

SMART PHONE APPLICATION & HEALTH CARE**Khidir Agab Mohammed Hassan***

Department of Pharmaceutics, Rafha Faculty of Pharmacy, Northern Border University,
Kingdom of Saudi Arabia.

Article Received on
06 Sept. 2013,

Revised on 29 Sept. 2013,
Accepted on 30 October
2013

***Correspondence for
Author:**

**Khidir Agab Mohammed
Hassan,**

Department of
Pharmaceutics, Rafha Faculty
of Pharmacy, Northern
Border University, Kingdom
of Saudi Arabia.

khidiragab@yahoo.com

ABSTRACT

There is revolution in the air, and it is called Wi-Fi, wireless internet equipped smart-phones like iPhones, Blackberrys and palms are more than just new variations. Smartphones are changing the way some physicians practice (1). Smart-phone is the trend of unified communications which integrate telecom and internet services onto a single device because it has combined the portability of cellphones with the computing and networking power of PCs. Mobile technology has the potential to revolutionize how physicians practice medicine. During recent years, many physicians have been simultaneously using a pager, cellular telephone, and personal recent years, many physicians have been simultaneously using a pager, cellular telephone, and personal digital assistant (PDA) to keep in communication with the hospital and to access medical information or calendar functions. Many physicians have begun replacing multiple devices with “smart-phone,” which functions as a cellular telephone, pager, and PDA (2).

INTRODUCTION

‘The common thread is that physicians in all specialties-especially more recent graduates – are relying more and more on modern technology to advance their concern to provide medical care more efficiently, cost effectively, and ‘creatively’ through digital instruments that are readily available, “. What this indicates in terms of future trends is that mobile device manufacturers and companies that supply app solutions are well aware of the growing market in the health care field for their products for their products and services (2).

The smart-phone is a high end mobile phone, which combines the functions of personal digital assistants (PDAs) and mobile phones. The smart-phone term is generally used to

describe the most advanced phones, computing capacity and connections to modern –day on the phone. Like most phones, feature phones, which are considered to be qualities that go beyond mobile phones that had been promoted, such as smart phones in the past? Smart-phones run mobile operating systems such as IOS Apple, Google Android, Microsoft windows 7 Mobile, Symbian, Nokia, RIM BlackBerry OS, and embedded Linux distribution such as Maemo and Meego.

Mobile apps can help people manage their own health and wellness, promote healthy living, and gain access to useful information when and where they need it. According to industry estimates, 500 million smartphone users worldwide will be using a healthy care app.

The FDA encourages the development of mobile medical apps that improve health care and provide consumers and health care professionals with valuable health information. The FDA issued the Mobile Medical Applications Guidance for industry and food and drug Administration staff on September 25, 2013, which explains the agency's oversight of mobile medical as devices and the focus on the apps that present a greater risk to patients if they don't work as intended and on apps that cause smartphones or other mobile platforms to impact the functionality or performance of traditional medical devices. (3)

The guide lines of the German College of General Practitioners and Family Physicians (DEGAM) on frequent and important reasons for encounter in Primary Care play a central role in the teaching of Family Medicine. They were edited into an app for mobile phones, making them available at all times to General Practitioners and medical students (4)

Blood Pressure

As more and more people measure their blood pressure at home, smartphone apps are springing up to help. Early ones allow a user to enter blood pressure readings from which the app makes graphs and offers suggestions (5).

Heart Rate

Several apps can turn the phone into an automated pulse checker

CPR Guide

An app from American Heart Association, called Pocket First Aid & CPR, can guide through the steps of performing cardiopulmonary resuscitation (CPR). It also includes in depth information for other health emergencies.

In case of emergency

it is a good idea to have an ICE (in case of emergency) contact in your phone's address book, an ICE app is also a good investment. The several available versions let you record your name, medical conditions, blood type, allergies, and medical contact information. If you install one of these, make sure the ICE button is on your start screen.

Diabetes Level Measurement

Patients with diabetes are also among those who could benefit from smart phone technology, by using Diabeo. Diabeo is an app that collects information such as self-measured plasma glucose, carbohydrate counts, and planned physical activity prior to making insulin dosing recommendations.

DEGAM guidelines

The guidelines of the German College of General Practitioners and Family Physicians (DEGAM) target the most frequent and important reasons for encounter in Primary care. They are also of central importance in the teaching of Family / General Practice. Many universities incorporate the DEGAM guidelines into the syllabus, because they offer a concise summary of evidence-based, relevant and up to date information as well as recommendations on diagnostics and treatment. These recommendations are not based on final diagnosis but rather on symptoms (e.g, sore throat, coughing, ear ache). (4).

Epocrates

Without equal among mobile pharmacopeias, and by consensus the most useful app around, Epocrates provides detailed prescribing information at your fingertips. (www.epocrates.com)

UpToDate

UpToDate provides excellent, peer-reviewed, evidence-based clinical data and recommendations on any computer with internet access. (www.uptodate.com)

Voxie Pro Recorder

There are lots of dictation apps out there, but this one gives you the most bang for your buck—well, two bucks (www.bottlerocketapps.com; iPhone only)

Smart phone Apps for specific conditions and diseases

Food allergies : food allergy app reviews from about.com readers.

IBD or Crohns : iPhone applications for IBD

IBS: Apps for IBS

Cancer: iPhone Apps for cancer patients

Arthritis: iPhone Apps for Arthritis

Pregnancy and and pre-pregnancy Apps for iPhone

Pregnancy Apps for iPhone

Fertility Chart iPhone Apps

Find a Bathroom.

CONCLUSION

It is clear that smart phones have become well integrated into the health care field . these devices provide a wealth of information and resources to physicians, while also speeding communication and improving efficiency. While it is inevitable that smart phones will remain an essential part of health care the concern that the quality of the patient – physican interaction will decline is just as enduring. Society must decide, then, is it better to give more care, more efficiently, to more people.

REFERENCES

- 1- <http://www.parkhustexchange.com/practicemanagement/nov09/smartphone>
- 2- Anjali Singh, Kritika Verma, Ritika Tripathi (April, 2013). Smartphone applications that used in health care . International Journal of advance research in science and engineering, IJARSE, Vol. No. 2, Issue No. 4, April, 2013.
- 3- <http://www.medicalsmartphones.com/2011/08/smartphone-health-care-apps-empowering.healthcaretechnology.11/4/2013>
- 4- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3589688/11/4/2013>
- 5- Ly K. M-Health: better health through your smart phone. Community Pract. 2011 Feb; 84 (2)