



THE U-BAR: EMPOWERING PATIENTS TO IMPROVE HEALTH WITH MOBILE TECHNOLOGIES

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INTRODUCTION



The New York Times Magazine

<http://nyti.ms/1q1OSnG>

Magazine | ON TECHNOLOGY

We're More Honest With Our Phones Than With Our Doctors

By JENNA WORTHAM MARCH 23, 2016

IDC HEALTH INSIGHT PREDICTIONS

- 65% of consumer transactions with healthcare organizations will be mobile by 2018
- 70% of healthcare organizations worldwide will invest in consumer-facing mobile applications, wearables, remote health monitoring, and virtual care
- mHealth + telehealth + social will be the new healthcare delivery model
- BYOD will come to health monitoring, and smartphones will become biosensors
- Wearables and embedded sensors will become mainstream
- **The mHealth App Formulary: There Will Be a "Prescribed" App for That!**

PATIENTS INTERESTED

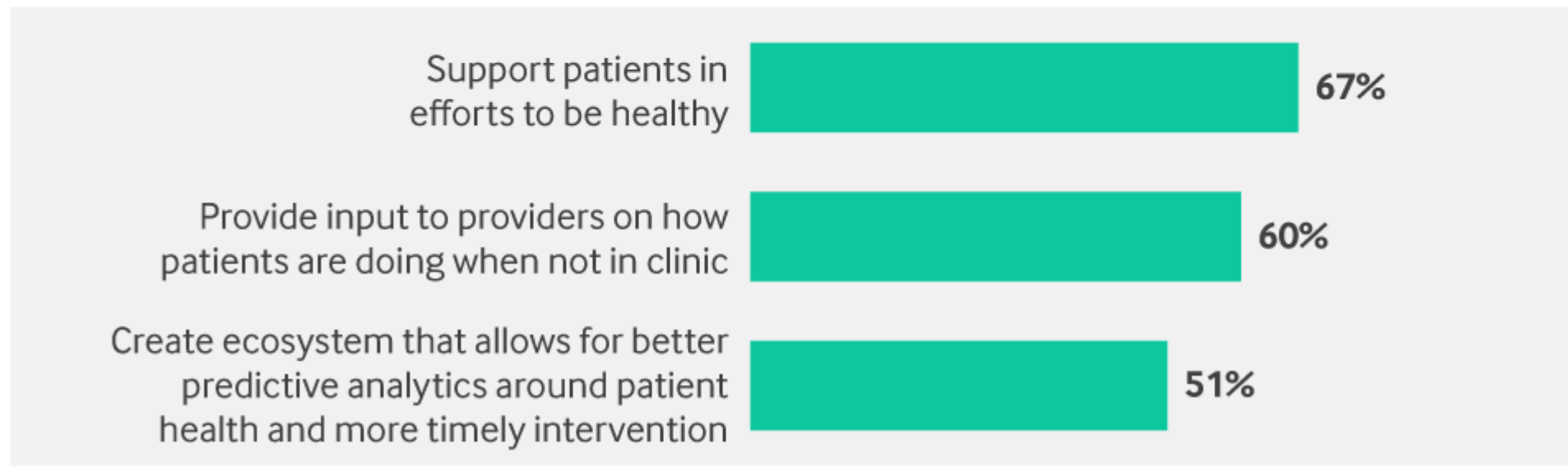
According to a 2015 'State of the Connected Patient' report

- 63% of millennial surveyed indicated they were interested in proactively monitoring their health and wellbeing
- 71% indicated they were interested in their doctor giving them apps

PROVIDERS & ADMINISTRATORS INTERESTED

Top Benefits of Using Technology for Patient Engagement

What do you consider to be the top three benefits of using technology for patient engagement?



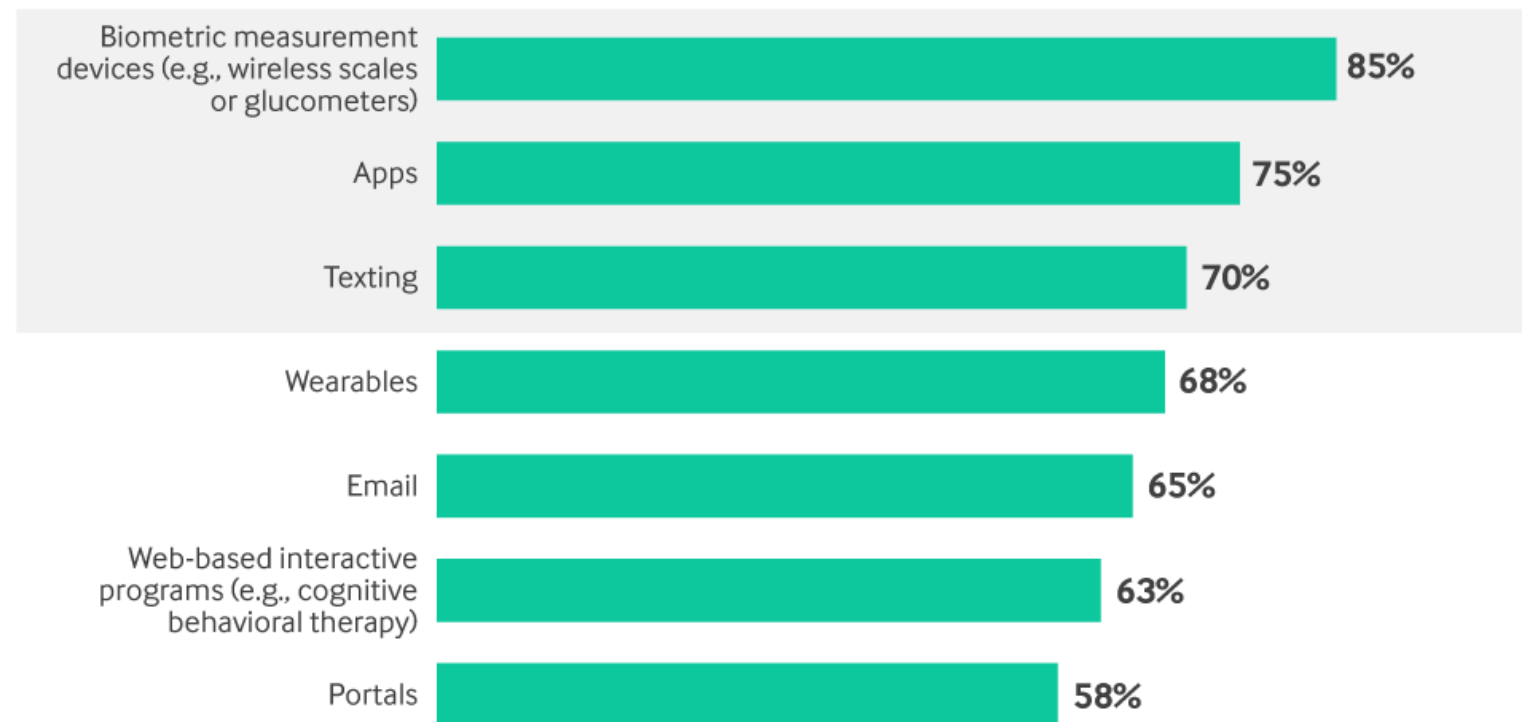
<http://catalyst.nejm.org/patient-engagement-technology-good-for/>

PROVIDERS & ADMINISTRATORS INTERESTED

Most Effective Patient Engagement Initiatives

How effective do you think each of the following technologies is in engaging patients in their own care?

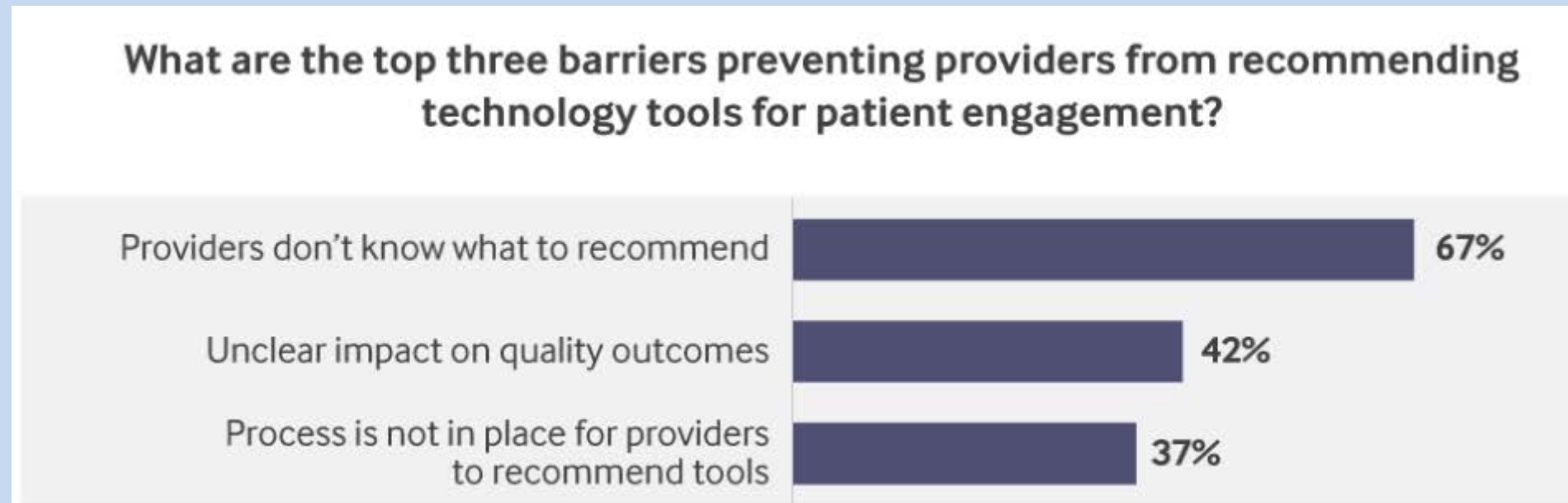
(Percentage Rating: Extremely effective, Very effective, Effective)



<http://catalyst.nejm.org/patient-engagement-technology-good-for/>

CHALLENGE

There are over 260,000 health apps currently available.



Providers and consumers alike want help in identifying apps that are safe, credible, functional and effective.

<http://catalyst.nejm.org/patient-engagement-technology-good-for/>
<http://medcitynews.com/2016/10/mobile-health-app-report/>

THE PLANNING TEAM

- SVP Health Sciences & Hospital CEO
- Center for medical Innovation
- School of Business
- Chief Wellness Officer and staff
- Health Plan executive
- Clinicians
- Library faculty
- Hospital IT
- Informatics faculty
- Hospital facilities & design staff



THE INSPIRATION



PLANNING



What do we call it?

Where we locate it?

How do we fund it?

What are the facility & data needs?

What are the furniture & equipment needs?

Hours of operation?

What about branding and signage?

How to staff?

How do we train staff?

MORE PLANNING

How do we build the vetted apps collection?

How do we market it to patients?

How do we promote it to providers?

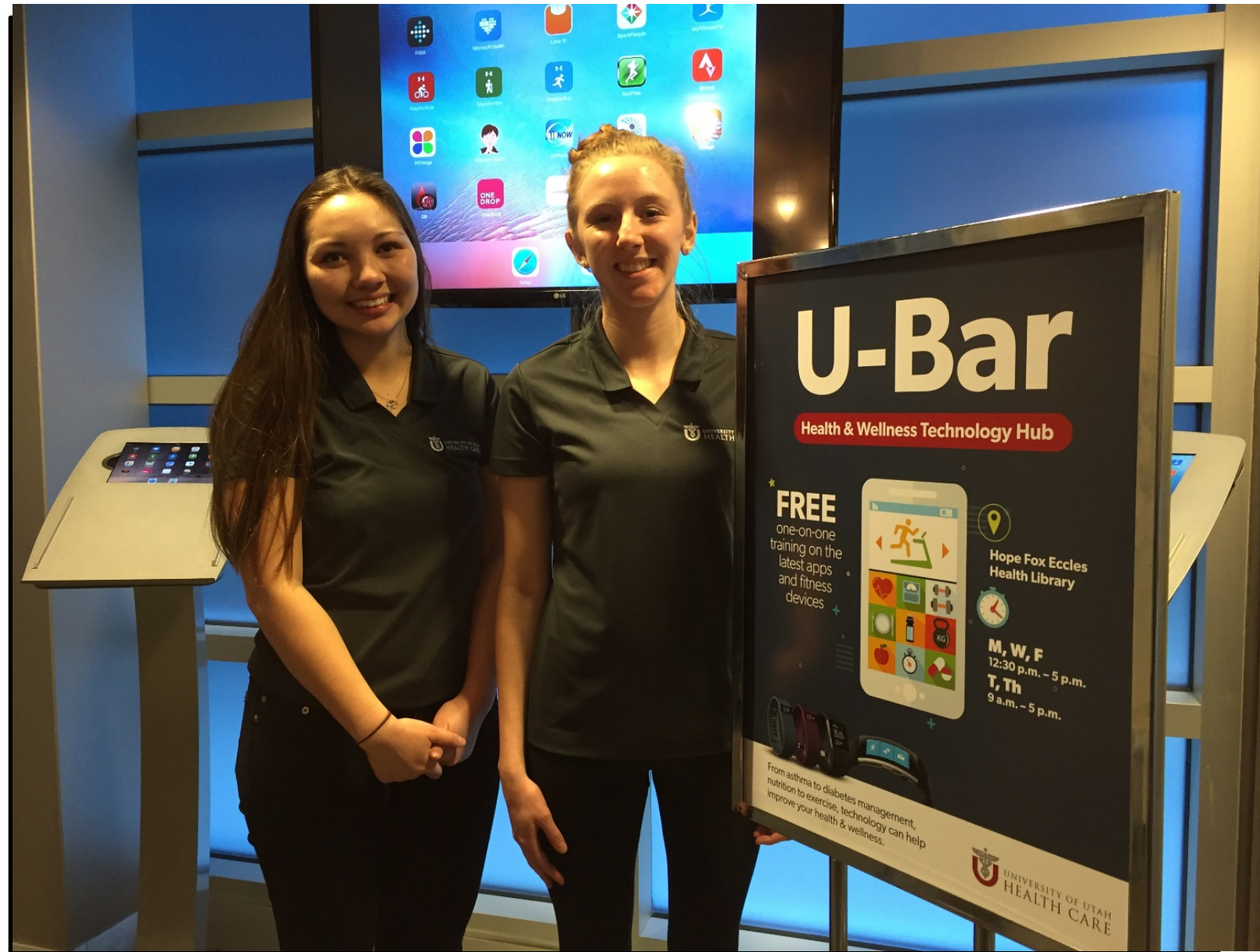
How do we integrate it into the EHR?

What metrics do we use to evaluate it?

How do we measure success?



THE U-BAR

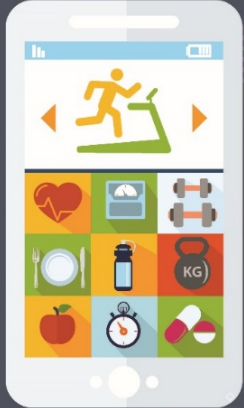


THE APP COLLECTION

U-Bar


Health & Wellness Technology Hub

FREE
one-on-one
training on the
latest apps
and fitness
devices +




Hope Fox Eccles
Health Library

M, W, F
12:30 p.m. – 5 p.m.
T, Th
9 a.m. – 5 p.m.



From asthma to diabetes management,
nutrition to exercise, technology can help
improve your health & wellness.



APPS

Patient Care ▾ MyChart® Academics & Research Search... Q

HEALTH
UNIVERSITY OF UTAH

Doctors Services Locations Patients & Visitors MyChart

Health Care Home / University of Utah Hospital / Hope Fox Eccles Health Library / U Bar Apps

University of Utah Hospital

U Bar Apps

Stop by the U-Bar to test drive health apps and wearable devices, ask questions, and get hands-on instruction on how to install and use them.


The U-Bar is located in University of Utah Hospital, just off the main lobby in the Hope Fox Eccles Health Library. The U-Bar is staffed from 9am to 5pm Monday through Friday, and no appointment is necessary.

Hover over the app names below to read a brief description of each one. These apps focus on wellness, nutrition, fitness, diabetes, women's health, and more. Showcased wearables are available for purchase in the hospital gift shop.

Air Now	iOS Download	X
FitBit	iOS Download	Android Download
Glucose Buddy	iOS Download	Android Download
iTriage	iOS Download	Android Download
Lose It!	iOS Download	Android Download
Map My Hike	iOS Download	Android Download
Map My Ride	iOS Download	Android Download
Map My Run	iOS Download	Android Download
Microsoft Health	iOS Download	Android Download
Migraine Buddy	iOS Download	Android Download
My Chart	iOS Download	Android Download

#ubarapps

Erica Lake @ericalake3
Global Kinetics launching large randomized study of wearable for Parkinson's Disease - iMedicalApps
imedicalapps.com/2017/07/global...
[#ubarapps](#)



Global Kinetics launching larg...
Global Kinetics study to test its w...
imedicalapps.com

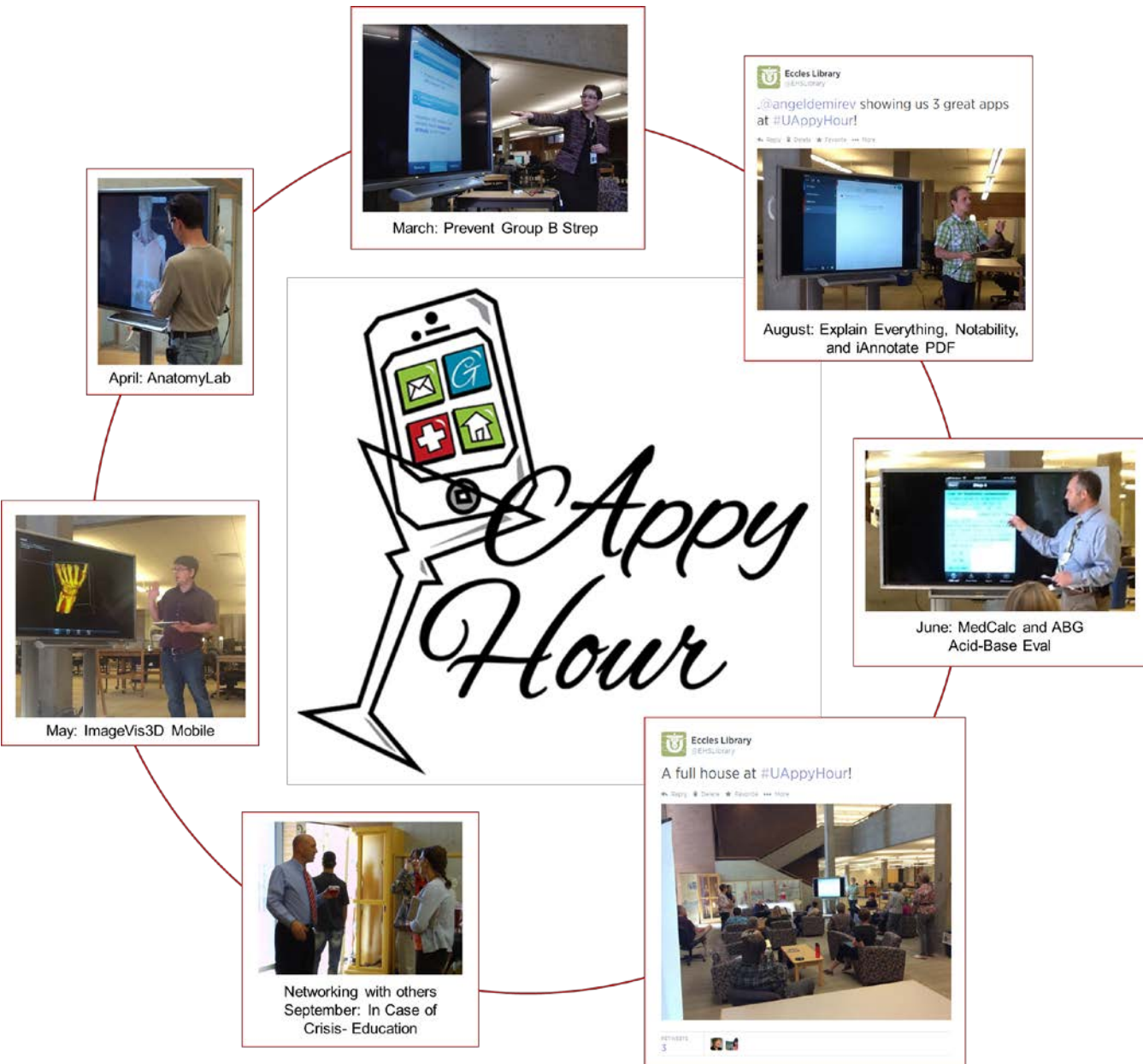
Embed View on Twitter

Resources

- [U-Bar Apps](#)
- [MedlinePlus](#): This site offers authoritative, up-to-date health information, without advertisements, from the National Institutes of Health and the National Library of Medicine.
- [MedlinePlus Espanol](#): A Spanish-language version of MedlinePlus.
- [Healthfinder](#): Health information from the

MARKETING AND PROMOTION

- Internal announcements
- Imagine Perfect Care open house events
- Community wellness fairs
- Appy Hour



EHR REFERRAL ORDER

Carrie Test 5/11/2016 11:43 AM Office Visit	Department: Farmington Rheumatology Dept Phone: 801-213-3200
Basic Information	
Date Of Birth 10/1/1975	Sex Female
We Performed the Following REFERRAL TO UBAR	
Medications	
Where To Pick Up Your Medications SMITH DRUG (PG) - PLEASANT GROVE, UT - 10 SOUTH MAIN	
Upcoming Facility Administered Medications None	
Orders	
Referral(s)	
Normal Orders This Visit REFERRAL TO UBAR	
Comments: Contact the Hope Fox Eccles Health Library You can reach them in the following ways: Stop by the Hope Fox Eccles Health Library located in the University Hospital just north of Starbucks. Mon - Fri 8:00m - 5:00pm By phone: (801) 581-4685 By email: healthlibrary@lists.utah.edu	
Questions: Reason For Referral?: Diabetes	
Encounter Diagnosis Type 2 diabetes mellitus without complication (HCC) [535009] - Primary	

FUTURE PLANS

- Create validated evaluation and selection criteria
- Expand beyond popular apps and curate patient bundles
- Add locally created apps
- Add medical devices
- Permanent location
- Expansion to other clinic sites
- Telehealth training to patient rooms
- Incorporate research studies and contribute to body of clinical and economic evidence

DISCUSSION ON OUR U-BAR SERVICE

Weaknesses

- Location
- Marketing and promotion

Strengths

- General excitement and support
- Interprofessional collaboration

Advice and recommendations

- Go for it!
- Be flexible

RESOURCES

National Health Service's Digital Apps Library
<https://apps.beta.nhs.uk/>

Mobile Application Rating Scale (MARS)
<https://psyberguide.org/mars-rating-scale/>

Johns Hopkins' mHealth Evidence
<https://www.mhealthevidence.org/>

U-Bar Twitter feed
[#ubarapps](https://twitter.com/ubarapps)

"HIGH TECH, HIGH TOUCH."

We are in a unique position to provide services that

connect patients to critical health information,
customized to their individual needs,
at the time and place they need it,
while being at their virtual side for assistance.