

# **PCCJ/BJPCN Student Innovation Best Practice Poster Award 2018**

*'Making Best Practice Everyday Practice, improving outcomes'*

**TITLE OF ABSTRACT:** MyHealthyHeart App

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**DESIGNATION:** Foundation Doctor

**ORGANISATION:** Hull York Medical School

## **Abstract: MyHealthyHeart App**

Patients with hypertension and hyperlipidaemia often complain that they don't feel unwell and cannot see a discernible benefit from taking their medications. This can often cause non-compliance with medication and result in worsening cardiovascular health. Studies have shown that visible progress is favourable for compliance. A decision to make a mobile app to complement advice and treatment in General Practice was determined. Interviews of patients with cardiovascular disease showed that values of concern with regards to medication were blood pressure and antihypertensives, cholesterol and statins and weight with regards to lifestyle advice. An app was created using 'appmakr' to facilitate compliance by providing a secure platform from which to monitor progress through blood test results. A web app called MyHealthyHeart was created. In this app patients can input their blood pressure, cholesterol, blood glucose, weight and height values on a regular basis and monitor their progress each time they are tested. The app produces graphs of their values which will show improvement when compliant with medication and lifestyle advice and monitor deteriorations which can be shown to their General Practitioner. The app also has generic nutritional advice and an exercise regime in accordance with NICE guidelines. It is hoped that when uploaded onto smartphone iOS and android systems this app will also encourage patients to take more responsibility for their own health.