breath
- Bloating
- Calluses and Corns
- Cellulite
- Cold and Flu
- Diarrhea
- Eczema (Skin Rash)
- Fatigue
- Gum Disease
- Hangover and Headache
- High Blood Pressure
- High Cholesterol
- Insect Bite

I've seen enough; I'm outta here!
"Acne Cure" Mobile App Marketers Will Drop Baseless Claims Under FTC Settlements
Marketers who advertised that their smartphone applications could treat acne have agreed to stop making baseless claims in order to settle FTC charges. The mobile applications, commonly referred to as “apps,” were sold in Apple’s iTunes Store and Google’s Android Marketplace. The settlements in two separate cases would bar the marketers from making certain health-related claims without scientific evidence. “Smartphones make our lives easier in countless ways, but unfortunately when it comes to curing acne, there’s no app for that,” said FTC Chairman, Jon Leibowitz.
Essential information all in one place
Social Health Networking

Please answer in the chat box:

• Would you feel comfortable recommending a health-related social networking site (such as Patients Like Me) to a library user?

Answer Yes or No and brief reason why
“Who then can so softly bind up the wound of another as he who has felt the same wound himself?”

Thomas Jefferson in a letter to a friend
Use of Social Sites for Health Information

• The use of social networking for finding and sharing health information
  • Information about diseases and treatments
  • Group support system
  • Benefits and caveats

• Sites for sharing updates on patient status
  • Allows family and friends to create private websites for sharing information about the patient’s health and to receive messages of support
Examples of Social Health Sites

http://www.patientslikeme.com/
More Sites

• DailyStrength
  • Privacy policy looks okay, but last updated in 2007
    http://www.dailystrength.org/

• CureTogether
  • Launched in 2008 to help people living in chronic pain
    http://curetogether.com/

• Inspire
  • Health and wellness communities for patients and caregivers
    http://www.inspire.com/
Sites for Sharing Patient Updates

CaringBridge
“Free, personal and private websites that connect people experiencing a health challenge with family and friends”.

www.caringbridge.com

Lotsa Helping Hands
“Free, private, web-based communities for organizing friends, family, and colleagues – your ‘circles of community’ – during times of need”.

www.lotsahelpinghands.com
What is the Librarian’s Responsibility?

- If a person requests information about social health networking and support sites, what are some possible responses?

Please use the chat box to share your strategy!
Tips for Library Staff

• Know your own collection – eReader content
• Know reliable authoritative sites and the mobile counterparts
• Stay current with technology and user trends
• Educate users about evaluating sites and understanding privacy issues when sharing personal health information on a social site
Discovery and Keeping Current

- NLM Gallery of Mobile Sites
  http://nlm.nih.gov/mobile

- US Government Apps
  http://apps.usa.gov

- NNLM.gov regional blogs
To Do List

- Explore
- Try
- Use
- Enjoy!
Thank You!

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http://nnlm.gov/psr/
1-800-338-7657