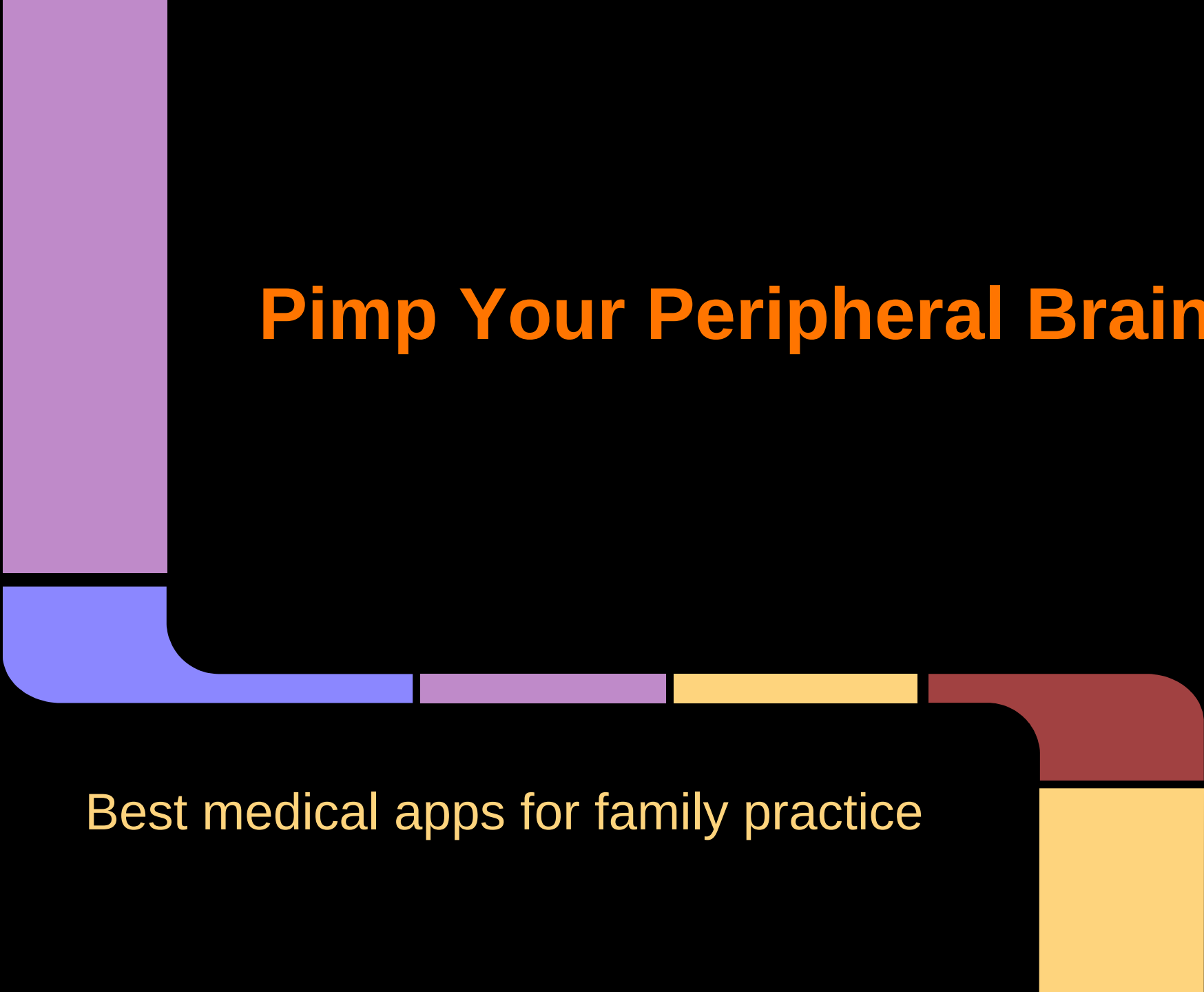




Pimp Your Peripheral Brain

Best medical apps for family practice

Learning Objectives



1. Discuss clinical scenarios in which a mobile reference may expedite or optimize care
2. Learn basic principles for evaluating and choosing quality medical apps
3. Review some particularly useful apps

What do you see in your practice?

General/Internal Medicine?

Pediatrics?

Women's Health, OB/Gyn?

Urgent Care, ER?

Clinical Scenarios

General/Internal Medicine?

Should this 52 yo nonsmoking male whose LDL is 152 be on a statin?

Pediatrics?

7 yo female following up for eczema has BP of 116/78. Is this HTN?

Women's Health, OB/Gyn?

26 yo patient has ASCUS positive, HPV negative pap. What next?

Urgent Care, ER?

You diagnose pyelonephritis in 26 yo woman. Can you treat outpatient, what antibiotic and how long?

Discuss



Evaluating Apps: my approach



Design elements, user interface

Source(s) of the information

App maintenance/upkeep

Reviews-reading critically

Evaluating Apps: design, user interface

How is the information *displayed*?

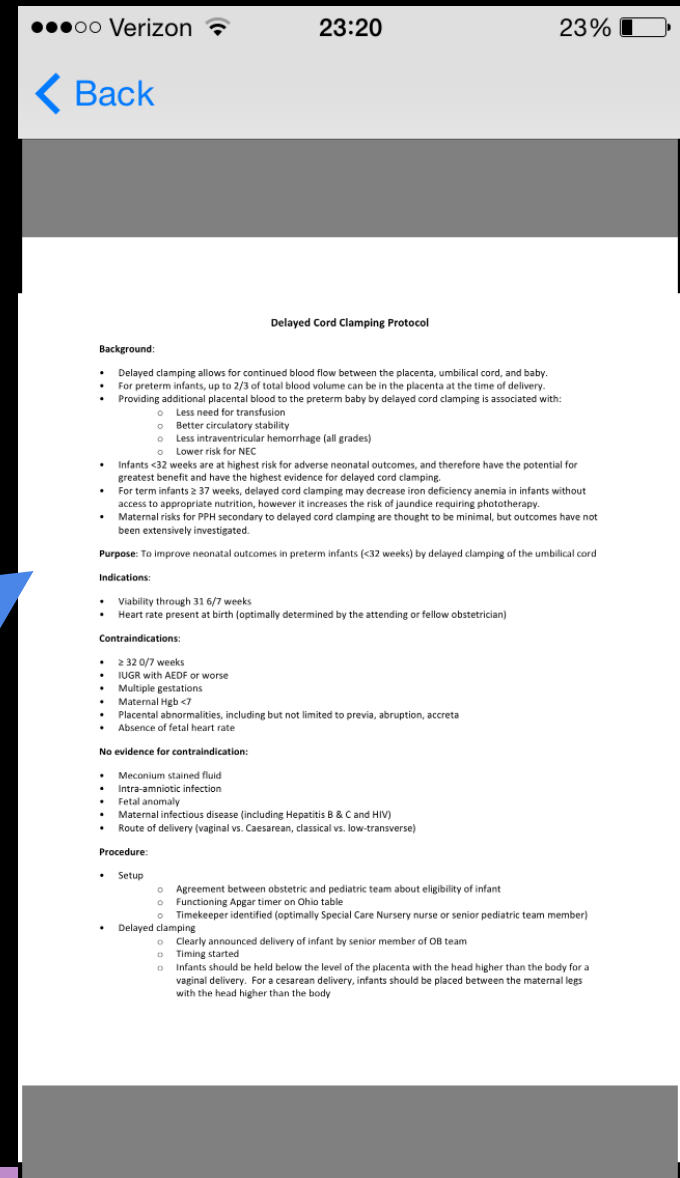
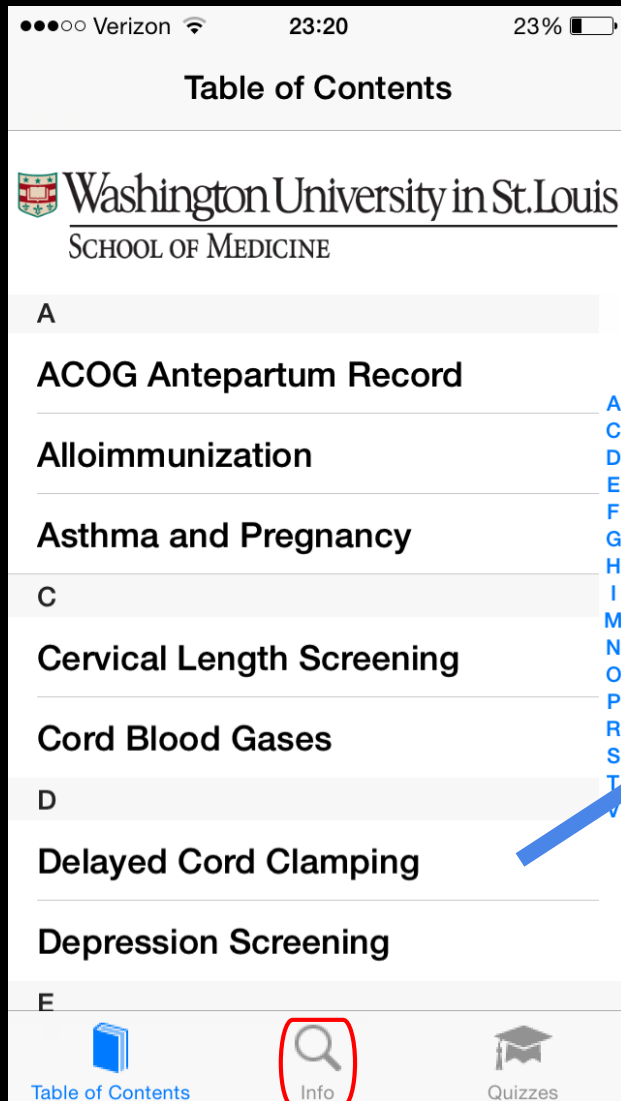
How are topics or functions *located*?

Is the user interface *intuitive* and *consistent*?

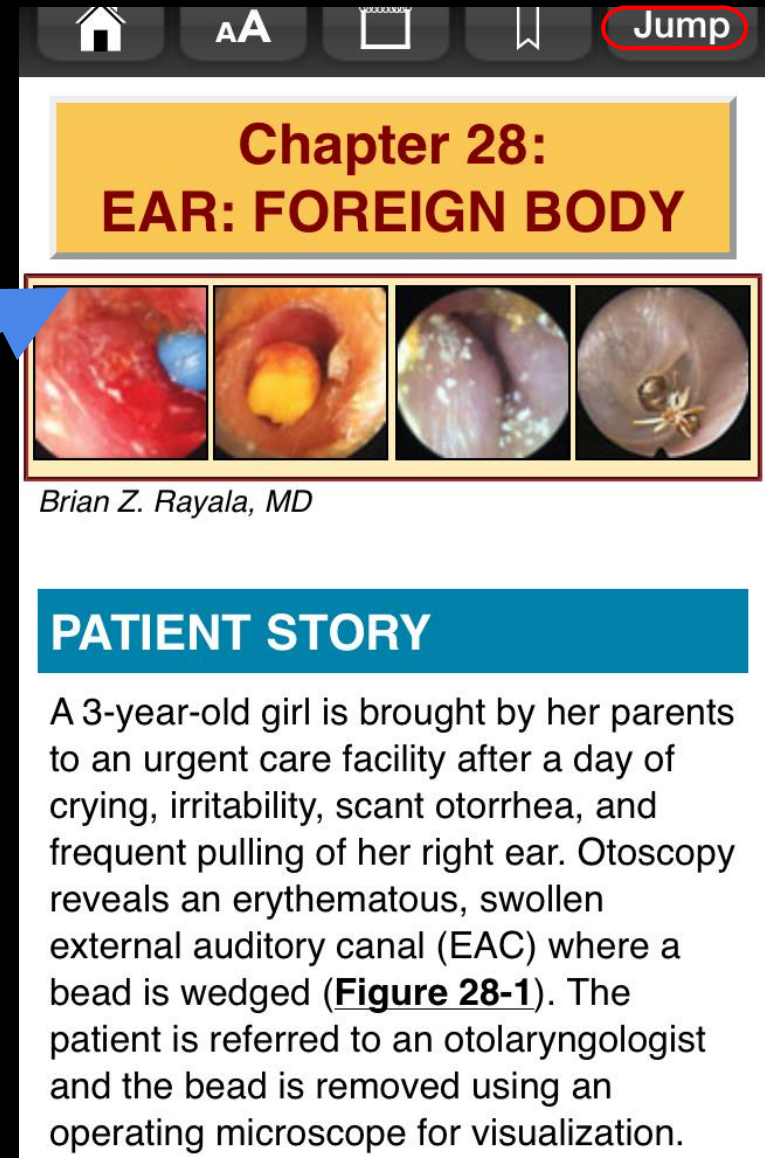
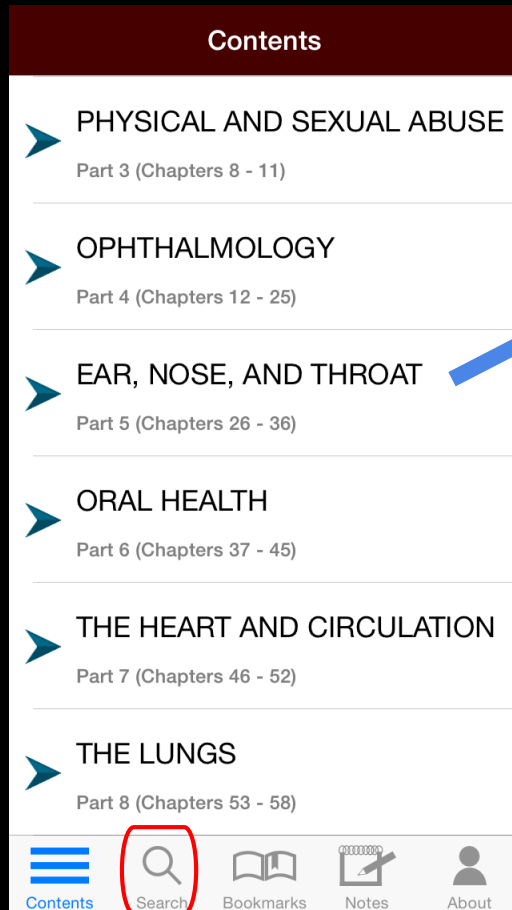
(both internally and w/ the operating system or general interface conventions)

Can the app be customized?

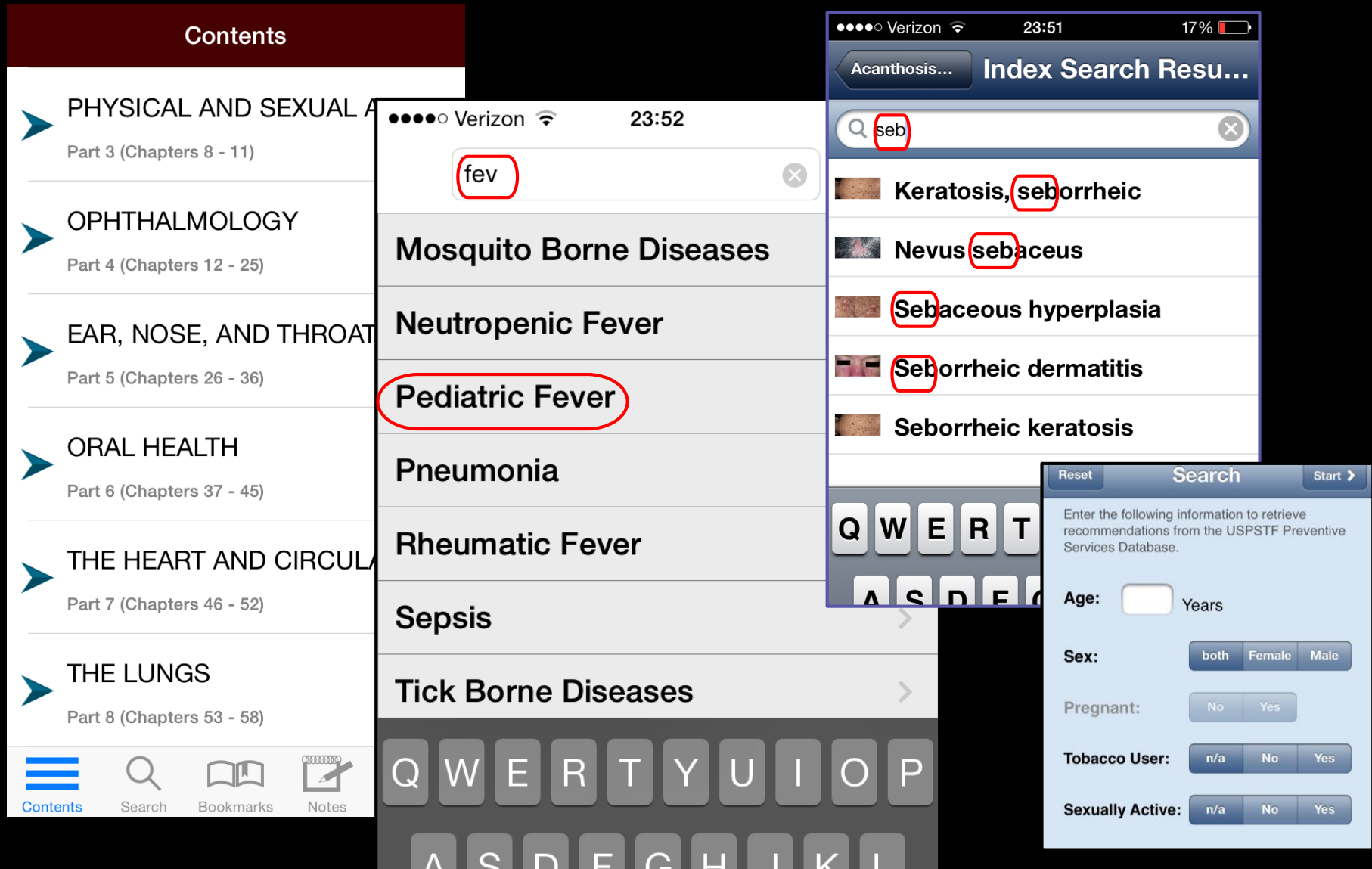
Evaluating Apps: design, user interface



Evaluating Apps: design, user interface



Evaluating Apps: design, user interface



Evaluating Apps: source(s)

< Back

Adult Cardiac Arrest Algorithm

- CPR: compress 2 inches 100/min
- If no advanced airway 30:2 compressions to breaths
- Check if rhythm is shockable
- If NOT shockable (Asystole/PEA)
 - See Asystole/PEA algorithms
 - Epinephrine q3-5 minutes
 - Recheck rhythm every 2 minutes
 - Treat reversible causes (see below)
 - If pulse start post-arrest care
 - Otherwise, continue CPR for 2 minutes and recheck
- If SHOCKABLE (VF/VT-pulseless)
 - 120-200J biphasic OR 360J monophasic
 - Epinephrine 1 mg q3-5 minutes
 - Check if rhythm shockable
 - If shocked again
 - Amiodarone 300mg

Pick Condition Drips Timer Quiz Rhythm

Verizon 23:38 19%

2012 Updated Consensus Guidelines for the Management of Abnormal Cervical Cancer Screening Tests and Cancer Precursors [ASCCP, et. al. 2012]

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References

Shots by STFM 2014 is derived from:
Advisory Committee on Immunization (ACIP) Recommended Immunization Schedule for Persons Aged 0 Through 18 Years and

BLOOD PRESSURE

Ages 12 months to 18 years: Update on the 1987 Task Force Report on High Blood Pressure in Children and Adolescents. [Pediatrics 98:653-654, 1996.](#)

RESPIRATORY RATE

Ages 0 to 3: Rusconi F: Reference values for respiratory rate in the first three years. [Pediatrics 94:350-355, 1994.](#)

Note: These data were collected on well children by

Oct 2006 7y 6m boy ⓘ

Evaluating Apps: app maintenance/upkeep

5.4
Nov 12, 2014

- Optimized for iPhone 6/6+ and fixes for iOS 8

Please contact us at support@palm-ER.com for any suggestions, feature requests, bug reports, comments or complaints. We love hearing from you!

5.3
Jul 4, 2014

- Hyperosmolar Hyperglycemic State (HHS/HH) added
- Minor corrections and bug fixes

5.2
Mar 28, 2014

New Icon

5.1
Dec 2, 2013

- We've added a favorites tab to access your most frequently accessed topics. Simply tap the

Verizon 0:17 8%

Kidometer

Version 1.1 Updated Oct 4, 2012
iPhone 5 and iOS 6 support.

Version 1.0.1 Updated Aug 27, 2012
Bug Fixes

Version 1.0 Updated Aug 7, 2012

Verizon 0:16 9%

Back

Version 6.1.4 Updated Sep 2, 2012
CPR updates

Navigation changes

Emergency Medications

6.1.3 Updated Sep 12, 2011
ulator navigation

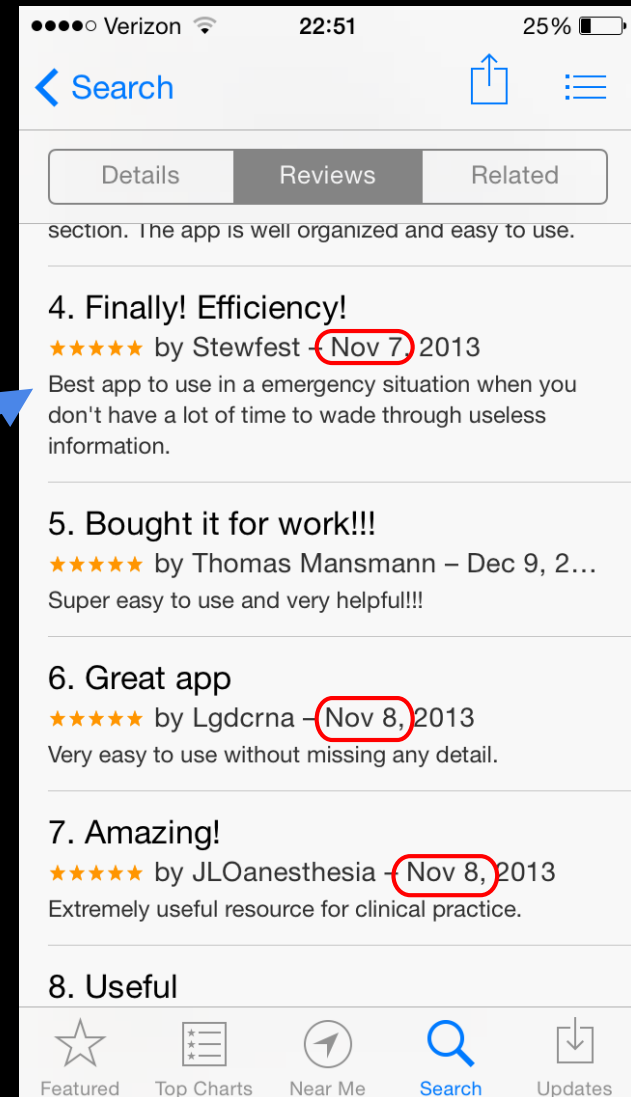
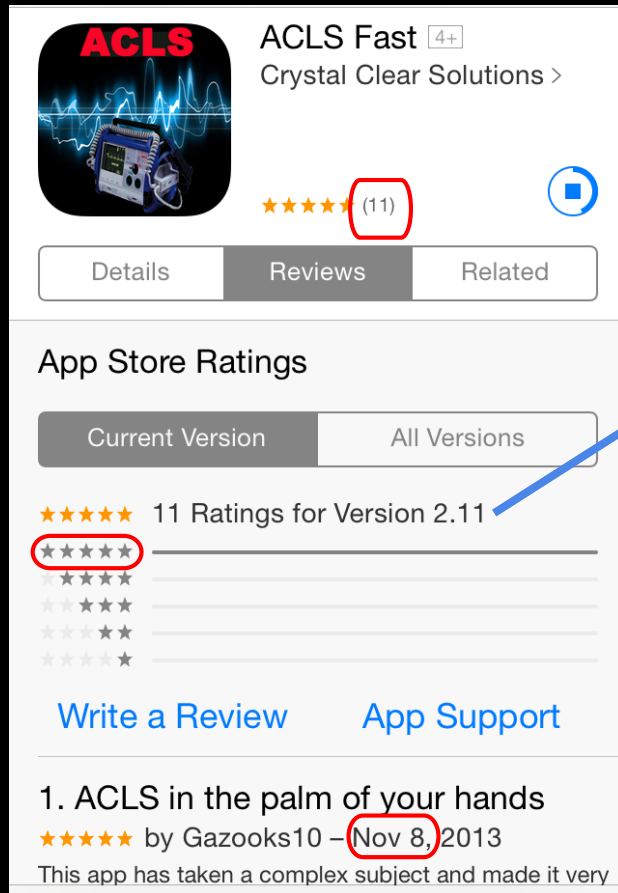
6.1.2 Updated Sep 1, 2011

Emergency medicine app

Kids vitals, labs app

Critical care app

Evaluating Apps: critically reading the reviews



Evaluating Apps: critically reading the reviews

palmEM: Emergency Medicine Essentials 4+
palmER Worldwide LLC >
No Ratings **OPEN**

Details Reviews Related

App Store Ratings

Current Version All Versions

★★★★★ **88** Ratings for All Versions

★★★★★ —
★★★★★ —
★★★★★ —
★★★★★ —
★★★★★ —

[Write a Review](#) [App Support](#)

1. Excellent content and great price
★★★★★ by aec618 – Sep 13, 2013

[Back](#)

1. Excellent content and great price

★★★★★ aec618 - Sep 13, 2013

I'm a former ED nurse now back in the dept. as NP, and I was looking for a quick reference for me. This has a wealth of information and it seemed to me better than some of the other apps that cost a lot more. I like how the topics are...

2. Just keeps getting better and be...

★★★★★ Jdk690 - **Apr 6, 2014**

Best ER/Urgent Care reference I've found. What is particularly great about it is how active the developers are in continually improving it. The improvement in search capabilities recently makes it 100% easier-to-use. I've come to have gre ... [More](#)

3. Useful/helpful and best app so far

★★★★★ by SchuFlea - **Apr 28, 2012**

I have a lot of medical apps and none of them get used often, except for my drug guide. But this is the first one as a nice, neat quick refresher that is easy to use. The Broselow's tape alone makes it worth it. But there are a lot of other treats here as well. From the HEM ... [more](#)

4. PALM ER

★★★★★ by Bossphos - **Oct 27, 2012**

I have never written a review for an app before, but this app deserved the effort. This app is well worth the money. The information is pertinent, accessible, logically laid out, and easily interpreted. It has already helped me save at least one life in the ER since ... [more](#)

5. Excellent quick reference app.

★★★★★ by isaiahsix8 - **Aug 3, 2013**

Excellent quick reference app. Constantly being updated with additional material including images.

6. Well worth the money

Evaluating Apps: lastly, customization

Can you make favorites/bookmarks? Can you choose what order they are displayed in?

Can you change start up page?

US/SI/metric unit settings?

Can you add notes? Are these backed up to the cloud somehow?

Some useful apps



General Use Apps

Epocrates

Micromedex

Evernote

Calculate by QxMD

MedCalc

ECG Guide

UpToDate

Color Atlas of Family Medicine

Internal Medicine/General Primary Care

ACP Immunization Advisor

AHRQ ePSS

ASCVD Risk

Diagnosaurus

Warfarin Guide

STD Tx Guide

iOrtho+

Johns Hopkins ABX Guide

5 Minute Clinical Consult

Pediatrics

Kidometer

Pedi QuikCalc

Pediatrics Black Book

Peds Meds

BiliCalc

Shots 2014

5 Minute Pediatric Consult

Pediatric Dermatology DDx Deck

Women's Health, OB/Gyn

ASCCP Mobile vs Pap Guide

Perfect OB Wheel

GBS Guide vs Prevent GBS

EFM Guide

LactMed

Contraception

Urgent Care/ER

PalmEM

PediSTAT

Basics of EM

ABG Eval

PE+DVT Dx

Peumonia Guide

EM Rashes

Thank You



jason.kurland@ihs.gov