



Personalized Assessment and Change Education Newsletter

Education Seminar No: 22 Integrated Wellness Strategies

***The Use of Technology (Apps, Phones, Monitors) for Better Health
September 19th, 2018***

Jennifer Gillard opened the seminar by stating that she is the Senior Director, Public Affairs and Strategic Partnerships, at Northumberland Hills Hospital (NHH). She explained that this was the official launch of the PACE education session's third year. It will span the September 2018 through May 2019 period. The seminars focus on health related topics that are not always directly related to traditional health care. The format is simple and it normally attracts 50 to 70 attendees at most sessions. Because of the rising interest, Dr. Bhargava has broadened his local planning for the series to include others with an interest in education and knowledge building around health and wellness. The planning team has been broadened by establishing partners in personalized assessment and change education:

- ▶ IMCare Internal Medicine Specialists.
 - ▶ Northumberland Hills Hospital.
 - ▶ Community Health Centers of Northumberland in Port Hope
 - ▶ Northumberland Family Health Team.
- ▶ Loyalist College of Applied Arts and Technology.

She then welcomed Loyalist College professor Rick Hodgson and some of his students from the Audio Recording & Media Production program. The plan is for the Media Studies team to record the speakers, and make their remarks available online via live feed or podcast. This will establish greater exposure for the PACE Education Seminars and establish an archive of teaching information.

Dr. Mukesh Bhargava:

The doctor started by asking who is attending their first education. Of the approximately 70 guests in attendance, one third raised their hand. Then for the benefit of first time attendees, he took a few minutes to outline the background and purpose for the education seminars. PACE events are starting points for conversations regarding health issues. They are not meant to be medical advice for a person or ailment. The events purpose is to share general education based on the following principles:

- No Sponsorship accepted.
- Speakers Volunteer their time.
- Collaborative effort.
- Conversation starter.
- Moderated Session.
- 30 minute conversation.
- 20 minute questions and answers.
- 10 minute wrap up by moderator.

The sessions are a conversation about using integrated health strategies to improve health and wellness; how to improve your conversation with your doctor; emphasis on

establishing a personal 'File of Life' – in case of emergency; and, he encouraged attendees to ask unrelated questions . . . they could stimulate a topic for future discussion. Also, attendees should state what they expect to get out of the education sessions. He mentioned that the IMCare website will have a new domain name called www.pacetalks.com

Education Seminar Schedule 2018-2019:

September 19, 2018 - Integrative Wellness & Use of technology for better health *in Cobourg*.

October 17, 2018 - What to consider when preparing food for those dealing with an illness *in Port Hope*.

November 21, 2018 - How to prepare for your trip to the Emergency Department *in Cobourg*

December 19, 2018 - Chronic pain and the symptom cycle *in Port Hope*.

January 16, 2019 - Science of Happiness *in Cobourg*.

February 20, 2019 - Ancient wisdom with today's food *in Port Hope*.

March 20, 2019 – 'To Be Determined' *in Cobourg*.

April 17, 2019 – Science of Mindfulness *in Port Hope*.

May 22, 2019 – Caring for your Skin *in Cobourg*.

Location Legend:

Cobourg – Northumberland Hills Hospital, 1000 DePalma Drive

Port Hope – Port Hope Northumberland Community Health Centre, 99 Toronto Road

Integrative Wellness – Devices, Apps and tools . . .

Doctor Bhargava pointed out that there are many useful ways that individuals can track their medical issues such as developing a 'File of Life' that could prove to be of great value in an emergency. They should also consider using healthcare apps for patients to track and document health issues by using certain devices and your smart phone for enhancing health and wellness. Recent robust cross-platform development technology has improved both the performance and the design of the 'app' to perform on mobile platforms such as Android and Apple. Mobile health is a general term for the use of mobile phones and other wireless technology in medical care. The most common application of mobile health is the use of mobile phones and communication devices to educate individuals about preventive health care services or to just track medical follow-up appointments.

Available tools include:

- Paper Based
- ICE: In Case of Emergency
- Tracking Habits
- Creating Wellness Habits
- Medical Grade Devices
- Biofeedback for training

The doctor profiled some of the health apps and devices that he had evaluated. They are essentially application programs that offer health-related services for smartphones and tablet PCs. Because they're accessible to patients both at home and on-the-go, these health apps are a part of the movement towards mobile health programs in health care.

ICE – In Case of Emergency App

This is a device that includes your name, photo and medical information. Document and track your medical conditions; medical notes – “in case of emergency, please call . . . *name and contact information*”; allergies & reactions; medications; family contact information; doctor contact information; body weight; etc . . .


The Cardiac Arrest Action App

This app is the first step you have taken to learn cardiopulmonary resuscitation (CPR) that is a lifesaving technique useful in many emergencies, including a heart attack or near drowning, in which someone's breathing or heartbeat has stopped. The app will contribute to you being ready to save someone from Cardiac Arrest. If you take this test and share it with others, so even more lives can be saved.

Tracking Your Habits App

This app is helpful app to document and track items like your activity, mindfulness, nutrition, and sleep. It also includes the options to document body measurements, health records, reproductive health, results, vitals, etc . . . In terms of your activity; it tracks items such as resting energy, active energy, stand hours, steps, walking & running distance, and could recommend that you to sit less, move more, and get some exercise. Another tracking app is ‘Google Fit’ that can show you info from many of your favorite apps and devices to give you a holistic view of your health, so you'll never lose track of your progress.

Creating Wellness Habits

This is the Heart and Stroke Foundation's <30 Days app that is intended to provide you with information and support to reduce your risk of heart disease and stroke. It is an app that is only available on the App Store for iOS devices. The app helps you work towards a healthy heart by suggesting simple and practical daily challenges. Reminders, positive reinforcement and social support within the app will help you sustain your new healthy lifestyle. Plus, the new step counting feature will help encourage you to incorporate more activity in your daily life. The beauty of the app is its simplicity: it takes 30 days or less to make the changes needed for a lifetime of good health. 

Life Cycle - Track Your Time App

Life Cycle automatically keeps track of your time and presents your life sorted into slices. It shows you your daily activities, places you go, and who you spend time with. Life Cycle weekly journal provides personalized insights and clarity to your week passed. Start each week with a look back. Remember where you've been and vision where you're going. Whether you're just curious of how your time is spent or looking to make a change, Life Cycle is your daily companion, providing you with all the information and insights you need. What's more - it uses only 1% of your phone's battery while it seamlessly does the work. It is an app that is only available on the App Store for iOS devices.

Mindfulness

Mindfulness Apps guide you through mindfulness activities and promotes mindfulness activities. The **Headspace App** is great for people getting started with meditation. The first level in the program teaches you meditation in easily digestible ten-minute sessions. Once this starter program is complete, you can subscribe to access thousands of hours of content available at your fingertips. What's unique about Headspace is that with over five million users, you can buddy up with friends to motivate each other and keep on the path to a healthier mind. The app is available on iOS (Apple) & Android devices, and on the WEB.

Medical Grade Devices

There are many health gadgets that work together with your smartphone to help you stay fit and to encourage you to start and stick to healthier habits. Some of them enable patients to manage chronic conditions, others are specially designed for medical professionals, but these innovative devices can quite literally change, and even save your life. The 'Your Personal EKG' is nifty monitor from AliveCor that allows you to track your heart health anytime, anywhere. When coupled with its dedicated app, Kardia Mobile delivers a medical-grade electrocardiogram (ECG) to your smartphone in just 30 seconds. It's that simple, just press two fingers from each hand on a pad and your results are displayed on your cellphone. There are portable gluten testers . . . the pocket-sized sensor could be a lifesaver for people with gluten allergies or celiac disease. Wireless smart glucose monitoring systems measures glucose levels in the blood and then displays them on your smartphone.

There are numerous medical grade devices available, however users are cautioned to do their own due diligence because there is a lack of medical health app studies and the developers aren't required to show that their apps are safe and effective unless they're applying to the FDA for approval.

Biofeedback for Wellness Habits

There is an **electroencephalogram (EEG)** app by Muse that monitors your brain activity during meditation and transmits the information to your computer, smartphone, or tablet via Bluetooth. It is designed to help you manage and reduce stress, the unique tool gives real-time feedback on what's happening in your brain and teaches you how to achieve peace and calm. It also offers a series of motivational challenges and rewards in order to encourage you to make meditation a part of your routine.

Session Summary

There are many useful ways that individuals can track their medical issues such as developing a 'File of Life' and using medical apps. This available information will contribute to enabling quick access to patient records for more coordinated, efficient care. The information can help medical providers to more effectively diagnose patients, reduce medical errors, and provide safer care.

Doctor Bhargava wrapped-up the session with a question and answer period. He emphasized that questions could lead to subsequent session themes. He cautioned that the widely used 'Fitbit' may not be accurate. He thanked all for attending.

Next Education Session

October 17, 2018 @ 5:30PM

"What to consider when preparing food for those dealing with an illness"

Location: Port Hope Northumberland Community Health Centre, 99 Toronto Road, Port Hope