

There's an 'app' for that!

Mobile technology for the busy paediatrician

Division of General Pediatrics Rounds – October 5, 2015

Name	Description/Features	Cost	Devices
MEDICAL RESOURCES			
MediCalc Calculate QxMD (B)	Performs automatic computation of commonly used formulas and equations	free	ip, iP, A, B
BiliTool.org	Mobile website based on 2004 AAP neonatal jaundice guidelines	Free	ip, iP, A
BiliCalc	Uses 2004 AAP guidelines to calculate phototherapy thresholds (and age!)	\$1.99 (ip, iP), \$0.99 (A)	ip, iP, A
BMI calculator	Simple app allows weight and height input in various units	Free	ip, iP, A
Pedia BP	BP measurement calculator for age, height, gender of pediatric patients	Free	ip, iP, A
Medscape	Medical reference, continuing medical and professional education and news	free	ip, iP, A
RedBook	Resource for pediatric infectious disease diagnosis and management	\$124.99 subscription	ip, iP, A
AAP Smart Brief	Summaries of daily health care news	free	ip, iP, A
PubMed Lite*	Direct access to PubMed search functions and abstracts or full text (where available)	free	ip, iP, A
Read (by QxMD)	Provides topic reviews and PubMed searches by logging in through university/institution access	Free (some parts may require subscription)	ip, iP, A,
Specific journals (e.g. Pediatrics, CMAJ, NEJM Lancet, BMJ)	Most journals have a dedicated app, allowing for easier reading on your mobile device	Free app, content often requires subscription	All
Omnio (previously Skyscape)	App that 'filters' or allows compilation of journals (with subscription), news, guidelines, medical calculators, reading lists	Free	ip, iP, A
UpToDate	Evidence-based clinical information on wide variety of pediatric (and other) topics	Free app (\$\$\$ for content)	ip, iP, A
Pedistat	Rapid reference for weight/age based resuscitation equipment and medications (similar to Broselow colour guide)	\$2.99 (ip), \$7.99 (BB), \$8.00 (A)	ip, iP, B, A
PALS advisor	PALS algorithms available with various quiz questions included	Free – many components \$\$)	ip, iP
Paed ECG (Rapid Paed ECG)	Assists with interpretation of pediatric ECGs, including tables of normal values	\$9.99 (\$2.99)	ip, iP, A

MEDICATION INDEXES			
ePocrates	Resource for drug dosing, interaction and disease information	free	ip, iP, A
Micromedex	Drug, disease and toxicology related information for professionals	\$10.00 annual subscription	ip, iP, A
Lexidrugs	Resource for drug dosing, interaction and disease information	Free (needs subscription)	ip, iP
BugsAndDrugs (ePocrates)	Antimicrobial susceptibility data by bug, in your local region	Free	ip, iP, A
EDUCATION (patient/family)			
Healthy Children (AAP)	Designed by AAP, mobile version of healthychildren.org – information for parents on wide variety of topics	Free (links to other AAP apps for 'sale')	ip, iP, A
Caring for Kids	CPS mobile version of parent site	Free	ip, iP, A
Baby Tracker (feeding timer, sleep and nappy logger)	Designed for parents to track baby's feeding, diaper changes, sleep, growth, developmental milestones. Uses WHO growth charts. Can identify patterns or trends.	Free (in app purchase for WHO charts)	ip, iP, A
Eat Sleep (Feed Baby – Android)	Designed for parents to track intake (feeds), output (diapers), sleep patterns	Free	ip, iP, A
Growth: charts for baby and child tracking	Designed for parents to plot child's growth using WHO and CDC growth curves	Free	ip, iP
Glucose Buddy	Designed for patients with diabetes to track glucose levels, carbohydrate consumption, insulin dosages and activities	Free	ip, iP, A
Calorie King	Designed for children with diabetes to increase control and confidence by educating and providing assistance with carb counting	Free	ip, iP
Migraine Buddy	Migraine/headache diary and tracking app that assists in identification of triggers	Free	ip, iP, A
Booster Buddy (Vancouver Health Authority)	Mental health 'support' app for teens/young adults leading through some activities based on CBT principles	Free	ip, iP, A
MindShift	Designed for teens/adults to 'help with anxiety' – cognitive behaviour therapy-based (CBT)	Free	ip, iP, A

EDUCATION (learners)			
Draw MD – pediatrics	Use for patient education by illustrating and modifying medical images – use ‘stamp’ function!	Free	ip, iP
Eponyms	Short description of >1700 common and obscure medical eponyms (i.e. genetic syndromes)	Free	ip, iP
PedXray	Compilation of Xrays by diagnosis or ‘unknown’ as case-based learning with annotations on image and background info	Free	ip, iP
Ped Radiology	Compilation of cases from ‘Essential of Pediatric Radiology’ with images, MCQ and discussion	Free	ip, iP
Figure 1	Online compilation of shared high quality medical images for discussion/review	Free	ip, iP, B
Change Talk: Childhood obesity and overweight	Designed for health care providers as a role-play simulation to coach them through motivational interviewing	Free	ip, iP
Twitter	Share 140 character text, photos, links with ‘followers’. Use for reviewing ‘headlines’, and following key members in field	Free	ip, iP, A, B
Podcasts	Consider subscribing to relevant podcasts: <ul style="list-style-type: none"> - www.pedscases.com (U of Alberta) - Pediapod – Pediatric Research (Nature group) - Archives of Diseases of Childhood journal (ADC) - KeyLIME (key literature in medical education- Royal College) 	Free – subscribe through iTunes	ip, iP, A, B
EDUCATION (supervisors)			
MAINPORT (Royal College)	Documentation of continuing professional development activities	Free	ip, iP, A
CanMEDS springboards for pediatrics	Searchable peer-reviewed clinical scenarios and suggested teaching moments for all CanMeds roles. Allows for documenting teaching encounters, date/time, # of learners; export feature	\$1.99	ip, iP
McMaster Pediatrics Clerkship ‘App’	Available at: apps.machealth.ca/pedsclerk/ Objectives from Canadian Undergraduate Curriculum in Pediatrics	Free	all

CURATION (notes/reminders/resources)

Notes (default program with iPhone/iPad)	Allows for note-taking without sorting, tag or folder features	Free (default)	ip, iP	
Evernote	Allows note-taking with import/attached photos, pdfs, etc – sort by folders and tags, comprehensive search functions	Free for basic pkg	ip,iP, A	Desktop version included, autosync between devices
Good Reader	PDF-reader app with ability to apply 'sticky notes', annotate document with finger, highlight text, freehand draw or type text	\$2.99	ip, iP	Autosync with remote servers,
Note Shelf	Type, draw or write with stylus, annotate pdfs, fill forms, add photos with a camera. Full search function.	\$5.99	ip, iP	Manual sync between devices required
BambooNote	Allows for digital notebook with sketching, drawing, typing etc	Free	ip, iP, A	Many other similar apps available
Dropbox	Secure file sharing software, widely used. Once downloaded onto device, will allow access to files 'offline' as part of your regular file system. Share with 'yourself' or as many others as you wish.	Free for 2GB, more added as others join \$10.99/month for 100GB	ip,iP, A, B	Can login from web to access files, folders remotely. Autosyncs easily.
Sugar Sync	Share and sync any file or folder across devices. Similar functionality to Dropbox.	\$74.99/year for 60GB, \$99.99/year for 100GB	ip,iP, A, B	Can login from web to access files, folders remotely. Autosyncs easily.

PROFESSIONAL PRODUCTIVITY				
mediCodes Ontario	Searchable lists of diagnostic and billing codes for Ontario	\$2.99	ip,	
ODB Limited Use codes and Telephone Request Service	Searchable lists of limited use (LU) codes for Ontario Drug Benefit program	Free	ip, iP	
OHIP Diagnostic codes	Searchable database of diagnostic codes for OHIP billing	Free	ip, iP	
Billing	Multiple apps available, Many physicians take photo of ID details and email immediately with annotation to billing clerk	Free	all	Beware of privacy issues
Zoom (webconferencing)	Free webconferencing software – allows for higher quality, and multiple participants than Skype	Free (up to 40mins)	All	\$9.99/month for premium service (unlimited duration)

LANGUAGE/TRANSLATION				
MediBabble	Layered menus of history questions designed with yes/no, # or gesture answers, with written and audio prompts. Physical exam prompts also.	Free	ip, iP	Large files for download initially, then no internet connection required
Google translate	Translation of words or phrases from text or writing (70 languages available)	Free	ip, iP, A	
iTranslate	Translation of words or phrases from text (30 languages available)	Free	ip, iP, A	Requires active internet or data connection \$4.99 version offers no ads, voice recognition

ip = iPhone, iP = iPad, A = Android, B = Blackberry,

Based on CPS workshop in June 2014, June 2015 – presented by:

Sumeet Sadana , Queensway Carlton Hospital, Ottawa
 Radha Jetty, Children’s Hospital of Eastern Ontario, Ottawa
 Andrea Hunter, McMaster Children’s Hospital, Hamilton
 (hunteaj@mcmaster.ca)