Heartland Care Notebook App

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Overview

• Personal experiences, introduction, and motivation
• Physical care notebook: Features and downsides
• Care Notebook App
  • Supported languages
  • Accounts and logging in
  • Single and multiple family members
  • Home page
    • Document scanning
    • Adding and editing forms
  • App availability
• Community involvement and feedback
Personal experiences

• 2019 – Mother’s chemo notebook
Personal experiences

• 2019 – Mother’s chemo notebook
• 2021 – My diabetes notebook
Personal experiences

• 2019 – Mother’s chemo notebook
• 2021 – My diabetes notebook
• 2024 – Midnight’s care notebook
Care notebooks

• Organize health information
  • For oneself or family members (children / young adults)
  • Chronic / long-term conditions
  • Complex care plans
  • Special needs (disabilities, genetic disorders)

• Coordinate care and schedules

• Track symptoms, treatments, and progress

• Communicate with providers

• Access frequently used information
Physical care notebooks

• Binders containing paper forms, typically organized by topic and date
• Useful for combining information from a variety of sources
  • Lab values, test results, clinical summaries, etc.
  • Emergency procedures
  • Contacts and appointments
• Downsides
  • Can be bulky and heavy
    • Especially for persons with complex disorders & treatment plans
    • Yet one more thing to carry & manage
    • Physicians and providers may be reluctant to view
  • No encryption or data protection if lost
  • Information retrieval / reporting
Care Notebook App

• Digitize care notebook forms & documents on a mobile device
  • Secure & encrypted
• Allow easy, user-friendly addition and modification of family members’ health data
  • Form pages (in-app entry)
  • Images & scanning
• Share single-screen summaries with providers
• Offer forms and guidance in multiple languages
Available Languages

• Current translations
  • English
  • Spanish
  • Marshallese

• Defaults to device language
• Can be changed in app settings
Logging in

• Available methods
  • Local account
  • Google account
  • Apple ID

• All information is stored on your device
  • No personal health data are transferred to other devices or servers
  • No ads or external data collection
Logging in

• **Example:** Using existing Google account to sign in
Account management

• Modify settings
  • Language
  • Icon / profile pic
• Reset password
• Export account (new device)
• Delete account
  • Clears all personal health data from the device
  • Secure deletion: Cannot be recovered by developers or 3rd parties
Family members

• The app supports multiple family members on the same device
  • **Single member**: Only child; teen or adult using the app for themselves
  • **Multiple members**: Parent or caregiver using the app to organize children’s information

• Existing family member profiles can be accessed by tapping the member’s name

• New profiles can be added with the “edit” button
New family members

- Users may add new family members at any time
- **Example step 1:** “Add Family Member” page
- **Example step 2:** Select sex
- **Example step 3:** Select birthdate
  - Uses standard date selection interface
Home page

• Contains a listing of all care notebook forms
  • Defaults to alphabetical order
  • Forms are organized by date within type, not interspersed with other forms

• Document scanning feature
  • Photos from device camera
  • Text recognition under development (variable form layouts)
Adding a form

- **Example**: Allergy information
- All log forms have an associated date / time
Adding a form

- **Example:** Care tips
- If no data have been entered yet for a form type, users may tap “+” to add
- This brings up a blank form for new data entry
Charts

- **Example**: Blood sugar tracker
- Organize labs and measured values by date & time
- Generate charts to view trends and display to providers
Forms implemented

• Allergy log
• Appointment log
• Blood pressure log & tracking
• Blood sugar log & tracking
• Call log
• Care schedule
• Care tips
• Childcare information
• Daily medication tracking

• Dental care log
• Diet log
• Expense log
• Hospital information
• Insurance information
• Medicine list
• Pharmacy information
• School log
App availability

• Mobile devices
  • iOS: App Store
  • Android: Google Play Store
• Current roll-out is for newer devices, then backwards compatibility
• Languages: English / Spanish / Marshallese
Community involvement and feedback

• Living app
  • Support and planned updates
  • Extension to a variety of scenarios and treatment plans

• Feedback is welcomed and valued!
  • New forms and charts
  • Desired features
  • Bugs / glitches / difficulties

• Collaborative development model
  • Personalized health information management
  • Empowering family and self advocacy
Thank you!