Use of Tablets and Apps in DNP Clinical Practice

The Health, the Care and the Cost: Essentials for the DNP Practitioner

Susan Berg DNP, APRN, FNP-BC

Kathryn Patterson MSN, APRN, FNP-C

Doctors of Nursing Practice Conference
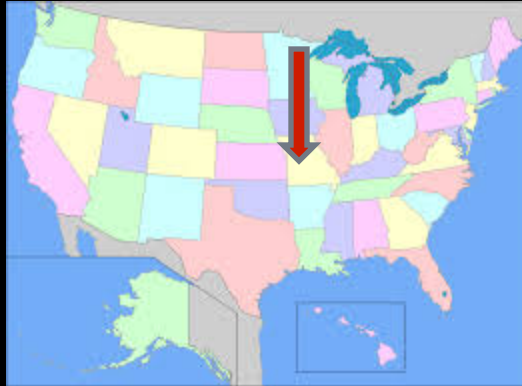2014 Nashville, TN

Objectives

1. Describe how DNPs can incorporate tablet technology into their daily clinical practice

2. Understand how to utilize tablets and apps to promote health by empowering patients with simple technology to improve their health outcomes

3. Understand the health benefits of tablets, the care they can support and the cost of the best health care apps on the market as of October 2014

Springfield Missouri:

• Missouri State University

The Digital Age

Don't be behind your clients with technology!

As of January 2014:

- 90% of American adults have a cell phone
- 58% of American adults have a smartphone
- 32% of American adults own an e-reader
- 42% of American adults own a tablet computer

http://www.pewinternet.org/fact-sheets/mobile-technology-fact-sheet/

Who is Using Technology?

EVERYBODY!

- Audrey
- 95
- E-mails via IPad Daily
- Facebook Account
- Browses internet daily

The Six Living Generations In America

Greatest Generation

- Born before 1927
- Age of radio and air flight; they were the generation that remembers life without airplanes, radio, and TV.

Mature/Silents.

- Born 1927- 1945.
- They are avid readers, especially newspapers.

Baby Boomers

- **Born between 1946 and 1964. The "me" generation.**
- One of the largest generations in history with 77 million people.
- The first TV generation.
- Envision technology and innovation as requiring a learning process.

The Six Living Generations In America

Generation X.

- Born between 1965 and 1980
- Desire a chance to learn, explore and make a contribution

Generation Y/Millennium.

- Born between 1981* and 2000*.
- "Prefer digital literacy as they grew up in a digital environment. Have never known a world without computers! They get all their information and most of their socialization from the Internet."

Generation Z/Boomlets.

- Born after 2001
- Not taught spelling or cursive writing in some areas
- Growing up with I pads since toddlers
- 'New Math'

What Patients Can Do Before Your Visit:

- See a Virtual Physician
- Complete an E-visit
  - Mercy System 35.00 E-visits
    - Sinusitis/Cough
    - Back Pain
    - Diarrhea
    - Headache
    - Heartburn
    - Red Eye
    - Sinus Problems
    - Urinary Problems
    - Vaginal Discharge

- Complete a Symptom Checker and Obtain a Differential Diagnosis

Apps for Provider Visits:

Ask the Doctor.com

http://
www.askthedoctor.com/

real answers.

SIGNUP   SIG

Q Search...

CTOR NOW   IT'S FREE

How it works.

Join **AskTheDoctor.com** completely for **free** using our very simple sign up form. Ask our network of doctors any health related question. Get a free answer within 5-7 days* or pay for an immediate response. Make an in-person appointment with one of our recommended doctors in your area if necessary.

GET AN ANSWER

SIGN UP   SIGN IN

Others

MeMD: 49.95 per visit

http://www.memd.me/

MD live

https://www.mdlive.com/

The Avatar will see you now

USA Today Article June 2014

TECH NOW: Talk to a virtual doctor on your iPad

Avatar Doctor?

Use of Technology in Daily DNP Practice

As the IPhone/IPad commercials state:

"There's an app for that"

With thousands of apps, how to keep up?

Use of Technology in Daily Clinical Practice for Clinicians

- **Medical and Healthcare Databases**
  - UptoDate
  - Textbooks
    - 'Case Files' Series
- **Patient Monitoring**
- **Pharmacology References**
  - Epocrates
  - Tarascon Pharmacopia
  - Sanford Guide
  - Micromedex (Free)

Use of Technology in Daily Clinical Practice for Clinicians

CME

- MyCME
- Clinical Advisor

Use of Technology in Daily DNP Practice

- **Our favorite Apps by body system**
  - Database of apps
    - Pricing
    - Description
    - Space they take up on device
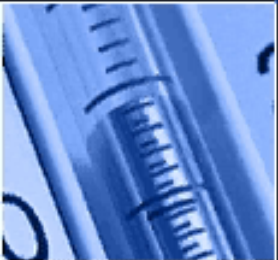
- **Beware of the Pitfalls of apps**
  - Advertise as free, have to pay to utilize
  - Free version does not have key features you need
  - Takes up so much space you will never be able to upload new iOS
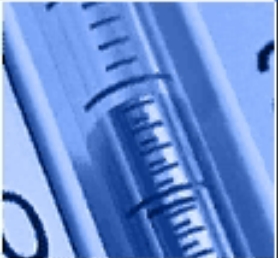
Our Favorite Apps by Body System

EENT

Our Favorite Apps by Body System

- Dermatology

Our Favorite Apps by Body System

- Cardiology

Our Favorite Apps by Body System

OB-GYN

Promoting Health and Wellness with Patients

How can you connect with your patients with technology?

- Email results via electronic medical record

- Prescribe apps

  – Weight Loss

  – Resources for illness or disease

- Home self-monitoring

  – Track health on app

  – Download and bring to you at next visit

E-Patients

e-patients.net

because health professionals can't do it alone

E-Patient Dave

"…e-patients to describe individuals who are **equipped, enabled, empowered and engaged** in their health and health care decisions" **"Doc Tom" Ferguson, Founder e-patients.net**

Before They Come to Your Office:

- 'Google says I have a UTI'
- Symptom Checkers:
  - Virtual Doctor
    http://www.freemd.com/
  - Web MD
    http://www.webmd.com/
  - I-Triage
    https://www.itriagehealth.com/
  - Mayo Clinic
    http://www.mayoclinic.org/symptom-checker/

Promoting Health and Wellness with Patients

- ## E-Patients
  - Need to come to terms and manage the digital patient
  - **This is our strength as NP's-** the patient relationship
- ## Weight Loss Apps
  - My Fitness Pal
  - Fit Bit
- ## Patient Logs
  - Headache
  - Blood Sugar
 - Menses Calendar
  - And many many more

Patient Education

- Anatomy Apps for Patient Education
- Disease Specific Apps
- **'Prescribe'** them an app to help with education

Our Favorite Apps for Patients

Weight Loss

- Fit Bit
- Lose It
- My Fitness Pal
- Nike Shoes
- Heart rate monitors
- Numerous lap counting/running apps
  - Runtastic

- Weight Watchers
- Calorie Counting
- BMI Calculators

Our Favorite Apps for Patients
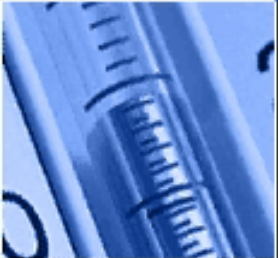
Monitoring of Illness/Disease

Our Favorite Apps for Patients

Education

New Frontiers with Technology
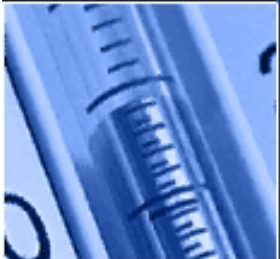
- Patient Monitoring
  - ECG
  - Weight (Helpful for Daily Weights for CHF)

Handouts

- Please e-mail us at DNP@MissouriState.edu if you would like a copy of the table of Tablet resources.

Questions?

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2014 Nashville, TN