

The development of a mobile phone app for self-management of medication post caesarean section

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Self-administration of medication can:

- + Empower patients
- + Free up staff time
- + Reduce cost
- + Streamline discharges

Good self-administration needs good self-management:

- ✓ Planning doses
- ✓ Recording drug administration
- ✓ Tracking pain scores

Otherwise, it risks:

- × Overdoses
- × Inadequate pain control

Important when sleep deprived with a new baby!

Multiple Datixes!

An Audit

Week-long audit of all post c-section patients on their self-management. Only 63% kept any record of the medication they self-administered!

Why not?

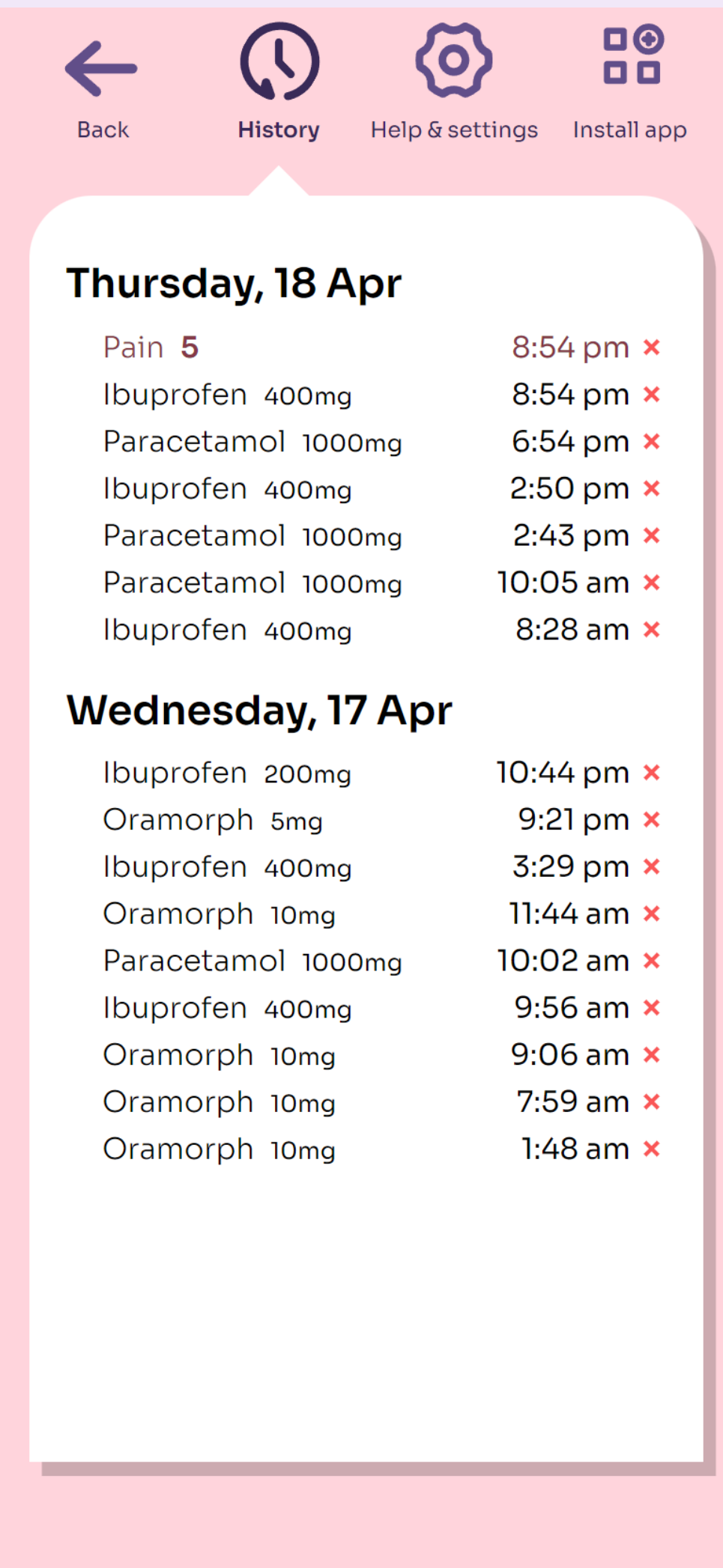
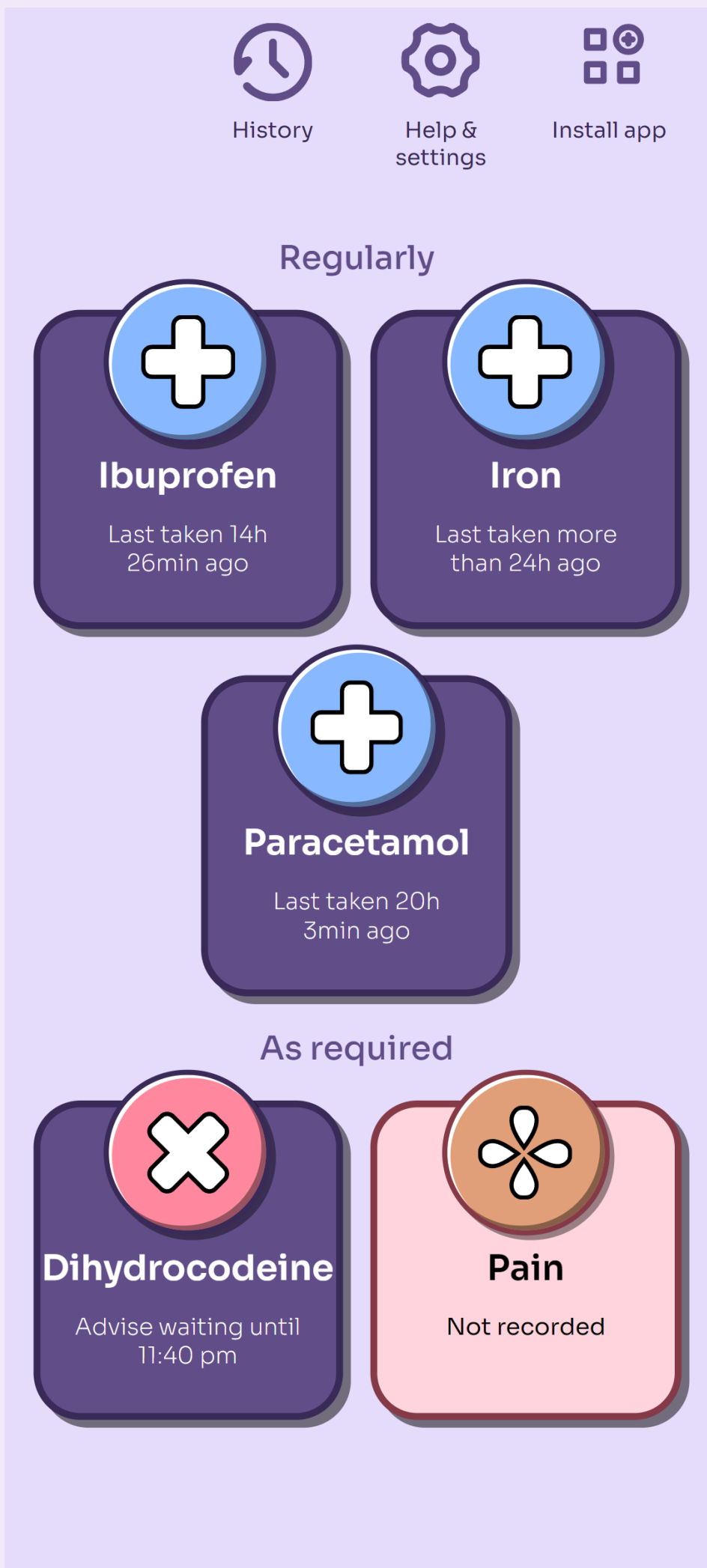
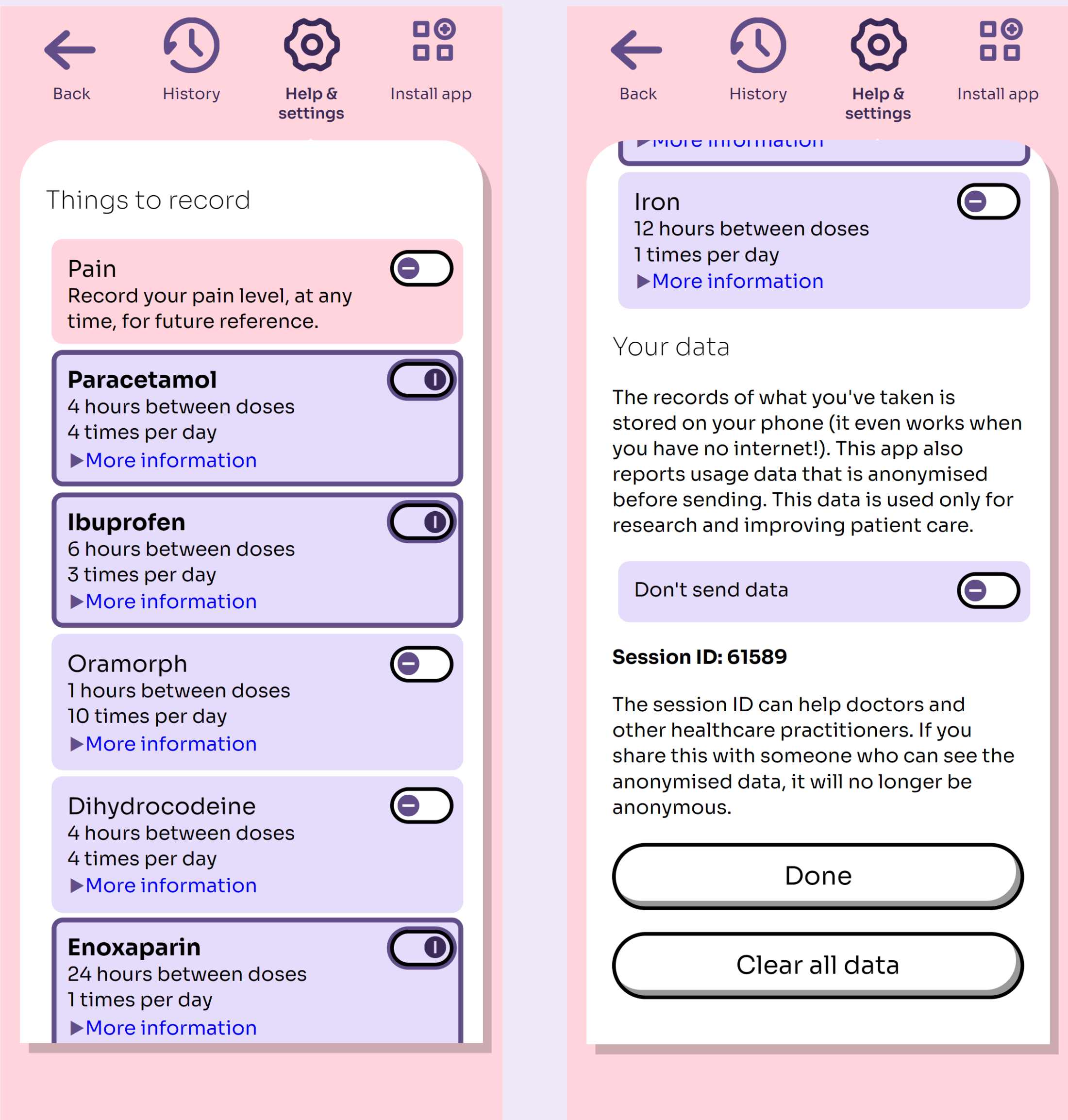
- × No pen
- × Paper chart out of reach
- × Found it easier to set reminder alarms on their phone

- This resulted in very varied dosing and a preference to use opioids.
- More than half used their phone, and all had their phone to hand.
- *So why not use your phone?*

To improve access to medication information, promote accurate record keeping and provide guidance on when to take further doses, self-administration recording could be adapted to a modality more suitable to new mothers- **a mobile phone app**.

+ Tabtracker

- Designed for simplicity
- The patient simply selects which medications she is prescribed
- Track pain scores
- Information for patients with contact details for unit
- All data is saved anonymously



Easy Auditing!

Anonymous data uploaded to a secure online server for review or audit.

Userid	Drug	startDay	day	time	painValue
49aa	Oramorph	Tuesday	0	00:48	
49aa	Oramorph	Tuesday	0	06:59	
49aa	Oramorph	Tuesday	0	08:06	
49aa	Ibuprofen	Tuesday	0	08:56	
49aa	Paracetamol	Tuesday	0	09:02	
49aa	Oramorph	Tuesday	0	10:44	
49aa	Ibuprofen	Tuesday	0	14:29	
49aa	Oramorph	Tuesday	0	20:21	
49aa	Ibuprofen	Tuesday	1	21:44	
49aa	Ibuprofen	Tuesday	1	07:28	
49aa	Paracetamol	Tuesday	1	09:05	
49aa	Paracetamol	Tuesday	1	13:43	
49aa	Ibuprofen	Tuesday	1	13:50	
49aa	Paracetamol	Tuesday	1	17:54	
49aa	Ibuprofen	Tuesday	1	19:54	
49aa	Pain	Tuesday	1	19:54	5
1589	Paracetamol	Tuesday	0	03:30	
1589	Ibuprofen	Tuesday	0	05:13	
1589	Enoxaparin	Tuesday	1	06:12	
1589	Paracetamol	Tuesday	1	07:14	
1589	Ibuprofen	Tuesday	1	09:10	
1589	Paracetamol	Tuesday	1	11:24	
1589	Paracetamol	Tuesday	1	21:21	
1589	Enoxaparin	Tuesday	2	08:13	
1589	Ibuprofen	Tuesday	2	08:14	
1589	Paracetamol	Tuesday	2	08:15	
1589	Ibuprofen	Tuesday	2	15:12	
1589	Paracetamol	Tuesday	2	16:05	
1589	Ibuprofen	Tuesday	2	21:18	
1589	Paracetamol	Tuesday	2	00:37	
1589	Enoxaparin	Tuesday	3	06:13	
1589	Ibuprofen	Tuesday	3	06:14	

Record a dose – app shows  and tells you when your next dose is due

Next dose due – app shows  and reminds you when you last took it

All doses can be reviewed in the history at any time

Easily adapted to other post-operative environments.
Scan the QR code to test the app out yourself!

Download

