Patients' Experiences of Using a Smartphone App for Remote Monitoring of Rheumatoid Arthritis, Integrated into the Electronic Medical Record, and its Impact on Consultations

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~ on behalf of the REMORA team ~

Presenter disclosure information:
This speaker has no conflicts of interest
Treatment decisions are currently shaped by how a patient presents at the time of consultation.

Patients have limited access to data that can help them understand their disease and inform self-management.

Data that provide a contemporaneous record of patient disease activity are not currently available for research.
Aims of the study

To develop and evaluate a smartphone app for people with rheumatoid arthritis to facilitate regular recording of their symptoms between clinic visits.

Collect data once and use for multiple purposes.
REMORA: ‘end to end’ processes
Overview of the study

Stage 1
- Reaching agreement on the components of the app
- Developing the systems required to link the data entered to the Electronic Patient Record

Stage 2
- Testing the app for 1 month with 8 patients
- Checking system for ‘end to end’ processes
- ‘Bug fixing’ & refining the app in response to feedback

Stage 3
- Evaluating the refined app for 3 months with 20 patients
- Summarising feedback from a range of stakeholders
- Producing an implementation toolkit for the app developed
The REMORA app

Answer Daily
due today

Answer Weekly
due on Wednesday

Answer Monthly
due on 31st March

Question

Considering your arthritis overall, how would you rate your level of physical well being during the last 24 hrs?

Very good 2 Very bad

How long did your morning stiffness last today? (please select '0' if you did not experience any stiffness)

- 0
- 1-9 minutes
- 10-19 minutes
- 20-29 minutes
- 30-59 minutes
- 1-2 hours
- 2+ hours

Next
The REMORA app

Question

Have you experienced a flare in the last week?

Please can you describe how your flare has affected you?

I feel...

because...

Done
Integration into the Electronic Patient Record
“No problems since steroid injection 23 March”
"No improvement in last month since restarting Tocilizumab"
Stage 2: Early feedback on using the app

More personal to you

A great idea

It reassured me

With a graph... you can see what’s going on

A graph of acknowledgment

You’ve got solid proof straightaway

It’s a shared conversation

A doddle
Rheumatology clinic - the future

“Let’s see how you’ve been over the last 6 months”
Acknowledgements

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