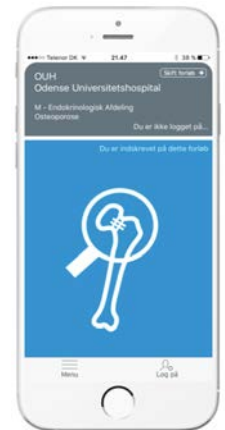


patient@home

'My Osteoporosis Journey'

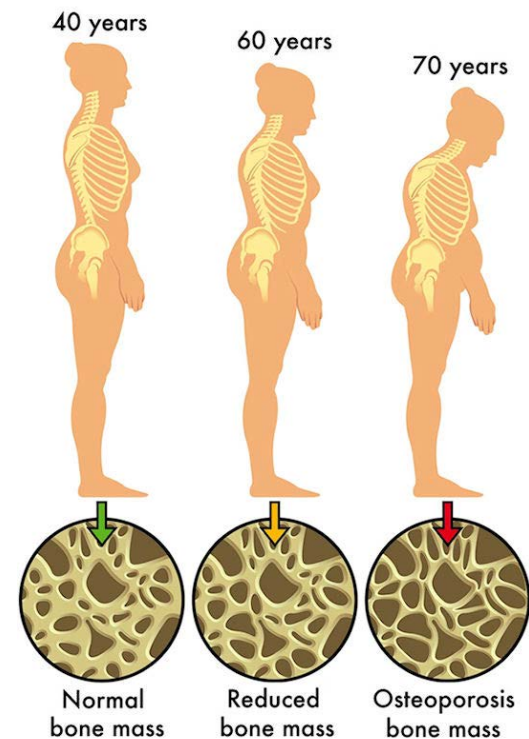
Participatory design and development of an mHealth app for women newly diagnosed with osteoporosis without preceding fractures



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University of Southern Denmark & Odense University Hospital

Osteoporosis – a major health challenge

- Osteoporosis means **low bone density** and thereby increased risk of fractures.
- Estimated to afflict **41% women** and 18% men aged 50 years or older
- Fractures are preventable. However **women** need **improved support** when being diagnosed without preceding fractures. **No solutions today!**



Aim:

Design, development and test of an mHealth app for women newly diagnosed with osteoporosis without preceding fractures

To investigate:

- If mHealth can help women to **be prepared** for and **involved in treatment decision-making**
- If mHealth can **support** women in **self-management** of osteoporosis



Participatory Design –

involving users and designers in the research and innovation process

Phase 1

- Identification of needs



Phase 2

- Design & development

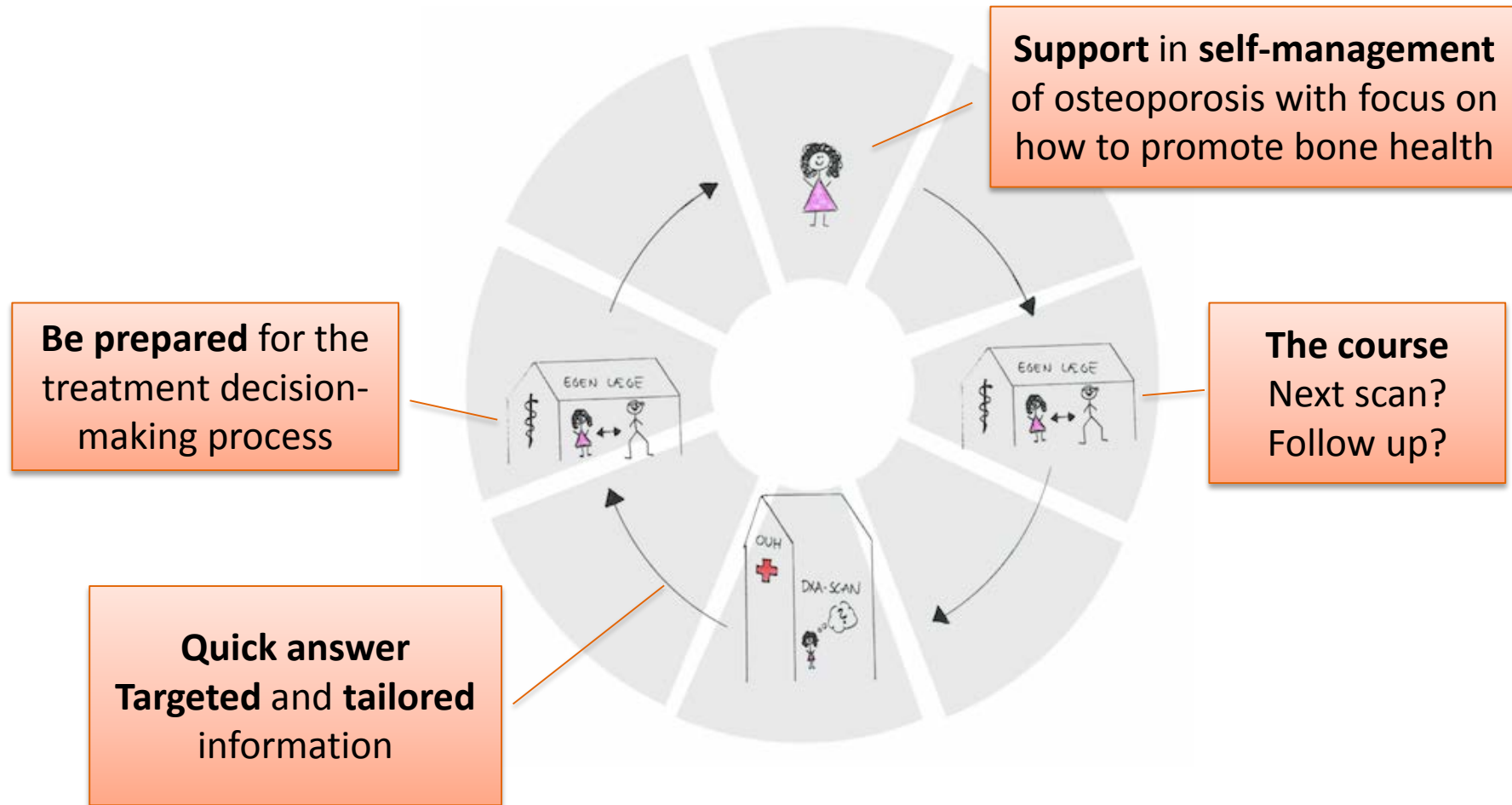


Phase 3

- Test in clinical setting



Findings phase 1: What are the needs?



Phase 2: Design & development

Workshop 1: Getting ideas together with a team of users



Workshop 2: Designing an mHealth app together with the healthcare professionals



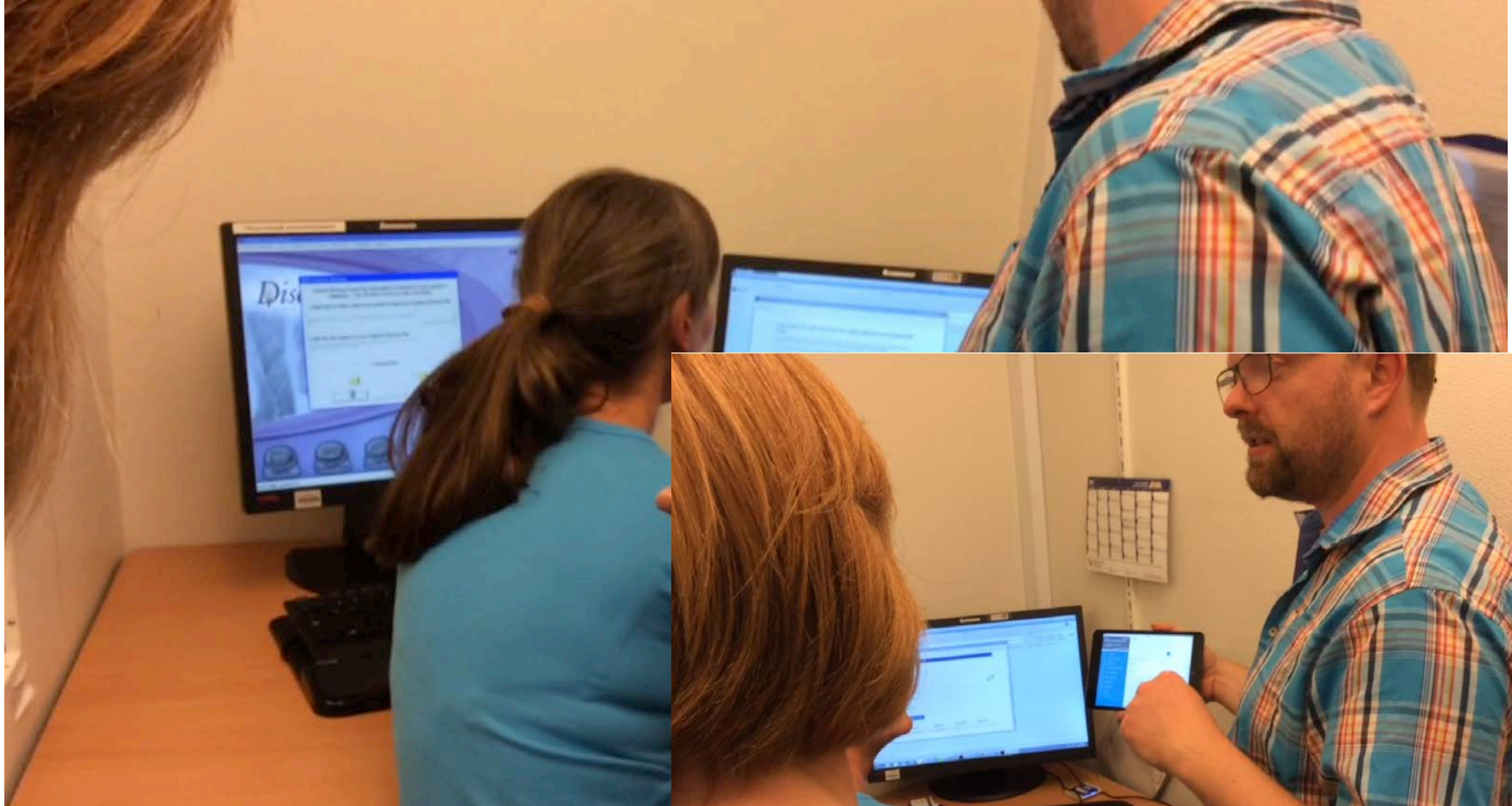
Workshop 3: Designing the mHealth solution together with the women



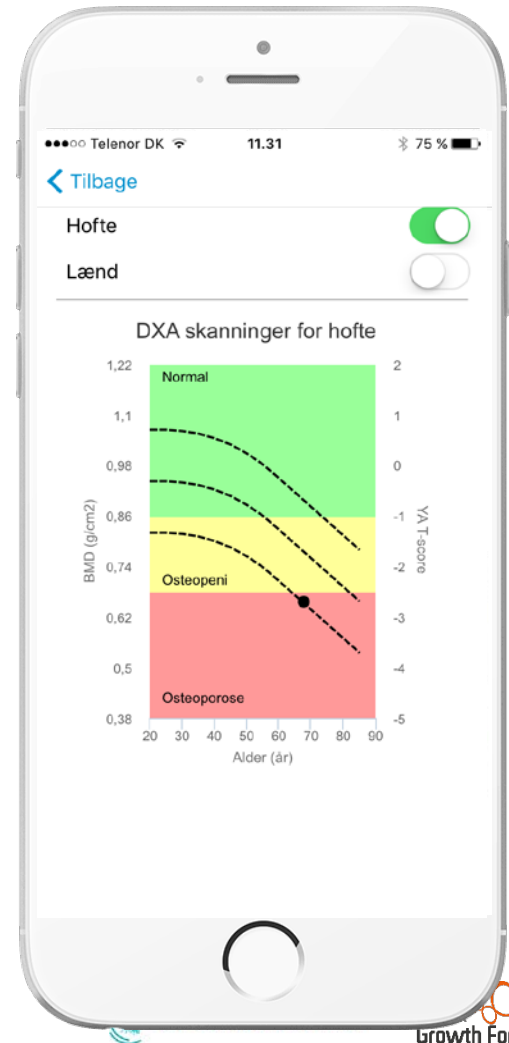
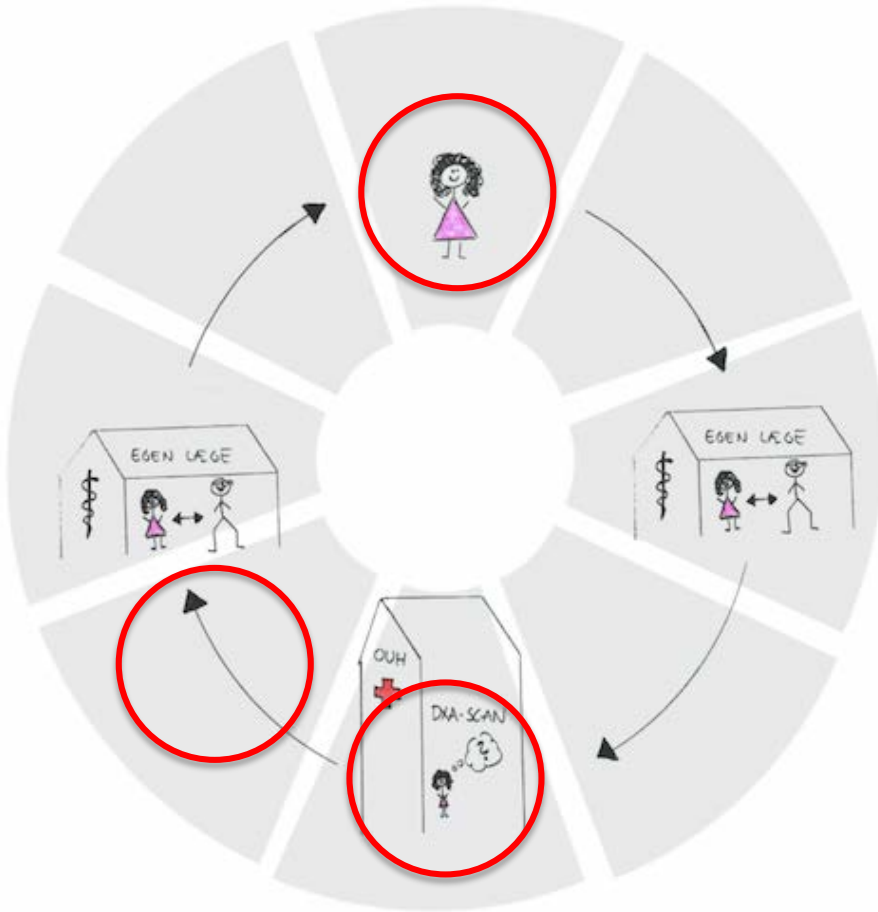
Development followed by laboratory test at the hospital – is the app ready for test?



Laboratory test at the Osteoporosis Clinic at the Hospital

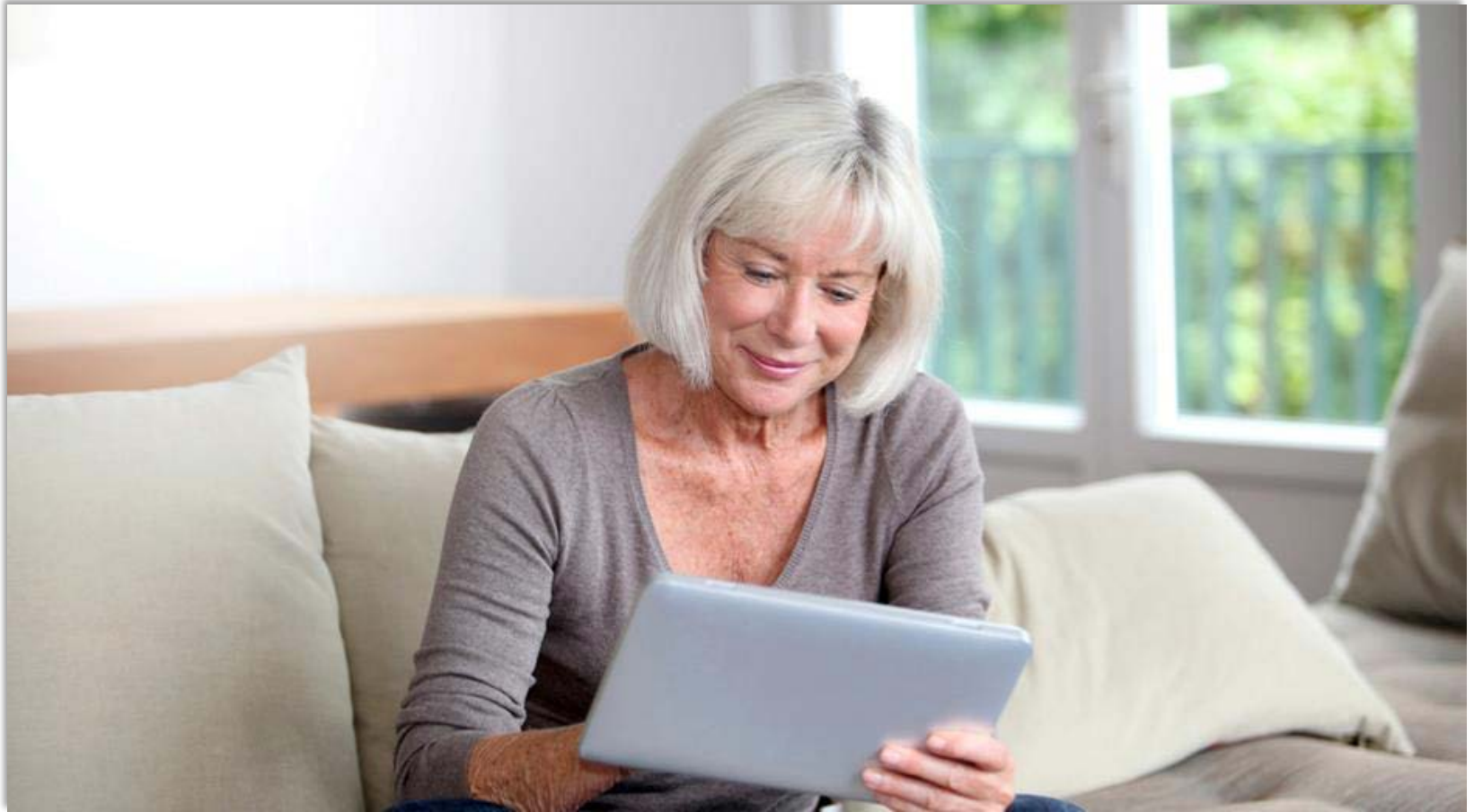


The app "My Osteoporosis Journey"



Phase 3: Test in a clinical setting

August 2017 – February 2018



Preliminary findings phase 3

So far **18** women are included in the test phase.

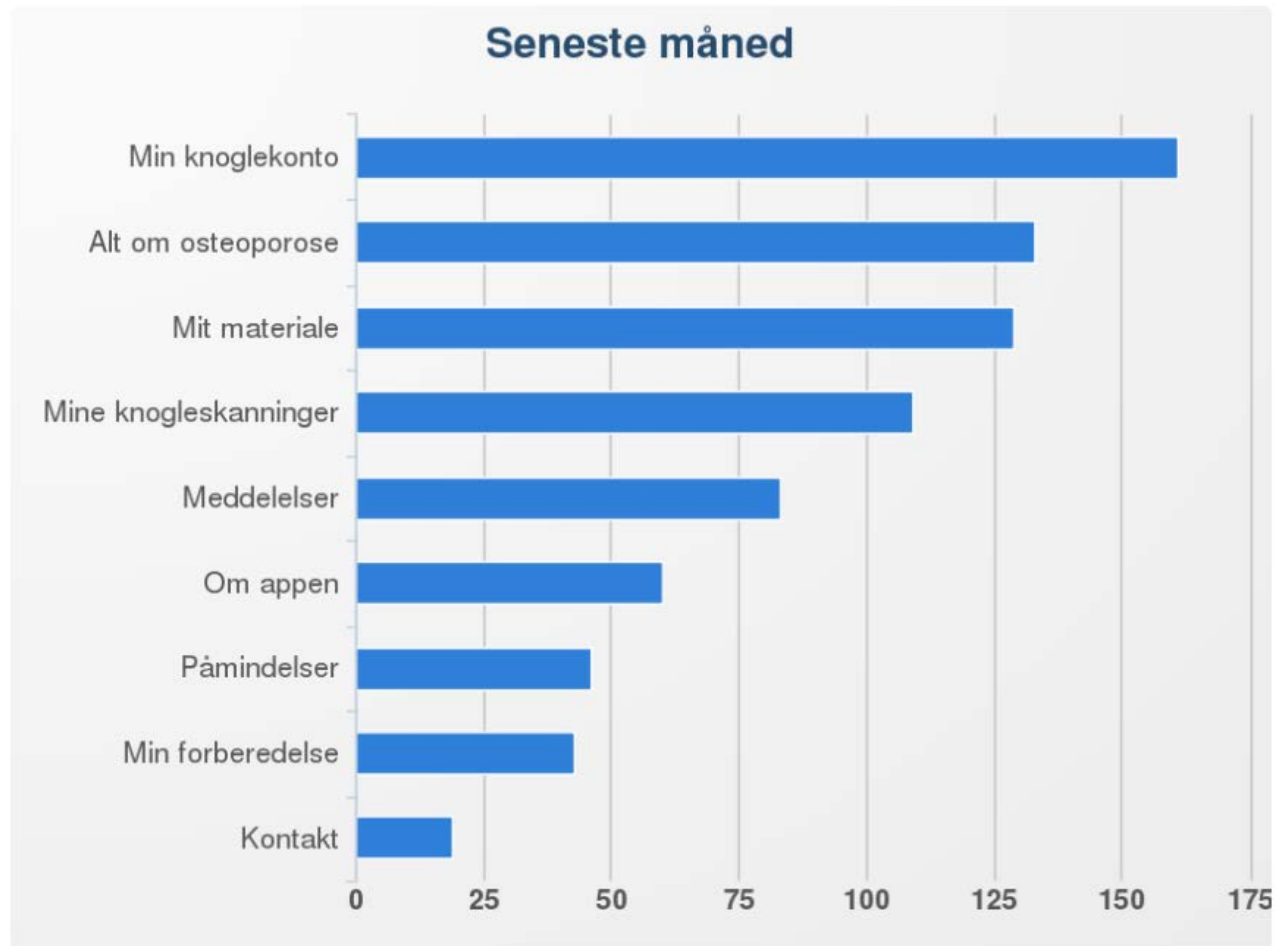
The women:

- Agree to participate because of **the opportunity** to get **a quick answer** of the scan through the app
- Use the app **to prepare for** the GP visit
- Experience the **treatment decision-making** process as **a dialogue** based on their individual **needs**
- Use the app to **manage osteoporosis** in their daily life



Preliminary findings phase 3:

The women use the app to self-manage osteoporosis





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