

Do you prescribe professional health Apps?

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Introduction

In the last few years the number of health Apps has increased exponentially. The promise of numerous advantages of using health apps by professionals in clinical environments has been discussed in several forums.

However, there is a lack of knowledge about the real use of the health apps by nurses as well as their training needs on the matter.

Objective

To identify the type of health apps and their use by nurses in Barcelona (Spain).

Methods

A **descriptive cross-sectional study**, based on an Internet survey that consists of 36 questions organized in six parts, including some **general questions** (age, gender, professional activity...), related to the number and type of **professional and/or personal health apps** and social media platforms used, about the **perception** of the usefulness and quality of health apps, and finally about the **training requirements** in the use of health apps for professional purposes.

In October 2016, an e-mail with a link to the survey has been **sent to around 27.000 registered nurses** with contact e-mail in the Nursing Council of Barcelona in Catalonia, Spain.

Previously, a pilot study was carried out sending the survey to 38 nurses.



References

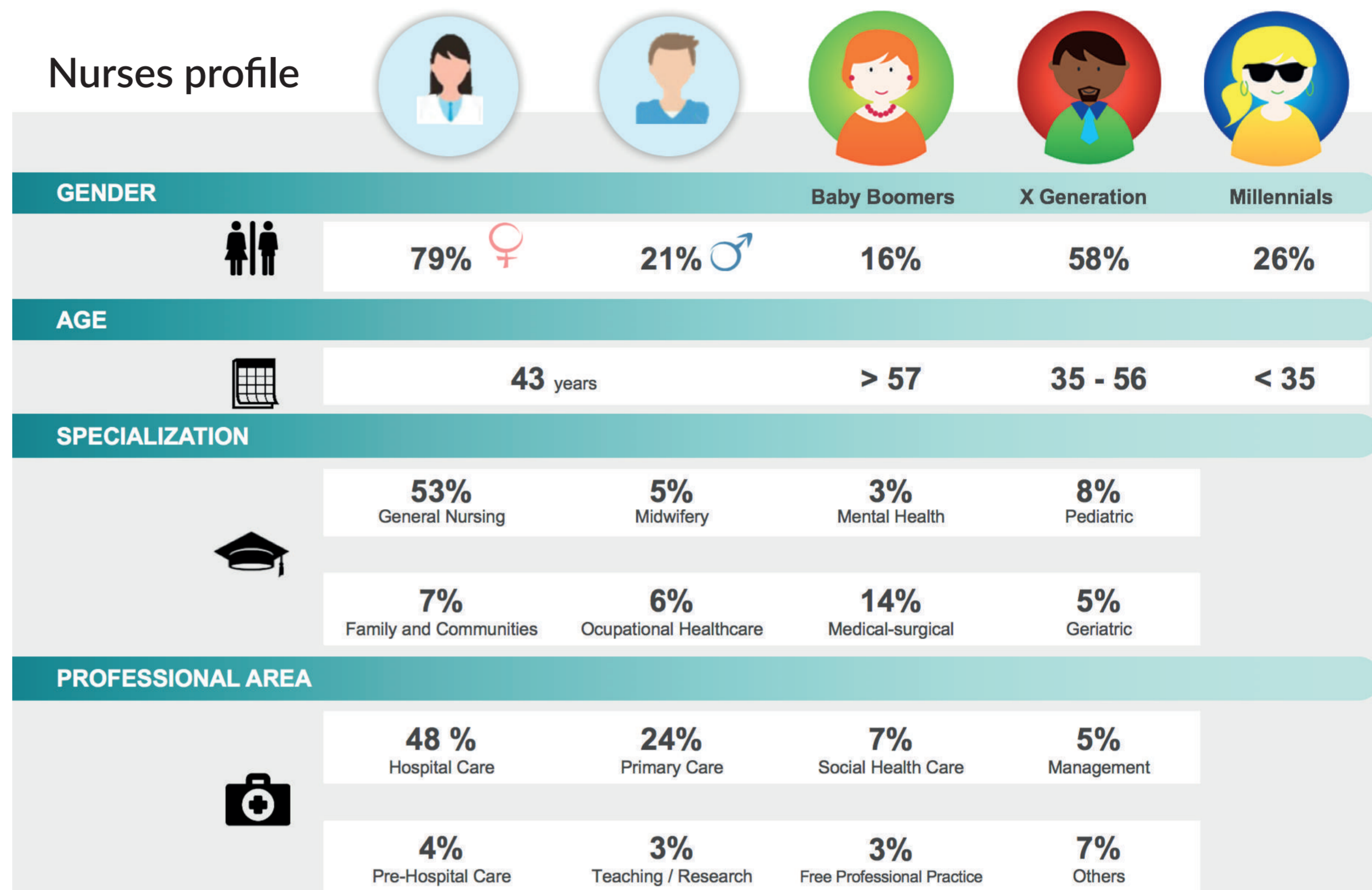
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Results

1246 Respondents, 600 nurses have Professional Health apps installed in their devices.

Nurses profile



Men have more Apps than women in their devices. Baby Boomers have more Professional Apps than the other groups and with Millennials is the other way round. men are more frequent users of these apps than women. Baby boomers use more Professional Apps than the other two groups. And Millennials are the group that use them less often.

The most popular type of apps are: Drug information, Health Calculators and Guidelines. Almost two thirds of nurses, have never prescribe any Apps.

There is a 97% who think health apps should be certified.

Conclusions



- Half of nurses do not have professional health apps in their devices.
- ♂ have more apps installed and are also more frequent users of these tools.
- Guideline and Communication with patients Apps are more used by ♀ than ♂.
- Health Calculators and Drug information are more used by ♂ than ♀.

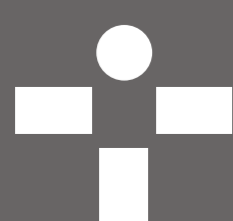


- The elder the nurse is, the more apps they have already installed in their devices.
- The younger the nurse is, the more frequent their use of Health Calculators and Drug Information apps.
- The elder the nurse is, the more frequent their use of Guidelines and Scientific Updates apps.
- The older the group age, the more they prescribe apps.



- Almost all nurses think that health apps should be certified.
- If they were certified, nurses would prescribe them more often.

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