



European Directory of Health Apps 2012-2013

A review by patient groups
and empowered consumers

With foreword by **Robert Madelin**

European Commission Director General for
Communications Networks, Content and Technology

Media partner



Partners



Publisher



how are you??™

Hospital

Hospital managers will be able to use infection-control and bed-management applications that compute standard hospital data streams, allowing them to better control outbreaks, allocate resources and plan ahead.

Devices

Devices that capture health data, such as blood pressure, blood glucose and ECG will connect directly to the portal.

Pharmacy

Patients can order repeat prescriptions and access drug-specific information.

API

A premium Application Programming Interface (API) service

Healthcare records can be shared between primary and secondary care, facilitating continuity of care and follow-up.

GP Practice

Through their clinical dashboard, doctors will be able to view their patients' medical records and health data, access diagnostic aids, staging tools and assessment applications - all integrated with the latest evidence sources and NICE guidance.

Patients will have control over what information is stored and what others may see.

Patients can then share their health information with their doctors and carers, enabling improved coordination of care. They can also message their doctors securely.

Patients

Patients will be able to interact with their Personal Health Plan, importing their medical history, monitoring disease parameters, setting personal health goals and much more.

The Cambridge Healthcare team

Helping to improve quality, stimulate innovation, increase productivity and prioritise prevention

An eHealth portal for patients and healthcare professionals that integrates with the NHS IT infrastructure and supports an unlimited number and range of healthcare applications in the world's first ever healthcare applications store.

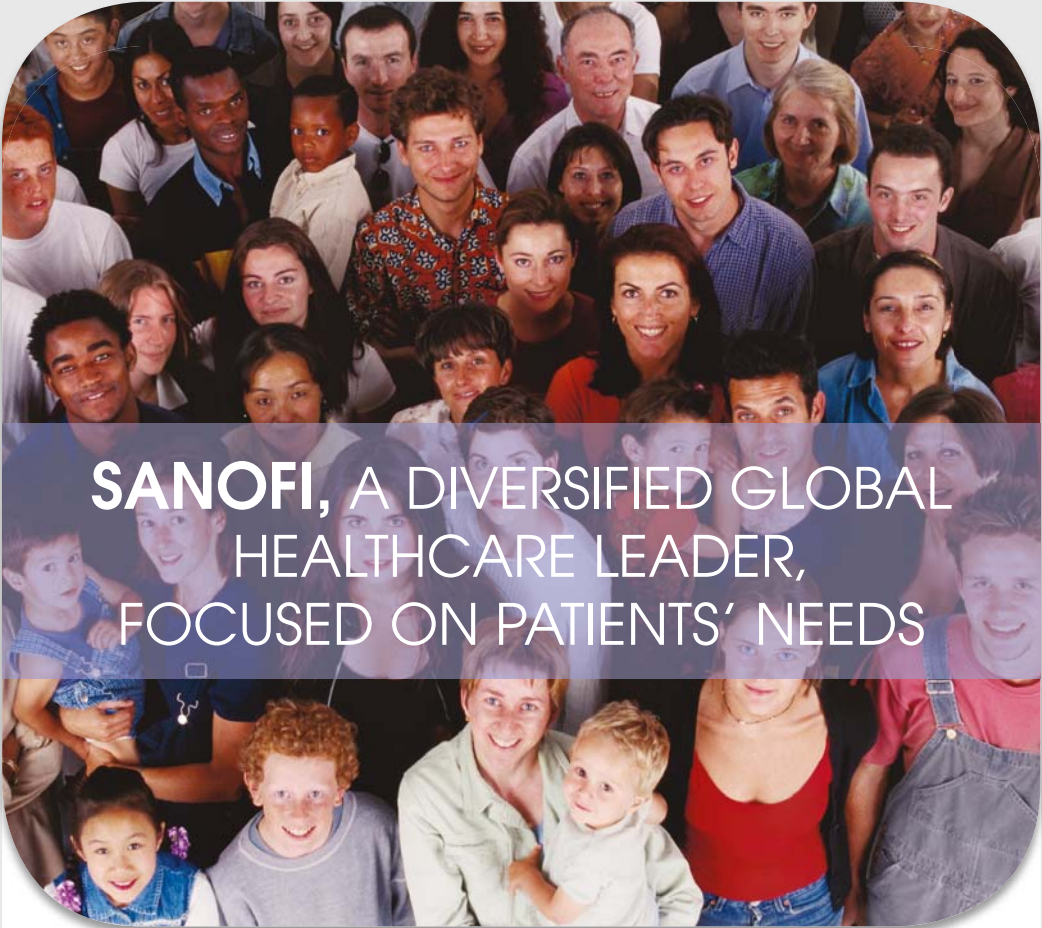
- Driving Innovation: opening up the healthcare marketplace for unlimited application potential
- Harnessing data: capturing healthcare data that will better inform clinical and public health decisions
- Standardisation, interoperability and scalability: a single platform, so global access to every application developed
- Accessibility: universal via a simple and intuitive web portal
- Coordination and connectivity: improved coordination of care, better-connected health pathways and measurable outcomes

www.howareyou.com



Cambridge Healthcare





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Intelligent Healthcare

Unlocking the power of data

Engage 2012 Brussels

Embracing intelligent healthcare. A dialogue
among leading healthcare stakeholders

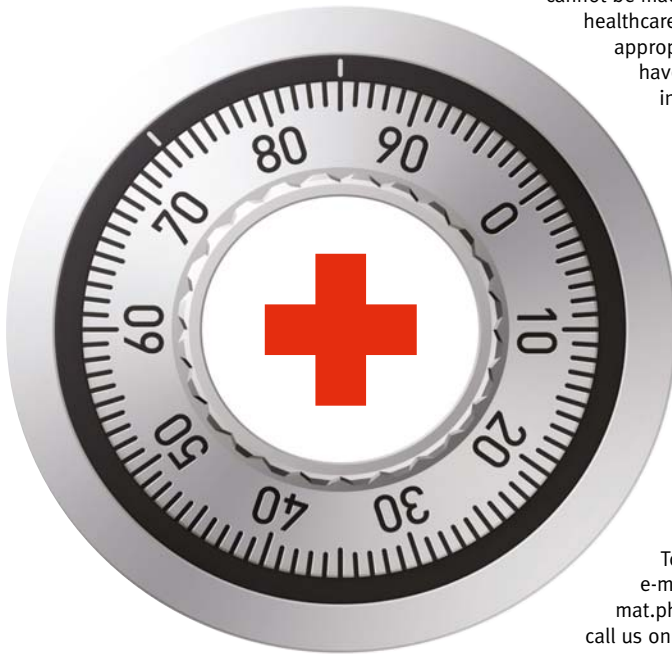
December 2012
(date to be confirmed)

To be intelligent, healthcare systems need good data translated into effective knowledge that is disseminated to those who need to know. However, today's healthcare systems are far from being in that happy position.

The collection of healthcare data is an ineffective process. Language proves a big barrier. Standards vary across Europe. Important data may be ignored such as patient experiences of their treatment. Other forms of data, notably personal medical records, are not shared (despite guarantees of anonymity), so decisions about intelligent healthcare investments cannot be made. Then there is the fact that not all healthcare data are transparent or shared appropriately. Patients in one country have access to information that people in neighbouring countries do not. The entire process of data gathering, storing and distribution is poorly regulated. Sometimes requirements are too onerous and bureaucratic, such as with the clinical trial process. In other situations such as Health Apps for smart phones regulation is just beginning.

Given this cacophony how can healthcare systems unlock the power of data and become more knowledgeable and effective?

To register your interest for this event
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Across 17 countries, more than 16,000 respondents to the DAWN2™ study gave us their insights into good self-management.

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Turkey
Ayse has type 2 diabetes

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APPRECIATION

Novo Nordisk has always focused on patient-centred care, and with the DAWN2™ study we aim to advance the understanding and awareness of the unmet needs of people with diabetes and their caregivers. The release of the study results in November 2012 will bring us even closer to the truth about living with diabetes.

Learn more about DAWN2™ at dawnstudy.com

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clarity from confusion

Helping patients, citizens, health advocacy groups, and other stakeholders see through the turbulence of healthcare trends



Save the date!

2nd – 5th October 2013

Gastein Valley, Austria

“The EHFG is a unique platform to meet and for the transfer of knowledge and opinions between various interest groups. The events of the EHFG and the issues formulated there often shape EU health policy in subsequent years.”

Günther Leiner
EHFG President



Over the past decade the European Health Forum Gastein has developed into an indispensable institution in the field of European health policy.

Held annually every October since 1998 in Austria's Gastein Valley, it has made a decisive contribution to the development of European health policy guidelines and above all cross-border cooperation and the exchange of experience and information.

It has the overall aim of providing a platform for discussion for the various stakeholders in the field of European public health and health care, although delegates and sponsors now also come from further afield.

The unparalleled mix of around 600 experts includes leading country and EU-level representatives from the health policy field, representatives of patient organisations and other NGOs, and delegates from the sectors of public administration, science and business, who are all especially critical to the success of this event.

Further information available from:

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Foreword

I welcome this first edition of the *European Directory of Health Apps (2012-2013)* that focuses on a range of health applications recommended by patient groups or empowered consumers. This is in line with the approach being encouraged by the European Commission Directorate General for Communications Networks, Content and Technology (DG CONNECT).

Health apps could prove to be an important tool to promote citizen's empowerment and self-care. People live busy lives, they travel, have family responsibilities, work, and have to address the challenges that society throws at them. If we do fall ill, we have to manage treatment and care as well as the consequences of that illness.

Health apps represent a technological tool to help inform and support citizens in the self-management of their health and wellbeing. They can bring health information to our fingertips. The best of these apps enable us to act swiftly and decisively on self-care issues.

From DG CONNECT's perspective, consumers and patients need guidance and support in finding useful and reliable apps. Some means are needed to help orientating in the complex world of health apps. Scrutiny of these apps by informed users (such as empowered citizens and patient groups) could be one way forward.

I am certain that this Directory will prove useful, not only to users of healthcare systems throughout Europe, but to the many European citizens who live or strive to live healthy lives as well as for everybody who needs such information in the everyday work.

Robert Madelin,
Director General, DG CONNECT,
European Commission

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Preface from the publisher

Introduction

This Directory is for patients and the public in Europe, and anyone concerned with finding out which health apps are valuable in a European setting. The Directory was born out of a desire to see some sense of order imposed on the chaotic, sprawling world of the health apps relevant to patients and the public (apps directed solely at medical professionals are not covered in the Directory).

New categories of information in this Directory

This Directory adds four new dimensions to the study of health apps.

Firstly, it offers categorisation. Health apps included in the Directory are characterised under a heading (according to each app's specialisation).

Secondly, the Directory brings patient groups into the equation. Each app is only incorporated into the Directory if it has been reviewed in some way by a patient group, disability group, or consumer-oriented organisation, or by patients or empowered consumers. As the world's foremost experts on patients' attitudes to illness, patient groups are ideally qualified to comment on the value of individual apps to the patients with whom they are familiar.

The third way that this Directory is novel is in its indication of the level of usage of health apps by patients and the public. Many of the patient groups that have provided a review of a health app have specified the percentage of their member patients (or the patients with whom they are familiar) who use the app.

Lastly, the Directory sometimes gives the reader information about the developer of each app. Patient groups themselves are beginning to commission health apps from dedicated app designers.

How the data was collected

The data in this Directory was gathered by online surveys (ongoing during 2011-2012), by desk research, and by engaging with patient groups via Twitter and LinkedIn.

What this Directory tells us

A large proportion of health apps still appear to be generated out of the United States, and written in English language only. Fortunately, as one reviewer in the Directory notes, at least some English-language apps are obvious enough in their purpose to be used even by non-speakers of the language. Meanwhile, European app designers are at last starting to build a noticeable body of work in languages other than English (a tendency that can only accelerate). The quality of European apps, too, is now standing out. Some of the most fascinating and meaningful apps in this Directory are of European origin. Patient group reviewers provide ample information to help developers and others design patient-friendly new apps.

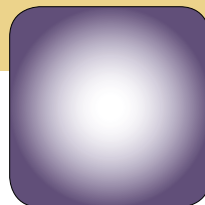
Words of thanks

PatientView would like to thank the individuals and organisations that have helped in the creation of this exciting project—including the many patient groups providing both support and time; our four partners (GSK, How are You?, Novo Nordisk, and Sanofi); our media partner, the European Health Forum Gastein; Peteris Zilgalvis and his team at the European Commission, for their constant support; and my son Henry Nead, who spent his summer holiday conducting the desk research behind the Directory. I would also like to thank our designer, Mike Kenny, and printer, James Sherratt, for turning the Directory around so quickly.

Clive Nead

Editor, European Directory of Health Apps 2012-2013

September 2012



Key to data

Android: weblink to app

Apple: weblink to app

Blackberry: weblink to app (when available)

Nokia: weblink to app (when available)

Windows Phone: weblink to app (when available)

Other valuable weblink: if the app is developed by an NGO, a link to the relevant page on the NGO's website is given here

Languages: language in which the app is written. Usually one or two; sometimes many more

Number of languages in which the app is written

Countries in which the app is most likely to be used: sometimes an app describes the facilities of one specific country only. Other apps might be valuable in any country in which the potential users can read the language/s of the app

Summary:

Description of the app and the services it offers

Reviews:

“Opinions on the app held by patient groups, consumer or disability organisations, foundations, charities (or, sometimes, by individual patients or empowered consumers). Sometimes, the reviewing organisation has specified the percentage of use of the app among its constituency”

The name of the reviewing organisation (the organisation sometimes opts for anonymity). The names of individual reviewers are rarely given in this Directory. Country of location.

Source: a weblink to the online source of the review. Some reviewers have made their comments to PatientView surveys, and so are given no link.

Cost:

Often free. The price is given when an app is not free. All currencies are approximately converted into Euros (current mid-2012). The price of an app may vary across platforms.

Developer:

Name and country of the developer, plus a brief description of what they do. Some apps are developed or co-developed by patient groups, disability organisations, charities, and other NGOs. Some apps have up to three developing organisations

Do more,
feel better,
live longer



GlaxoSmithKline



112 Iceland

Android: <http://bit.ly/LhAhbe>

Apple: <http://bit.ly/QUb8Nd>

Blackberry: –

Nokia: –

Windows Phone: Currently in development

Other weblinks: –

Languages: English, Icelandic

Number of languages: 2

Countries of use: Iceland

Summary:

Sends a telephone message, text message, and the GPS location of the user to the emergency services in Iceland. The user can select either of the two languages (English and Icelandic) as the app's operating language. Note that the GPS location sent will only be as precise as the user's phone is able to deliver.

Reviews:

"Iceland is not very densely populated, and it is quite frequent for callers in emergency situations to have no idea about their location. One such incident occurred last Fall; a tourist died, unable to tell rescue crews where he was located. This incident sparked the idea to develop the '112 Iceland' app. The app uses the GPS service available in most smart phones to assist the emergency call taker in locating the caller. The app's 'Emergency' facility takes the current GPS position and sends it via SMS to the 112 Centre, and calls 112. The app's 'Leave a trail' facility is for travelling in the back country, with a danger of avalanches, floods, or just simple falling, and where GSM coverage can be sketchy. When one presses the 'Leave a trail' button, the current GPS position is sent to the 112 centre, stored in a database, and can become the starting point of any search."

Tomas Gislason, 112 Iceland

Source: PatientView survey, July-August 2012

Recommended by the European Emergency Number Association (EENA), Belgium

Source: <http://bit.ly/9aINn8>

Cost:

Free

Developer:

ICE-SAR [*Iceland-based search and rescue association*]

Stokkur Software ehf [*Iceland-based app developer*]



25 Tips to Surviving with Adult AD/HD by Maren Angelotti

Android: –

Apple: <http://bit.ly/Ms3ms6>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

For adults with attention-deficit hyperactivity disorder (ADHD) (whether diagnosed or undiagnosed). Offers 25 tips that aim to help identify learning difficulties, or other disorders that commonly accompany ADHD. The writer of the app works with children and adults who experience difficulty learning.

Reviews:

“As more phones have apps like these available to be downloaded and carried everywhere, more people will use them. The advantages of this app: it helps in managing the chaotic, and helps with structure and performance, providing reminders and key messages to maintain structure and organisation. The disadvantages of the app: apps with voice-active systems like this one need to have a British voice, rather than an American one, as this often puts our service users off their use, and often sound patronising. However, apps like these are used by 2%-5% of the people with whom we are familiar.”

ADD-vance—Understanding Autism in Hertfordshire, UK

Source: PatientView survey, July-August 2011

Cost:

Free

Developer:

Six Voices LLC *[USA-based app developer]*

5 things to do before I die



Android: –

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/MYBIRI>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Reviews:

“It allows people to think about, and express, their wishes for the end of life.”

Dying Matters Coalition, National Council for Palliative Care, UK

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

Dying Matters Coalition [UK-based multi-healthcare-stakeholder alliance specialising in bereavement and end-of-life care]

Summary:

An interactive app on Facebook that is intended to raise awareness of end-of-life issues. Allows users to create a list of the activities that they would most like to do during their lives. The app offers five categories of activity: ‘People I’d like to meet’; ‘Places I’d like to visit’; ‘What I’d like to learn’; ‘What I’d like to start’; and ‘How I’d like to be remembered’. The list can be placed on the user’s ‘wall’ for sharing with friends. Users can vote for their favourite lists made by other people. Once the five categories have been uploaded, users receive a message outlining five actions they should take before they die (including making a funeral plan; sharing end-of-life plans with loved ones; and writing a will). Requires Facebook log in.



Accessibility

Android: <http://bit.ly/JGF4C4>

Apple: <http://bit.ly/Rt6P8Z>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/OjLnCP>

Languages: English, Spanish

Number of languages: 2

Countries of use: Spain (also useful for English-speaking visitors to Spain)

Summary:

Shows places of interest in Spain that are accessible to people with a disability. Sites include bank cash points (ATMs), disability-reserved parking spaces, entertainment venues, health centres, and petrol stations—all of which have the minimum disability-accessibility requirements. GPS technology allows the app to bring up information relevant to the user's location, and it also works offline (for instance, in a tunnel). A 'star' icon allows users to add favourite points of interest (POI), offering quick access to the most-used sites. Content is provided by users, and updated daily.

Reviews:

"This app has, in a short space of time, overwhelmed all expectations, going beyond its original conception as a tool for use within Madrid, to become available to people with a disability throughout Spain. It is valuable, not only to people with reduced mobility, but also to older people, and those with a temporary disability (for instance, following an accident). The app allows people with reduced mobility to have information on the accessibility of the place they want to visit, reducing the problems they must face every day. They now know in advance which points of interest and services are accessible to them. Javier Font, President of FAMMA-Cocemfe Madrid, says: "We have received many reports that people with a disability feel more free traveling, thanks to having all relevant information accessible on their mobile device. The app helps them avoid unfortunate surprises and uncomfortable situations.""

Federación de Asociaciones de Personas con Discapacidad Física y Orgánica de la Comunidad de Madrid (FAMMA-Cocemfe Madrid) [Federation of Associations of People with Physical Disability Madrid], Spain

Source: <http://bit.ly/OjLnCP>

Cost:

Free

Developer:

FAMMA-Cocemfe Madrid [*Spain-based patient group specialising in disability*]

Fundación Vodafone España [*Spain-based charitable foundation*]

Genasys II Spain [*Spain-based developer of GPS apps*]



Accessible Toilet Guide

Android: –

Apple: <http://bit.ly/QjtXck>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: UK

Summary:

Shows the location of over 9,000 lavatories around the UK that are accessible to people with a disability. An 'autolocate' feature indicates the nearest facility, and supplies directions for travel (by foot, road, or train).

Reviews:

"This app makes it easy to locate accessible toilets while you are on the go. The cost of £3.99 [approximately €4.94], though, is high, and even more expensive than the RADAR key (which provides access to locked accessible toilets across the UK). Non-disabled people have access to most toilets for free, or for 20p [approximately €0.25] a time."

MS Society Scotland

Source: PatientView survey, July-August 2012; and MS Connect magazine, Autumn issue, September 2012

"An app that enables the user to pinpoint the location of over 9,000 accessible toilets in the UK, and can give directions to the nearest one."

National Autistic Society (Richmond Branch), UK

Source: <http://bit.ly/Pn8JqN>

"This will help you find the nearest toilet to your current location, or to where you wish to travel."

Disability Can Do Organisation, UK

Source: <http://bit.ly/NJSYsL>

Cost:

£3.99 [approximately €4.94]

Developer:

Dot Publishing [UK-based app designer specialising in products for people with a disability]



ActiveME

Android: –

Apple: <http://bit.ly/yqdBOa>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Intended to help people with chronic fatigue syndrome (CFS) track and monitor their daily activity levels. The user picks from four activity grades, and can then record each personal activity (in terms of energy level) on a daily calendar and graph. The app analyses patterns in personal energy levels. Notes can be added in an 'Energy diary'. Activity patterns can be reviewed, and standards set. Allows the user to develop a daily baseline of energy levels, suitable for increasing in regular steps. Weekly charts can be emailed in PDF (perhaps to a doctor, or to a carer).

Reviews:

"The app is a fantastic way for people to feel in control in managing their condition. Having the app on their phone makes their charts and monitoring information more portable and accessible—which, we hope, will encourage more meticulous use of this self-monitoring tool. The information recorded can then be discussed with their clinical teams, and the data used to inform treatment plans. This makes each patient's treatment highly individualised, and patients can really feel that they are taking charge of their care."

Northern CFS Clinical Network, UK

Source: <http://bit.ly/P26kjp>

"The app has a very easy-to-use interface. At the end of the day, you have a chart that shows your activity intensity throughout that day. You can email daily or weekly reports to your own email address, or someone else's (although that is not recommended for security reasons). However, the reports only provide a simple line graph of the high energy activity you have entered. Your data on sleep, deep rest, and low energy time is not shown in the graph report. Security for your data is basic. You can set a password to protect the data, and all your data stays on your phone. It is not synced to a server or cloud. While this is good for security, it does mean that if you lose your phone, you will also lose your data. There are no backups. One difficulty I have with this app is the definition of activity levels, which are just not sensitive enough in my opinion. Overall, I think 'ActiveME' is a good first attempt at an app to help with pacing."

Occupy CFS blog, USA

Source: <http://bit.ly/MGfF4b>

Cost:

£1.49 [approximately €1.90]

Developer:

NHS CFS/ME [*chronic fatigue syndrome services of the UK's national healthcare system*]



AiC Mobile

Android: <http://bit.ly/NlpjWc>

Apple: <http://bit.ly/S4q2LK>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/MWYwrO>

Languages: Italian

Number of languages: 1

Countries of use: Italy, Switzerland (parts of)

Summary:

List of gluten-free products for people with coeliac disease. A speech-recognition search engine allows the user to check (from the description, brand, or manufacturer of a food item) whether that food is listed by the app as gluten free. A database of hotels, pizzerias, and restaurants that offer products suitable for people with gluten intolerance is filtered by category and geographic location. Information can be shared by email. Functions offline (online connection only necessary to receive periodic updates). The app requires online registration with the Associazione Italiana Celiachia (AIC).

Reviews:

“The main feature of our app is the ability to consult the database of gluten-free foods—which can be done either in an analytical way (looking for products by category, manufacturers, or brands), or by using keywords that will be searched on the full product descriptions. Searches are made without access to a network because the database is fully established in the memory of the smart phone. This way of consulting the database is novel, and gives immediate results.”

Associazione Italiana Celiachia (AIC) [Italian Coeliac Association] Onlus, Italy

Source: <http://bit.ly/MWYwrO>

“Ready access to information at the point of decision. The app is used by 1% of our members.”

Gruppo Celiachia della Svizzera Italiana [Coeliac Group of Italian Switzerland], Switzerland

Source: PatientView survey, July-August 2012

Costs:

Free

Developer:

Associazione Italiana Celiachia (AIC) Onlus
[Italy-based patient group specialising in coeliac disease]



Aidsmap news

Android:

Apple: <http://bit.ly/yWAiVv>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/OSQd7m>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Offers latest daily news on the topic of HIV/AIDS. Features reports on new findings and research in HIV treatment and prevention from around the world. Also covers key developments in hepatitis and tuberculosis.

Reviews:

“Up-to-date, new information on HIV and treatments. The app is used by 11%-20% of the people with whom we are familiar.”

Positively UK

Source: PatientView survey, July-August 2012

Recommended by NAM [originally the National Aids Manual], UK

Source: <http://bit.ly/OSQd7m>

Recommended by Aids Action Europe

Source: <http://bit.ly/RcYTLJ>

Cost:

Free

Developer:

NAM—the HIV Information Charity [UK-based patient group specialising in HIV/AIDS]



AlcoDroid Alcohol Tracker

Android: <http://bit.ly/O8lymC>

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Reviews:

“Very good app. But you should put in an option like ‘Drank on full stomach’; ‘on half-full stomach’; ‘on empty stomach’, so that it could be more accurate.”

Empowered consumer, Facebook, Italy

Source: <http://on.fb.me/NkhnXI>

Cost:

Free; ‘ad-free’ version £1.99 [approximately €2.52]

Developer:

Myrecek [*Czech Republic-based app developer*]

Summary:

An alcohol consumption tracker and drinks diary intended to help a user change drinking habits. Drinking habits can be charted daily, weekly or monthly, with alcohol consumption statistics exported across the same time frames. A ‘Drink presets’ facility allows drinks to be logged quickly. A maximum drinks level can be set. The app estimates blood-alcohol content (BAC) based on drinks logged, plots BAC development in a chart, and indicates when the legal limit (or zero) will be reached. Functions in metric, imperial and US units. Alcohol intake can be displayed per day or week, in grams, millilitres, or standard units (AU, CA, UK, US).



Alzheimer App

Android: <http://bit.ly/OF8raP>

Apple: <http://bit.ly/Qh5dVX>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/Nfx2pT>

Languages: Italian

Number of languages: 1

Countries of use: Italy, Switzerland (parts of)

Summary:

Aimed at the caregivers of people living with Alzheimer's disease. A 'Support' section offers practical advice on many of the daily problems faced by carers of people with Alzheimer's, and supplies answers to questions that include: How to deal with the loss of memory of the loved one? How to react when faced with fears and obsessions? What to do in case of aggressive reactions? How to act in taking care of hygiene? A 'Quiz' section allows the user to find out general information about Alzheimer's disease and other dementias. A 'Pronto Alzheimer' icon puts the user in touch with a Federazione Alzheimer Italia telephone informational 'hot line'.

Reviews:

"The Federazione Alzheimer Italia—which, for nearly 20 years, has provided support, information and advice to all requesting them—has created this new tool, the 'Alzheimer App', to help the growing number of people with Alzheimers's (including young people), and their carers. The app is an information tool; it is interactive, user friendly, and is updated constantly."

Federazione Alzheimer Italia (AI) [Alzheimer's Federation of Italy], Italy

Source: <http://bit.ly/Nfx2pT>

"The app is dedicated to the families of people with Alzheimer's disease. It provides detailed information about Alzheimer's disease, and about caring for people with the disease."

Alzheimer Europe (AE), Luxembourg

Source: <http://bit.ly/Onn8kG>

"An interactive, user-friendly source of information for carers, as well as providing a direct link to the Federazione Alzheimer Italia's 'Pronto Alzheimer' helpline service."

Alzheimer's Disease International (ADI), UK

Source: <http://bit.ly/PJzNRO>

Cost:

Free

Developer:

Federazione Alzheimer Italia (AI) [Italy-based patient group specialising in Alzheimer's disease]



AlzNav

Android: <http://bit.ly/N1pvtB>

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/OWoFOo>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

A tracking and navigational app for people with the initial stages of dementia (including Alzheimer's disease). Intended to enhance the user's personal autonomy by increasing their sense of safety when going outdoors (while also easing the caregivers' concerns, by reassuring them that they will be alerted if the user gets lost, or needs help). Facilities include: a simple walking navigator displaying the correct direction to get the user home, combined with detection of whether the user leaves a set safety area; in which case, the user is alerted, and SMS alerts are sent to designated caregivers with the user's location. Three levels of complexity allow the app to be tailored to each user's needs.

Reviews:

Recommended by AGE Platform Europe (AGE) and by the European Disability Forum (EDF) as part of the 2011 Vodafone Foundation's 'Smart Accessibility' competition

Source: <http://bit.ly/OWoFOo>

Cost:

Free

Developer:

Fraunhofer Portugal AICOS [*Portugal-based research centre specialising in assistive information technology*]



Amber Homeless Helper

Android: <http://bit.ly/TngQ7z>

Apple: <http://bit.ly/u2jzAl>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/MGlxL1>

Languages: English

Number of languages: 1

Countries of use: UK

Summary:

Helps people in the UK who are homeless (and their providers of social care) to locate resources within a given geographical radius of their phone. The user can search for the category of resources required (for instance, a day centre). Information about the resource (such as cost, opening hours, etc) is supplied. Navigation instructions and a map plot a route to the resource by bus, car, or on foot. The app relies on the principle that ownership of smart phones has become so ubiquitous that many (perhaps even most) people who are homeless own one.

Reviews:

“We have often found that many homeless people (and the professionals working with them) are unaware of the many places offering support in the country today. As the majority of homeless people who Amber supports have mobile phones, we felt that a free app was an effective way of helping to signpost charities and other organisations offering services.”

Charles Drew, CEO, Amber Foundation, UK [reported in local UK media]

Source: <http://bit.ly/MGMvqt>

“The ‘Amber Homeless Helper’ is a free app providing information on many of the services available to young homeless people throughout the country. It is designed to provide as much information as possible to help people find the right support.”

Young People's Housing Advice, UK

Source: <http://www.yhdevon.co.uk/links>

Cost:

Free

Developer:

Amber Foundation [UK-based charity specialising in care for people who are homeless]
Nail Soup Ltd [UK-based ICT consultancy]



Angry Birds

Android: <http://bit.ly/HfLg49>

Apple: <http://bit.ly/6XfwgR>

Blackberry: <http://bit.ly/wFo4j6>

Nokia: <http://bit.ly/6m5b6s>

Windows Phone: Variants of 'Angry Birds' available

Other weblinks: –

Languages: English, Chinese, French, German, Italian, Japanese, Spanish

Number of languages: 7

Countries of use: Any in which the user is familiar with one of these languages

Summary:

A game involving characters modelled on birds and pigs, and which is said to feature physics-based gameplay. Each level in the game requires force, logic, and skill to solve.

Reviews:

"It is a genius app, addictive in a healthy sense, and providing quality 'mindfulness' (in the current jargon). Very absorbing. Great for anxiety, in particular, but also for depression. There are probably some excellent self-management apps for people with mental illness, but I'm not aware of them. The scope is enormous in terms of social connection, information, and coping resources (for example, soothing, distracting, etc)."

Star Wards—Inspiring Patient Care, UK

Source: PatientView survey, July-August 2011

"Health apps lack engagement because the people who design them are not usually the demographic who uses them. Take 'Angry Birds'. AB was designed by gamers—people who play games all the time, and appreciate how to grab, and hold, your attention. The designer has the same goal as the player—become immersed in a new and engaging game. If the healthcare folks can bring the gamers on board at the design phase, they might be able to make mobile solutions that engage people, like 'Angry Birds' does."

Blogger on Prepared Patient Forum, USA

Source: <http://bit.ly/mGe5nH>

Cost:

Free on Android and Nokia;

£0.69 [approximately €0.85] on Apple;

\$4.99 [approximately €3.96] on Blackberry

Developer:

Rovio [*Finland-based game app designer*]



Apo-App

Android: <http://bit.ly/MBQa3Z>

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: German

Number of languages: 1

Countries of use: Austria

Summary:

Shows the pharmacies in the user's local area via GPS tracking. Pharmacies are ranked according to distance, and directions are displayed on a map. Specifies the on-duty pharmacies that are open on rotation outside of normal shop-opening hours. Data is updated daily by the developer, the Oesterreichische Apothekerkammer [Austrian Chamber of Pharmacists]. Tapping the app allows the user to communicate directly with a chosen pharmacy, to enquire whether products are in stock.

Reviews:

“You can always find the nearest open pharmacy. Over 50% of the patients with whom we are familiar use the app.”

Wir Diabetiker Niederösterreich [We Diabetics of Lower Austria], Austria

Source: PatientView survey, July-August 2012

“Rapid and accurate information. You quickly find the nearest pharmacy. Provides opening times, and a detailed map of directions over the Internet. You can connect over the phone to the needed pharmacy. It shows the nearest pharmacies open in the near future. Night services are specially marked in blue.”

Behindertenvertrauenspersonen [Disabled People's Trust], Austria

Source: <http://bit.ly/QaOvI8>

Cost:

Free

Developer:

Oesterreichische Apothekerkammer [Austria-based professional tradesbody representing pharmacists]

Paura di
VOLARE?
No Problem!

App Paura di Volare? [Fear of Flying App]

Android: <http://bit.ly/OqfEAT>

Apple: <http://bit.ly/Q1bSNZ>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/P6yNme>

Languages: Italian [Other languages: 'Fear of Flying App' (ENG); 'Medo de Voar App' (PT); 'Vlieg App' (NL)]

Number of languages: 1

Countries of use: Italy, Switzerland (parts of)

Summary:

Aims to help the user overcome fear of flying. Provides information and tips about what to do to reduce the levels of fear before and during a trip. Gives factual details about what happens during take-off, cruising and landing, and discusses in-flight turbulence. An audio version of a relaxation exercise is included, and a 'Panic button' supplies therapy techniques. Can be used during a flight with the phone in 'airplane' mode. An Internet connection is not needed after initial download of the app.

Reviews:

"This Italian 'Fear of Flying' app, the 'Volare' app, is based on a scientifically-proven treatment method. It is not therapy. 1%-5% of the people with whom we are familiar have used a test version of the app."

VALK Foundation, Netherlands

Source: PatientView survey, July-August 2012

"Aims to provide a general set of effective tools for managing the fear of flying, based on the latest techniques for treating specific phobias of the situational type. Has a psychoeducational information area on fear of flying, a flight area (a series of 3D videos, with the person following a structured path of virtual-exposure therapy), a relaxation area, with four virtual environments to practice relaxing practice, and a panic button that can be engaged in any 'emergency' when the person feels that their fear is increasing, and they are no longer able to maintain control."

StopFear, Italy

Source: <http://bit.ly/N5wWyj>

Cost:

£2.41 [approximately €3.08] on Android;
€2.99 on Apple

Developer:

VALK Foundation [Netherlands-based multi-healthcare-stakeholder alliance specialising in flight phobia]

Zyrcadia BV [Netherlands-based app developer]



ArthritisID

Android: –

Apple: <http://bit.ly/OUq1Yu>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/O2YwQp>

Languages: English, French

Number of languages: 2

Countries of use: Any in which the user is familiar with either of these two **Languages**

Summary:

Contains information on detecting, treating and managing arthritis. Types of arthritis considered by the app include ankylosing spondylitis, gout, juvenile idiopathic arthritis, lupus, osteoarthritis, psoriatic arthritis, and rheumatoid arthritis. Information on the prevention of arthritis includes facts about exercise, diet and nutrition. Treatment strategies and details about medication are discussed. An interactive arthritis screening tool and questionnaire helps the user detect indications of arthritis. Personal information about arthritis screenings can be saved.

Reviews:

“The most current and accurate arthritis research together in one single place.”

Arthritis Consumer Experts (ACE), Canada

Source: <http://bit.ly/O2YwQp>; and PatientView survey, July-August 2012

Recommended by Arthritis New Zealand

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

Arthritis Consumer Experts (ACE) [*Canada-based patient group specialising in arthritis*]



AsthmaPulse

Android: –

Apple: <http://bit.ly/ORTnud>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Reviews:

“I use ‘AsthmaPulse’, which I have found very good.”

Asthma UK Forum, UK

Source: <http://bit.ly/ORwYyK>

Recommended by the World Asthma Foundation (WAF), USA

Source: <http://bit.ly/PXdxzL>

Cost:

£2.49 [approximately €3.18]

Developer:

Enemra Inc [*USA-based app developer*]

Summary:

A tool for monitoring and managing asthma. Allows the user to track symptoms quantitatively, with the aim of uncovering patterns and variations that may lead to the onset of asthma attacks. Such triggers can then be tracked on the app, and (hopefully) better managed. A daily asthma journal contains key data (including peak-flow readings), plotted on easy-to-read, color-coded graphs. A personalised asthma action plan can be set up, coordinated with the user's doctor. Also offers access to the latest asthma-related news. Password protected.



asthmaTrack

Android: –

Apple: <http://bit.ly/RftKLF>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, French, German, Italian, Spanish

Number of languages: 5

Countries of use: Any in which the user is familiar with one of these languages

Summary:

Allows the user with asthma to record event information (such as environmental conditions, symptoms, treatments, and vital signs) that may be relevant to asthma. Pre-loaded event templates can be customised to log important information. Records can be saved, then emailed for archiving, printing, or sharing with a doctor. Multiple logs can be kept, perhaps for family members. Information is stored locally on the user's phone (waiting to sync, upload or login to a remote site is therefore unnecessary).

Reviews:

"I'm using asthmaTrack, which is a bit better than AsthmaMD. You can customise your zones, etc, but it does have an annoying quality—you have to put in 'None', 'Light', 'Medium', etc, for symptoms. I'd rather have a number rating, or something else, as, often, I don't feel like this allows enough discrimination. I'd never put 'Severe', unless I was having a full-on attack. But this leaves me with only 'Light' and 'Medium'—not really enough for a proper description. Plus, you can't add triggers (and it doesn't have all of mine). But, otherwise, it is OK. It does have a proper chart that records your actual peak-flow (PF) readings, rather than weird estimates. Also, it has sections in which you can write what you like, so you can say more about symptoms, triggers, etc. I've not yet found an asthma app I'm really happy with, though. I wonder if any of the developers of the existing apps asked asthmatics what they wanted?"

Asthma UK Forum, UK

Source: <http://bit.ly/OS1QxM>

Cost:

£1.49 [approximately €1.85]

Developer:

dangerDown LLC [USA-based web designer]



BabyESP

Android: <http://bit.ly/MGnC9E>

Apple: <http://bit.ly/OawofY>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Bokmål, Chinese, French, German, Japanese, Korean, Norwegian, Polish, Spanish, Swedish

Number of languages: 11

Countries of use: Any in which the user is familiar with one of these languages

Summary:

Allows parents to log and track the activities that are necessary when looking after their children. The app can log: bath sessions; bottle- or breast-feeding sessions; growth (head circumference, length, weight); medicines given; nappy changes; sleep (day-time naps and night time); plus other custom activities, including a daily journal for notes and photographs. Statistics can show averages and totals of activities, to aid in spotting trends, understanding the baby's schedule, and predicting behaviour. Reminders can be issued. Information for multiple children can be logged. Data can be synced between devices, and emailed to caregivers, doctors, relatives, etc.

Reviews:

"I have an app which I love, called 'Baby ESP' (eat, sleep, poop). This app tracks sleep, but also tracks baths, bottles, diapers, meds, nursing, pumping, etc. It also can give you stats and charts for the day, week, month, or all time. It can also be synced with other caregivers, and can be emailed and printed. It's the most used app on my phone, and I can't say enough good things about it. I believe it was \$5, and I would have paid more. I love it."

Blogger on BabyCenter forum, USA

Source: <http://bit.ly/MYr2Qw>

Cost:

£2.99 [approximately €3.76]

Developer:

LeanMeanTech Inc [USA-based app developer]



Back to Action

Android: <http://bit.ly/QxywNj>

Apple: <http://bit.ly/MAoeZI>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/ornxKg>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Contains exercises for people with ankylosing spondylitis (AS). Can be used as part of a normal daily exercise routine, at home, or in a gym. Categories of exercise include: breathing exercises, cardiovascular, flexibility and mobility. An exercise diary sets out a potential week of exercises. Also provides information about other classes and about sports suitable for people with AS. One section explains AS for gym staff.

Reviews:

“We have tried to make the programme as clear, straightforward and enjoyable as possible. Included in the app are: a recommended warm up; written and visual guides on 31 exercises; 23 videos spanning all five sections; and audio clips on all exercises.”

National Ankylosing Spondylitis Society (NASS)

Source: <http://bit.ly/ornxKg>

“The exercises in this NASS app are all professionally recommended by expert physiotherapists.”

National Ankylosing Spondylitis Society (NASS), Crewe branch, UK

Source: PatientView survey, July-August 2012

“NASS are delighted to announce that the new ‘Back to Action’ exercise app has had more than 900 downloads since it was launched two months ago, and is receiving some fabulous reviews.”

Arthritis and Musculoskeletal Alliance (ARMA), UK

Source: <http://bit.ly/MSEqKf>

Cost:

Free

Developer:

National Ankylosing Spondylitis Society (NASS) *[UK-based patient group specialising in ankylosing spondylitis]*

Apache Solutions Ltd *[UK-based app developer]*



Beat Panic

Android: –

Apple: <http://bit.ly/v02o8d>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Designed to guide a user through a panic attack, or through an episode of raised anxiety. Displays a series of flash cards in soothing colours. Intended especially for use away from home (but can also be used in the home setting). Aims to help the user focus thoughts, slow breathing, reduce heart rate, and release tension.

Reviews:

“Easy to use, and very effective. But it needs to be available on more platforms. 1%-5% of the people with whom we are familiar use the app.”

West Sussex Wellbeing Initiatives, UK

Source: PatientView survey, July-August 2012

“This is such a good idea. Just downloaded it. I really needed something for when I’m panicking on a train full of people or something, and I can’t just run around like a headless chicken. This is discreet, but feels like someone talking you through it. I haven’t used it in a panic attack yet, obviously, but watching it run through made me smile, because it’s exactly the kind of thing you need to think when in a panic.”

Blogger on No More Panic, UK

Source: <http://bit.ly/Ma5e8L>

Cost:

£0.69 [approximately €0.88]

Developer:

Jane Anderson-Hawkes [*UK-based app developer and sufferer from panic attacks*]



BHF PocketCPR

Android: <http://bit.ly/MQwLUK>

Apple: <http://bit.ly/O2XHqR>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/wyqJHa>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Reviews:

“This British Heart Foundation app teaches hands-only CPR. It has a training video, and also uses the technology in the phone to allow you to measure the rate and depth of your practicing CPR with your phone on a cushion or bed. 31%-40% of the people with whom we are familiar have the app.”

British Heart Foundation (BHF), UK

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

British Heart Foundation (BHF) [UK-based patient group specialising in heart conditions]
Bio-Detek Inc [USA-based medical device company]

Summary:

Provides real-time feedback and visual and audio instructions on how to learn and practice hands-only cardiopulmonary resuscitation (CPR). Utilises the accelerometer hardware in the phone to measure the rate and depth of the user's practice compressions, warning whether pushes need to be faster or slower, harder or softer. A metronome paces chest compressions. Can capture CPR compression and accelerometer data, allowing the user to record the quality of their training. Results can be emailed.



BIG Launcher

Android: <http://bit.ly/Lw5sqd>

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/OWoFOo>

Languages: Arabic, Chinese, Croatian, Czech, Danish, Dutch, English, Estonian, Finnish, French, German, Greek, Hebrew, Hindi, Hungarian, Italian, Indonesian, Japanese, Korean, Lithuanian, Malay, Norwegian, Polish, Portuguese, Romanian, Russian, Slovak, Spanish, Swedish, Thai, Turkish, Vietnamese

Number of languages: 32

Countries of use: Any in which the user is familiar with one of these languages

Summary:

A simplified phone 'home' screen for older people, and for people with visual impairment (and even for anyone who dislikes numerous phone icons). Replaces the common user interface of any Android phone. Designed for readability and ease of use; large texts and large colorful icons help the user to access the phone's most important facilities. Controlled by single touches, with no swipes or long presses. Shortcuts and lists give access to apps. Three font sizes allow the screen to be tailored to the user's degree of sight disability, while 'TalkBack', an open-source Android screenreader, offers spoken feedback for blind users.

Reviews:

Recommended by AGE Platform Europe (AGE) and by the European Disability Forum (EDF) as part of the 2011 Vodafone Foundation's 'Smart Accessibility' competition

Source: <http://bit.ly/OWoFOo>

"Providing an oversized, simplistic presentation style, 'BIG Launcher' increases the size of text, and places applications on the home screen in colourful square boxes. This app also supplies a large 'SOS' button, which allows the user to call a pre-determined phone number, or send an emergency text message with GPS coordinates. All functions can be customised for ideal visibility and use."

Living Well with Disability, USA

Source: <http://bit.ly/MFxbmR>

Cost:

£2.99 [approximately €3.76];
'demo' version free

Developer:

Cofis CZ sro [*Czech-based developer of websites and apps*]



Blackouts Checkapp

Android: –

Apple: <http://bit.ly/ONzoNk>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/lkrVwt>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Assesses whether a user might be at risk of blackouts. Developed for people with epilepsy, psychological problems, or syncope (and also intended for use by their family members or carers, or by medical professionals). After the user has answered a checklist of questions related to blackout, the app awards a red or green 'flag', depending on whether the user seems at high risk of blackouts, or is more likely to experience blackouts only of a simple, harmless type.

Reviews:

"We have developed a new app to identify blackouts which require medical attention. It is hoped that the app will go some way to prevent misdiagnosis, and help identify potentially fatal blackouts for medical attention. The app provides us with a new medium to reach patients and professionals, to ensure that anyone presenting with blackouts receives the correct diagnosis, the appropriate treatment, informed support, and signposting to the appropriate medical professional."

Syncope Trust And Reflex anoxic Seizures (STARS), UK
Source: <http://bit.ly/RhipWf>

"Has been developed to enable patients, family members and doctors to go through questions relating to the high-risk causes of blackouts. Any high-risk characteristic of the patient gets a red 'flag', signifying that the patient should seek medical attention. If no red flags are found, the patient gets a green 'flag'."

Atrial Fibrillation Association (AFA), UK
Source: PatientView survey, July-August 2012

Cost:

£2.99 [approximately €3.76]

Developer:

Syncope Trust And Reflex anoxic Seizures (STARS) [UK-based patient group specialising in syncope]
Bright White Space [UK-based web design company]



Bladder Pal

Android: <http://bit.ly/TnuGH5>

Apple: <http://bit.ly/MGTjK9>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

A tool to track bladder health in both men and women. Contains a 'Voiding diary' to track fluid intake and urinary output. Output can be measured with a container known as a 'hat', purchasable at a pharmacy. Also provides an American Urological Association (AUA) 'Symptom score'—a questionnaire designed to help the user, in conjunction with a doctor, assess urinary symptoms and response to therapy. Note that measurements are listed in the app in cubic centimetres (CC), not millilitres (ml).

Reviews:

"The 'Bladder Pal' app, created by Ronald Yapp, MD, Concord Hospital, Dartmouth Medical School, was revealed at the America Urological Association (AUA) meeting, May 2012. This free mobile app has a 'Voiding diary' and an 'AUA symptom questionnaire'. The announcement was a hit in the Interstitial Cystitis (IC) Facebook community—in less than 12 hours, there were 84 likes, and 23 comments, on a post about the app."

Interstitial Cystitis Association (ICA), USA

Source: <http://bit.ly/MYwF19>

Cost:

Free

Developer:

Ronald L. Yapp *[USA-based medical professional specialising in urology]*



Blood Pressure Log

Android: <http://bit.ly/NIsCdu> [PlayGoogle pages also available in the app's non-English Languages]

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Chinese, Dutch, French, German, Hungarian, Italian, Polish, Portuguese (Brazilian), Spanish.

Number of languages: 10

Countries of use: Any in which the user is familiar with one of these 10 **Languages**

Reviews:

“Records your own blood pressure monitoring, and the trends. Helps in measuring your own blood pressure, and in working out the trends.”

Patient group specialising in autism-spectrum disorder, Spain

Source: PatientView survey, July-August 2012

Cost:

Free; ‘full’ version £1.19
[approximately €1.51]

Developer:

Lukasz Szmit [*Ireland-based app developer*]

Summary:

Allows blood pressure, pulse and weight readings to be tracked. Information that can be logged includes date and time of reading; heart rate (pulse); site and position; systolic and diastolic blood pressure (BP); weight (in kilograms or pounds); and comments. Data for an unlimited number of other users (such as family members) can be entered. Some data analysis based on recommendations by international medical professional bodies is also available. A full version of the app is identical, but without advertisements. The app loses its English title in languages other than English. For instance: ‘Blutdruck Logbuch’ (DE), and ‘Registro de presión arterial’ (ES).



Blow Up Balloon

Android: <http://bit.ly/OD5LPk>

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Offers an ability to test lung capacity. The user blows on the phone's microphone, and the app 'inflates' an on-screen 'balloon'. Score (determined by the speed with which the balloon is inflated) can be submitted to a global board.

Reviews:

“Advantages: the app makes children play while they focus on their breathing, and they start to understand what the lungs can do. **It is good at getting people to learn more about their lungs. Disadvantages:** it is not for people with unhealthy lungs, since you have to have a very strong blow to use it.”

Patient group specialising in respiratory conditions, Denmark

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

MTM HZStudio [*app developer*]



Body Fitness Pro

Android: <http://bit.ly/N7JbMC>

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Reviews:

Recommended by Roger Gunnarsson, Sweden-based Director of the Board, GAMIAN-Europe (Global Alliance of Mental Illness Advocacy Networks-Europe), Belgium

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

Health Team [*USA-based health and public relations company*]

Summary:

Exercise instructor demonstrating over 320 physical exercises (each shown in picture form with instructions). Exercises are categorised into those for arms, back, chest, core, lower body, shoulders, and also yoga.



Body Language – Expressions

Android: <http://bit.ly/MPgumE>

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Reviews:

“This is a body-language expression quiz. It helps identify facial changes when people are showing emotions.”

Group specialising in learning disorders, UK

Source: PatientView survey, July-August 2011

Cost:

Free

Developer:

Mazuzu [USA-based web development and graphic design company]

Summary:

Allows recognition training of fleeting facial expressions known as ‘micro-expressions’. Aims to improve skills in recognising fleeting expressions, and in deciphering concealed emotions—useful in the personal relationships of people with a learning disability, or people with a hearing impairment.



Borstkanker [Breast cancer]

Android: –
Apple: <http://bit.ly/O6OyPN>
Blackberry: –
Nokia: –
Windows Phone: –
Other weblinks: –
Languages: Dutch
Number of languages: 1
Countries of use: Netherlands

Summary:

Provides information about breast cancer and about treatment of the condition. Offers instruction in techniques of self-examination. Reminders to conduct regular monthly self examination can be set.

Reviews:

“Helps in the physical examination of the breast. 1%-5% of the patients with whom we are familiar use the app.”

BorstkankerVereniging Nederland [Netherlands Breast Cancer Association], Netherlands

Source: PatientView survey, July-August 2012

“On the app, you will see, step by step, how to properly conduct your own research. Chest research works best if you carry it out regularly; it must be in your routine. To get a reminder from the app, you can set an alarm. You can also find information on the app about diagnosis, treatment, and cancer aftercare. Specialists give explanations in various videos. To check whether you have understood the information, take the breast-cancer knowledge test. The app was developed on behalf of the Medical Center Haaglanden (MCH).”

Nederlandse Federatie van
Kankerpatiëntenorganisaties (NFK) [Netherlands
Federation of Cancer Organisations], Netherlands
Source: <http://bit.ly/NE1SeF>

“The MCH app includes general information, facts and frequently-asked questions about breast cancer, and has videos in several languages (Arabic, Dutch, English, and Turkish). Also, the app offers the ability to ask MCH care professionals questions via <http://www.mijnmch.nl>. Another feature of the app is the ability to write down questions, and capture photographs, in preparation for a visit to the doctor, and to easily contact the MCH.”

Stichting Mammrosa, Netherlands
Source: <http://bit.ly/Q6mme7>

Cost:

Free

Developer:

Medical Center Haaglanden (MCH)
[Netherlands-based hospital]
Dutch Application Company BV
[Netherlands-based app designer]



Brain Map

Android: –

Apple: <http://bit.ly/M8WsYG>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/Mmz2un>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Highlights the importance of the brain by showing its numerous functions on a 3D model of the head—which can then be superimposed over photos of the head of the user, friends, etc. The user can see where the parts of the brain are located. Clicking on a region of the brain launches information about that area. Also contains information about dementia in general, and Alzheimer's disease in particular.

Reviews:

“The Alzheimer's Society is pleased to announce the release of our first app, 'Brain Map'. It has been developed so that everyone can learn more about the brain and dementia. You can snap a photo of your friend's brain, and then rotate our 3D model to examine the different parts of the brain, and find out what each bit does. What does the cerebellum control? Why is the brain stem so important? Just what is the limbic system? Find out the answers to all these questions, and more, by downloading our free 'Brain Map' app.”

Alzheimer's Society, UK

Source: <http://bit.ly/Mmz2un>

Recommended by Alzheimer Europe (AE), Luxembourg

Source: <http://bit.ly/NUJhce>

Cost:

Free

Developer:

Alzheimer's Society [UK-based patient group specialising in Alzheimer's disease]

BrainyApp

Android: –

Apple: <http://bit.ly/tPbA3b>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/MmzdG5>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Aims to help users rate and track their brain health. Contains a brain-health survey, showing a brain health score with personalised recommendations on improving brain health. Brain games offer a brain 'work out'. Brain health 'points' are awarded on the basis of performance in a range of activities (including exercise, eating well, getting health checks, keeping an active mind, and managing smoking and alcohol intake). Progress on these 'points' can be tracked over time. Facts and brain-health scores can be shared with friends and family.

Reviews:

"An evidence-based app that lets users monitor and improve their brain-heart health, and helps them live a brain-healthy life. This is important to help reduce the risk of developing Alzheimer's disease, and other forms of dementia. It has no disadvantages, and is a world-first brain-health app. Designed by us and Bupa Health Foundation, it has hit number one in the Australian App Store, with 41,000 downloads in just 48 hours. The rapid success of 'BrainyApp' demonstrates that Australians are eager for information and strategies to help them improve their brain health. It would be good if the app was a 'game changer' in persuading governments to take dementia risk-reduction seriously. 41%-50% of the patients with whom we are familiar use the app."

Alzheimer's Australia

Source: <http://bit.ly/Mmzfh0>

"Raises awareness of the risk factors for Alzheimer's disease and other types of dementia."

Alzheimer Europe (AE), Luxembourg

Source: <http://bit.ly/Po6tPV>

Cost:

Free

Developer:

Alzheimer's Australia *[Australia-based patient group specialising in Alzheimer's disease]*

Bupa Health Foundation of Australia *[Australia-based charitable foundation specialising in healthcare]*

b2cloud Pty Ltd *[Australia-based app developer and social media consultancy]*



British Heart Foundation Recipe Finder

Android: <http://bit.ly/N8QEZa>

Apple: <http://bit.ly/hEdxoX>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/fX8kit>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Offers a selection of heart-healthy recipes checked by British Heart Foundation (BHF) dieticians. Contains nutritional values, with easy-to-understand traffic-light colours; a quick search option (by course, main ingredient, type of cuisine and dietary requirements); a 'Favourites' selection of recipe; shopping lists of essential ingredients; and a range of dishes from different countries (such as vegetable biryani, plum batter dessert, and chicken/broccoli risotto).

Reviews:

"This British Heart Foundation app helps users improve their diet. The app provides simple recipes that are all good for your heart health. Great meal options for people with cholesterol, high blood pressure, and/or diabetes. If you're being more careful about what you eat because of high blood pressure, high cholesterol or diabetes, this app is a great help, as it offers recipes under that categorisation. 6%-10% of the patients with whom we are familiar use the app."

British Heart Foundation (BHF), UK

Source: PatientView survey, July-August 2012

Recommended by the Coronary Artery Rehabilitation Group (CARG), Canada

Source: <http://bit.ly/O2Xrll>

Cost:

Free

Developer:

British Heart Foundation (BHF) *[UK-based patient group specialising in heart conditions]*
Precedent *[UK-based communications consultancy]*



Buddy

Android: –

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/NjERtK>
[app can only be downloaded from here]

Languages: English

Number of languages: 1

Countries of use: UK

Summary:

An app for medical professionals to purchase, and then to pass on to their patients. Enables people with a mental health problem to overcome shortcomings with memory by digitally recording their moods and activities for their doctor. Users can keep a daily diary, access web tools to help them understand their condition, set personal goals, and receive prompts to achieve those targets. Appointment reminders inform about dates with healthcare professionals. The app aims to improve outcomes for people with a long-term mental health condition, and to enable medical practitioners to support their patients more effectively.

Reviews:

“Following a trial in London, it is being rolled out across 10 areas in the UK. I’ve been sent a bunch of positive quotes about the app. But don’t bother with those, as it’s probably better for people to see for themselves what it’s like.”

Adult Care blog, Community Care, UK

Source: <http://bit.ly/xzgRV6>

Cost:

Free to the patient. To the medical professional: £20-£40 [approximately €25.35-€50.71], depending on patient numbers

Developer:

Sidekick Studios *[UK-based digital product design and innovation consultancy]*
South London and Maudsley NHS Trust *[UK-based local healthcare provider specialising in mental health services]*



Calorie Counter – ShapeUp Club

Android: <http://bit.ly/Ow4p69>

Apple: <http://bit.ly/NQUlc3>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Bokmål, Norwegian, Danish, French, German, Italian, Spanish, Swedish

Number of languages: 9

Countries of use: Any in which the user is familiar with any of these **Languages**

Reviews:

Recommended by Roger Gunnarsson, Sweden-based Director of the Board, GAMIAN-Europe (Global Alliance of Mental Illness Advocacy Networks-Europe), Belgium

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

Sillens AB [*Sweden-based company specialising in weight-loss information*]

Summary:

Food and exercise diary aimed at European users. Food entries can be recorded in grams, and weight recorded in either kilograms or stones and pounds. Allows a personalised weight plan to be created around weight and nutrition goals. Tracks customisable daily calorie and nutrient information, and fruit and water intake. Also tracks body measurements, including those of arms, body fat, hips, and waist. Displays the user's progress in charts. Daily comments can be written, and before-and-after photos added. Has a barcode scanner. Provides access to a database of 400,000 food items. Password protected. No advertisements. Works without an Internet connection. Can be backed up.



Calorie Counter by FatSecret

Android: <http://bit.ly/AlyNRI>

Apple: <http://bit.ly/4QHaa1>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Chinese, Dutch, French, German, Indonesian, Italian, Japanese, Korean, Polish, Portuguese, Russian, Spanish, Swedish

Number of languages: 14

Countries of use: Any in which the user is familiar with one of these languages

Summary:

Allows a user to find nutritional information about food, and to track meals, exercise and weight. Favourite foods, brands and restaurants can be accessed with a 'Quick pick' facility. Various diaries include a food diary (to plan and track food eaten); an exercise diary (to record calories burned); a diet calendar (to see calories consumed and burned); a weight tracker; and a progress journal. Also contains a barcode scanner and recipes.

Reviews:

"I've been using 'FatSecret' for about six months, with no problems. Things I like about it: good mobile app; can set nutrient tracker to show net carbs, instead of total carbs; has an iGoogle widget, so that I can make quick updates from my home page; large database of foods; easy to use. What I wish it could do: Better reporting. Would love to be able to view full nutritional data, so I could track vitamin and other nutrient intake, instead of just calories, fat, protein and carbohydrates."

Blogger on the AskMetaFilter site, USA

Source: <http://bit.ly/fnEuv2>

"I found a great calorie counter app, and it's free. Try 'Calorie Counter by FatSecret'. It has a location setting which allows you to choose UK, and has loads of UK foods. I think it's brilliant."

Blogger on the Board Reader site, USA

Source: <http://bit.ly/M8RqLQ>

"I had been using 'FatSecret', but the app kind of sucks for logging food that it doesn't already know about."

Blogger on the AskMetaFilter site, USA

Source: <http://bit.ly/fnEuv2>

Cost:

Free

Developer:

FatSecret [USA-based online diet, nutrition and weight-loss community]



Calorie Tracker Lite – Livestrong.com

Android: <http://bit.ly/Oj6XXg>

Apple: <http://bit.ly/PG8SWo>

Blackberry: <http://bit.ly/PnTxtr>

Nokia: –

Windows Phone: <http://bit.ly/rZqwZ1>

Other weblinks: <http://bit.ly/kQGt5l>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Help the user to reach diet, weight loss and fitness goals (whether losing, maintaining or gaining weight) by tracking daily exercise and daily calorific, fat, carbohydrate, and protein intake. Allows access to Livestrong's online database, 'MyPlate', containing over 1.3 million food and restaurant items. Sets personalised daily calorie intake based on goals. Water tracking helps the user stay hydrated. Daily weight-goal reminders can be sent. The payable version of the app allows synchronization with the Livestrong.com website.

Reviews:

“This app is the complete package. Provides healthy insights, calorie counters, and helps you avoid foods that aren't healthy for you. The app also helps you keep tabs on what you're eating. Has a database of 1.3 million food and restaurant items, making it's simple to keep track of everything that you eat.”

Work School Eat Play blog, USA

Source: <http://bit.ly/QjFfxa>

“I use the ‘Livestrong DailyPlate’ app. This app has an extensive database of foods, updated by users (be sure to check the serving size). Anyway, when you bring up the food, it shows all nutritional data, including carbs. And, it is a great tool to help you lose weight, too.”

Blogger on Insulin Pump Forums, USA

Source: <http://bit.ly/MHdFCi>

“I have been a die-hard ‘Livestrong’ tracker for a while now, and I really debated between the ‘Lose It’ app and the ‘Livestrong’ app. The ‘Lose It’ app is free, and the ‘Livestrong’ app is \$2.99. Not a huge investment, but not free. Also, while the food database on the ‘Lose It’ app isn't as big as that on the ‘Livestrong’ app, the ‘Livestrong’ app seems to be really buggy, and crashes a lot. I'm going to use the ‘Lose It’ app, and if the reviews for the ‘Livestrong’ app improve, I might switch. But I hate buggy software that crashes.”

Blogger on 3 Fat Chicks, USA

Source: <http://bit.ly/SUltGd>

Cost:

‘Lite’ (ie free) version only available on Apple.

Full version: £1.91 [approximately €2.37] on Android;

£1.99 [approximately €2.52] on Apple;

\$2.99 [approximately €2.37] on Blackberry and Windows Phone

Developer:

Livestrong.com [USA-based patient group specialising in cancer and general health and fitness]



CalorieKing Australia Calorie Counter

Android: –

Apple: <http://bit.ly/o5x8pu>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English (though the listed fast food chains and restaurants are Australian)

Reviews:

“Carb counting. 6%-10% of the patients with whom we are familiar use the app.”

Patient group specialising in diabetes, Australia

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

CalorieKing [*USA-headquartered and Australia-based weight loss company*]

Summary:

Allows the calorie, carbohydrate, fat, and kilojoule content of foods to be checked. Lists over 22,000 foods. Tapping on a specific food shows more detailed information about its content, including: alcohol, cholesterol, fibre, saturated fat, sodium, and trans fat.



Cancer iOncolex

Android: –

Apple: <http://bit.ly/R28t1S> (3 cancers); <http://bit.ly/QIHA4t> (lung cancer)

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/P5hzJS>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Reviews:

**Recommended by the Kreftforeningen
[Norwegian Cancer Society], Norway**

Source: <http://bit.ly/MmNNAG>

Cost:

Free version covers lung cancer only; 'full' version 56.00 Kroner [approximately €7.00] covers 3 cancers

Developer:

Institute for Medical Informatics [*Norway-based university hospital*]

Summary:

Provides patients (and their carers and families) with information on up to three cancers (breast, lung and prostate), supported by interactive illustrations, photos and videos. A medical dictionary gives simple explanations of medical terms. Has a search function, and users can store their own bookmarks. Text, images and illustrations run without a network connection, which is only needed for viewing videos.



Cancer Signs and Symptoms

Android: <http://bit.ly/QreuUF>

Apple: <http://bit.ly/dF4pJz>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/mmvx75>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Provides information about some of the possible symptoms of cancer. Intended to increase public awareness of cancer, and to help people who may be developing the condition to present more quickly to their doctors—thus increasing the chance of earlier diagnosis, which can, in turn, lead to better potential outcomes.

Reviews:

“A technological solution to the problem of late diagnosis of cancer? This is where our new app comes in. The app helps you to find out about the key possible signs and symptoms of cancer, and encourages you to get checked out should you ever notice any of these, or anything else that’s unusual for you. This is particularly important for the over-50s, because cancer is more common in this age group—but the principles apply to anyone. If you like our app, please do tell people about it, and help spread the word that spotting cancer early can make a real difference.”

Cancer Research UK

Source: <http://bit.ly/mmvx75>

“Cancer information in the palm of your hand.”

Cancer Buddies Network, UK

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

Cancer Research UK [UK-based patient group specialising in cancer]



Capzule PHR

Android: –

Apple: <http://bit.ly/OiLePp>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Chinese, Danish, Dutch, French, German, Italian, Japanese, Korean, Portuguese, Russian, Spanish

Number of languages: 12

Countries of use: Any in which the user is familiar with one of these languages

Reviews:

“I just found a new app today which looks pretty good. It’s called ‘Capzule PHR’. You can add family members, and send the info to another phone, so everyone has the info they need.”

Blogger on CushieBlog, USA

Source: <http://bit.ly/PJ5U45>

Cost:

\$9.99 [approximately €7.95; £6.42]

Developer:

Webahn Inc [USA-based app developer]

Summary:

A password-protected personal health records app. Allows doctors’ appointments to be stored, medications listed, summaries and graphs to be emailed, health statistics and self-health screening tracked with flowsheets, notes entered, and results and files uploaded. Documents can be scanned into PDF using the phone’s camera, and data backed up on iCloud.



CarbFinder

Android: –

Apple: <http://bit.ly/Mmv4Sk>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

“I have no problem using ‘CarbFinder’ in the UK, although most of them are American. This software allows you to delete or add items as you like, and can update more items. It also has food in the restaurants—such as Pizza Hut, McDonalds, Subway, and Starbucks (meaning that I can have my favourite caramel frappuchino). I have nothing to do with this company, but I am on a carb-counting regime, and find this is really useful, myself.”

Blogger on Diabetes Forums, USA

Source: <http://bit.ly/OhsZtt>

Summary:

Searchable food database for people who want to monitor their calorie, carbohydrate, and fat consumption. Designed primarily for people with diabetes. The database of over 7,000 foods is constantly updated automatically, yet is contained within the phone (rather than online), speeding up search times. Portion sizes are customisable; food items can be added; restaurants featured include most of the best-known ‘fast-food’ outlets.

Reviews:

“‘Carb Finder’ is great. The categories of food are alphabetical, and there are many choices within a food selection. There’s a search, 22 restaurants since last update, and you can build a plate. When you pick a food, you can ‘dial’ the amount or weight in grams. Oh, and you can add choices to a ‘favourites’. Hope this helps.”

Blogger on TuDiabetes—a programme of the Diabetes Hands Foundation (DHF), USA

Source: <http://bit.ly/O9L6TL>

“After hours of searching, trying, deleting and searching again, I found the app I have been looking for. I use carb factors when calculating meals for my autistic type-1 diabetic son. This makes it super easy to figure how many carbs he is eating. I fix as much as he wants, then calculate the carbs in the food by its weight. Much easier than using the serving size on the package, and finding out he doesn’t want that much, or he wants more, but not twice as much. Know what I mean? This is very accurate, since it calculates how many carbs are in each gram of food. Now, I can store the info, and even use it to make the calculations for me. All I have to do is weigh the item, and then enter the weight into my new app. ‘CarbFinder’ is wonderful. I can add my foods to it, and never have to worry about recalculating them again.”

Blogger on the Children with Diabetes site, USA

Source: <http://bit.ly/QjDBvy>

Cost:

Free

Developer:

Beachdog Enterprises [*USA-based software publisher*]



Carbs & Cals

Android: <http://bit.ly/MHXtVO>

Apple: <http://bit.ly/OnbTsj>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Allows the user to count the amount of calories and carbohydrates contained in food and drink by consulting the app's 1,400-plus photographs of food and drink items. The payable, full version of the app lists over 500 food and drink items, while the 'Lite' version lists only 34 such items (both versions identical otherwise). Calculations to figure out carbohydrate and calorie content are unnecessary; the user matches the food on their plate with photographs in the app, chooses the correct portion size (up to 6 portion photos for each food item), and adds the result to the built-in 'meal calculator'. Details of each meal can be saved into the integrated calendar, so that the daily consumption of carbs and cals can be tracked.

Reviews:

"You look up the carbohydrate value of foods you are eating, so that you know how much insulin to inject. You can also keep a food diary, and track meals you have eaten. 31%-40% of the patients with whom we are familiar use this app."

Local patient group specialising in diabetes, UK
Source: PatientView survey, July-August 2012

"'Carbs & Cals' is really good (though quite steeply priced). But it's all UK-based food, and has pictures of everything, so that you can judge your portion size. Most of the other carb databases I have used have all been centred around American food, so are not that relevant."

Blogger on diabetes.co.uk—the global diabetes community, UK
Source: <http://bit.ly/MH6n7G>

"It is useful, particularly in a restaurant. You can add up all the carbs in your meal, and it has the same pictures of portions as the pre-app book. Quite easy to use. It hasn't been updated in a while, though. I would kind of like them to add some different foods."

Blogger on diabetes.co.uk—the global diabetes community, UK
Source: <http://bit.ly/N2UjaY>

Cost:

'Lite' version free on Apple; 'full' version, £3.99 [approximately €5.02] on both Android and Apple

Developer:

Chello Publishing [*UK-based publisher and app developer*]



CardioTrainer

Android: <http://bit.ly/HWDKgd>

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Tracks indoor and outdoor exercise activities, and indicates how many calories were burned. Utilises a GPS, pedometer, and interactive heart rate monitor. Voice output encourages engagement in exercise routines. A racing option with a high-score recording allows competitive activity to be carried out.

Reviews:

“Assists in counting the calories burned when doing a particular type of exercise. Takes into account the speed of the exerciser, as well as the distance to calculate the total calories. 6%-10% of the people with whom we are familiar use the app.”

Patient group specialising in learning disorders, USA
Source: PatientView survey, July-August 2012

“2%-5% of the people with whom we are familiar use the app.”

Consumers Health Forum (CHF) of Australia
Source: PatientView survey, July-August 2012

“I really like the satellite GPS feature. You can track your entire workout, from start to finish, with longitude and latitude on the global map. This is something that really motivates me to work out and lose weight.”

Blogger on Obesity Discussion forum, USA
Source: <http://bit.ly/N8RANb>

Cost:

Free

Developer:

Noom Inc [*USA-based app developer*]

Image
not yet
available

CFSMapp

Android: Due on this platform from October 2012

Apple: Due on this platform from October 2012

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/MKuxhN>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

This app about coping with chronic fatigue syndrome (CFS) has a scheduled launch date of October 2012. For more information on the app, see comments by Fibromyalgia UK in 'Reviews'.

Reviews:

"This app is a sleep tracker, a symptoms tracker, a medications tracker, and an alarm system. It is also a journal, in which the user can log the severity of the pain, the location of the pain, the type of the pain. The app has charting, a report-writing facility, and allows printout and email. 1%-5% of our members have used a test version of the app."

Fibromyalgia UK

Source: PatientView survey, July-August 2012

Cost:

£3.99 [approximately €5.09]

Developer:

BodyMapps [UK-based social-enterprise health-app developer set up in 2012 by Fibromyalgia UK]



Cognitive Diary CBT Self-Help

Android: <http://bit.ly/MWTXUH>

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Aims to teach the user self-help tools of cognitive-behavioral therapy (CBT) as a means of challenging irrational thinking that might otherwise lead to anger, anxiety, depression, relationship conflict, or stress. Can customise a list of emotions/moods, and can add personal coping statements to a list of challenges. Allows the user's history of recorded events to be reviewed. Password protected. The app's methods are claimed to be shown in psychological research as effective in changing behaviour, emotions, and moods.

Reviews:

“On the plus side: it wonderfully walks individuals through a cognitive-behavioural therapy technique. It allows the user to create a record of their thoughts, and work through how they can challenge those thoughts, to come up with a better outcome. This therapy can be used to alleviate symptoms for several mental health issues. The down side of the app is that it does not connect with other apps, and only offers the one technique of addressing thinking patterns and challenging thoughts. There is not enough patient education. It would work much better in concert with web apps, such as ‘Beating the Blues’”

Patient group specialising in helping patients navigate national healthcare policy, USA

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

Excel At Life [*USA-based clinical and sport psychologist*]



Colonoscopy Prep Assistant

Android: <http://bit.ly/PFy0Zx>

Apple: <http://bit.ly/OSQyHq>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Designed for people with inflammatory bowel disease (IBD), such as Crohn's disease or ulcerative colitis, and who are scheduled to be given a colonoscopy. Helps the user keep track of the time between the drinks of liquid laxative taken in advance of the procedure. Aids them in the task of remembering how many such drinks have been taken. Specifies between a 'certain number of glasses' and 'until finished'. Additional features for the app are in a preparatory stage.

Reviews:

Recommended by the Irritable Bowel Syndrome Self Help and Support Group, USA

Source: <http://bit.ly/PFzmU8>

“Brett Shamosh, co-founder of WellApps, has ulcerative colitis, and must have colonoscopies annually because of his increased risk for colon cancer. During an examination, his doctor instructed him to drink eight glasses of liquid laxative every 10-15 minutes for two hours. “I used a notepad to tally the number of drinks, and a stopwatch to keep track of time. Then I decided that there should be an app for that.”

Brett Shamosh, co-founder and CEO of WellApps LLC
[quoted in an online press release publication]

Source: <http://bit.ly/QfIXBD>

Cost:

Free

Developer:

Medivo [USA-based company specialising in patient monitoring]

WellApps LLC [USA-based app developer]



Colour Therapy Anti Stress

Android: <http://bit.ly/NubTVx>

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, French, German, Italian, Spanish

Number of languages: 5

Countries of use: Any in which the user is familiar with one of these languages

Reviews:

Recommended by Roger Gunnarsson, Sweden-based Director of the Board, GAMIAN-Europe (Global Alliance of Mental Illness Advocacy Networks-Europe), Belgium

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

FMS2.com [*Italy-based company selling motor accessories*]

Summary:

Intended to reduce mental stress by demonstrating the therapeutic value of the seven basic colours of chromotherapy. Can be operated in most social situations. Also contains 15 songs that can be played while the user relaxes in colour therapy.



Confederacion Autismo España [Autism Confederation Spain]

Android: Available on Android

Apple: Available on Apple

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/MOgS8b>

Languages: Spanish

Number of languages: 1

Countries of use: Spain

Summary:

Provides access to, and allows users to participate in, the social networks of Autismo España [Autism Spain]. Updated in real time, the app carries information on events and activities undertaken by the autism groups within the Confederation of Autismo España. Videos and multimedia presentations about Confederation members are available. Users can email or telephone their queries to Autismo España. An operational email account is required for use of the app.

Reviews:

“In a clear commitment to the use of new technologies, Autismo España presents its app—a new way to interact with the Confederation, completely free, and full of surprises. The menu is created with pictograms, to make navigation intuitive.”

Autismo España [Autism Spain]

Source: <http://bit.ly/MOgS8b>

“Supplies a calendar and agenda of all of the activities of the Confederation of Autismo España.”

Patient group specialising in autism-spectrum disorder, Spain

Source: PatientView survey, July-August 2012

Recommended by the Federación Autismo Madrid (FAM) [Autism Federation of Madrid], Spain

Source: <http://bit.ly/MTYaeD>

Cost:

Free

Developer:

Autismo España [Spain-based patient group specialising in autism-spectrum disorder]



DAFNE Online

Android: <http://bit.ly/Qmmmtt>

Apple: <http://bit.ly/Op8TO8>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Allows the user to remain connected with the DAFNE Online support network for people with type-1 diabetes who have attended the ‘Dose Adjustment For Normal Eating’ (DAFNE) course. The app has a blood-glucose diary that allows blood-glucose levels, and carbohydrate and insulin intake to be recorded and uploaded to the user’s DAFNE online account. Blood-glucose targets can be specified for different times of day. Diary results are colour coded, to show below or above target. The app will auto-calculate insulin dosage. Backup of data can be set to manual or automatic. Also contains information about the carbohydrate content of portions (accessible without an Internet connection).

Reviews:

“If you have diabetes, and have done the DAFNE course, this app is great. You can keep a diary, and it also has a comprehensive list of carbohydrate values. 21%-30% % of the patients with whom we are familiar use the app.”

Patient group specialising in diabetes, UK

Source: PatientView survey, July-August 2012

“Straight off the bat, I really liked the user interface and navigation. It was so easy to get to the areas needed. I didn’t want to read any instructions, and didn’t have to, in this case. Menus and options are clearly laid out, and easy to read. I have been really impressed with the app, and feel that it offers lots of useful features.”

Doncaster Diabetic—Living Life, UK

Source: <http://bit.ly/MJKEMr>

Cost:

Free

Developer:

Keith Clarke; Simon Fisher (Simfish) [*UK-based app developers*]



DevContacts

Android: –

Apple: <http://bit.ly/M8UR5c>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

An app that aims to put a ‘human face’ to worldwide aid and poverty statistics, and to demonstrate progress towards United Nations (UN) Millennium Development Goals (MDGs). The app assigns each person listed in the user’s phone address book to one of 130-plus countries, and builds an imaginary scenario of their life, as if they had been born and raised there. The app brings interest value to information from the World Bank’s Data Catalog, and lists UN-sourced details for each country’s progress against the MDGs.

Reviews:

Recommended by the Communication Initiative (CI) Network, Canada

Source: <http://bit.ly/Qn3c17>

“I came across this little app called ‘DevContacts’. So, I downloaded it for free, and played around. The app creates a secondary contact list that randomly places contacts into different countries. You can see that I am ‘from Belize’, and can swipe over to see how the nation is progressing towards the MDGs. It is a clever way of seeing the challenges in each nation, and showing that a friend could have easily been born in that country. In many ways, it reminds me of the Save the Children (STC) ‘Lottery of Life’ campaign. It would be great if the app followed the lead of STC, and had people randomly selected for their nation based on global demographics. The number of people living in low- or middle-income countries would be striking, when seen to the relative smallness of the high-income world. Having the app for a few days now, I click in every so often, and learn something new each time.”

Tom Murphy, aid and development blogger, and Editor, A View From The Cave, USA

Source: <http://bit.ly/sGCpRk>

Cost:

Free

Developer:

DevDAS [Australia-based aid and development consultancy]



Diabetes UK Tracker

Android: –

Apple: <http://bit.ly/oZ3oRd>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/pmjMzB>

Languages: English, German

Number of languages: 2

Countries of use: Any in which the user is familiar with one of these languages

track how you are feeling, and see whether this affects your levels. Save specific records as ‘talking points’, to help you recognise patterns, and use them as reminders in healthcare appointments. This unique feature will help you get the most out of appointments by setting an agenda of your concerns.”

Diabetes UK

Source: <http://bit.ly/pmjMzB>

“The main benefits of the app are being able to keep track of blood sugar results, and seeing trends in your readings. You can store medical information, and doctors’ details. 1%-5% of the patients with whom we are familiar use this app.”

Local patient group specialising in diabetes, UK

Source: PatientView survey, July-August 2012

“I wouldn’t give it quite as many stars as four out of five. It seems to only like weight being entered in stones and pounds, which is a pain for us metric types. But, more importantly, it lacks an export, backup, restore function—I would consider that a little vital. If I do exercise, I have to add the fact as a note (but that’s OK). A body-mass indicator (BMI) calculator when entering weight would be useful, too.”

Blogger on diabetesupport, UK

Source: <http://bit.ly/RPImlc>

Cost:

Free

Developer:

Diabetes UK [*UK-based patient group specialising in diabetes*]

Summary:

Logs blood glucose, blood-fat and blood-pressure levels, calories, carbohydrates, HbA1c, insulin, ketones, and weight. Graphs visualise results across days and weeks. Photos of meals, or other reminders of the day, can be added. Specific records can be saved as ‘talking points’ to help in the recognition of patterns. Allows graphs and notes to be emailed to healthcare professionals and others, or shared on Facebook or Twitter.

Reviews:

“The app is aimed at helping people with type-1 and type-2 diabetes better manage their condition, and is an example of how technology can help people with diabetes minimise the risk of complications. It is designed to be quick and simple to use, taking the daily chore out of logging levels such as blood glucose, carbohydrates and calories. The app was designed by a team that included user experience professionals, clinical specialists and people with diabetes, to help you manage your condition. Although there are a number of diabetes tracker apps available, the Diabetes UK app has some unique features to give it the edge. It is the first diabetes app that allows you to



Diet & Food Tracker/Diet & Calorie Tracker

Android: <http://bit.ly/N35ksO>

Apple: <http://bit.ly/SUlycT>

Blackberry: <http://bit.ly/Q5clFK>

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

A food and calorie tracker with more than a million foods in its database. Contains a fitness tracker for workouts and calories burned, a 'Quick-glance view' of calories eaten and burned, and a weigh-in page that graphs weight and progress over time. All features require users to log in to the app over a Wi-Fi, 3G or Edge network connection. Registration to the SparkPeople website gives access to healthy-living articles, fitness videos, and recipes.

Reviews:

"SparkPeople offers a free diet app. The app includes a food and calorie tracker, customised daily meal plans, and a database of nutrition information on more than one million foods."

Livestrong.com, USA

Source: <http://bit.ly/O9SfDv>

"I use the SparkPeople website to track my food and exercise, and use the SparkPeople app because it links to my account there. It has a terrific database, and is easy to use."

Blogger on Low Carb Friends, USA

Source: <http://bit.ly/OEVhL3>

"I like SparkPeople pretty well. It's sort of obnoxious, taken at face value, because there's a lot of emphasis on joining groups, and exercise plans, and meal plans, and all that over-involved stuff. I'm not interested in any of that, though, so I just use it for the calorie tracking. It tracks calories, protein, carbs, and fat. Their own internal database is so-so, but there's a huge community-submitted database, from which I've yet to be able to find anything missing."

Blogger on the AskMetaFilter site, USA

Source: <http://bit.ly/fnEuv2>

Cost:

Free

Developer:

SparkPeople [USA-based company producing weight-loss websites]



Do Some Good

Android: <http://bit.ly/OZ9y55>

Apple: <http://bit.ly/gX3Znz>

Blackberry: <http://bit.ly/Ohtgg1>

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: UK

Summary:

Allows users to complete five-minute-long ‘volunteering’ tasks. Each task is intended to benefit UK charities partnering on the app with the developer, Orange UK. After completing 60 tasks, the user is designated an award. Charity partners include: Anthony Nolan; Care and Support Alliance; Leonard Cheshire Disability; Marie Curie Cancer Care; Mencap; Samaritans; and the Stroke Association.

Reviews:

“Mencap volunteers will be able to donate their time directly from their mobile phones thanks to a new app from Orange. Mencap is really excited about this app. We believe that it will put power back in the hands of people using services. The information that users submit via the app will be used by Mencap to campaign, to raise awareness about learning-disability issues, and to identify what services Mencap needs to provide (and where). It will also be used to support Mencap’s research strategy, so that Mencap can track the development of services for people with a learning disability.”

Mencap, UK

Source: <http://bit.ly/Ohtfb5>

“Download the app for your phone now, and our new ‘Action for Access’ survey will appear, on your screen, near the top of the app’s list. The user can then digitally map, rate and record how accessible your local High Street is from the palm of your hand. Get out there and get testing, and see how your High Street measures up on access.”

Leonard Cheshire Disability, UK

Source: <http://bit.ly/LNdVQh>

Cost:

Free

Developer:

Orange UK [*UK-based mobile network operator and Internet service provider (ISP)*]



Dosecast

Android: <http://bit.ly/OoKRRo>

Apple: <http://bit.ly/hh4woY>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, French, German

Number of languages: 3

Countries of use: Any in which the user is familiar with one of these three languages

Reviews:

“Helps patients on multiple medications to take their medications on time. More than half of the patients with whom we are familiar use the app.”

North Shore Prostate Support and Awareness (North Shore PSA), Canada

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

Montuno Software LLC *[USA-based developer of healthcare apps]*

Summary:

A reminder to take medications on time. Sends dose reminders with or without an Internet connection. Tracks the time zone for travellers, and adjusts reminders accordingly. Issues reminders on a daily/weekly/monthly schedule, every certain number of days/weeks, or a pre-set number of hours or days since the last dose. Overdoses can be avoided by setting a maximum number of doses allowed per day or per 24 hours. Drug name, dosage information, directions, and notes can appear in the reminders for each dose. Reminders can be postponed. Allows the tracking of drugs taken via drops, inhalers, injections, ointments, patches, sprays, and in liquid form.



Dr. McDougall Mobile Cookbook

Android: –

Apple: <http://bit.ly/QpEEHt>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Reviews:

“Very good tips for a healthy diet (vegan), and easy recipes for healthy meal.”

Pro Homine, Austria

Source: PatientView survey, July-August 2012

Cost:

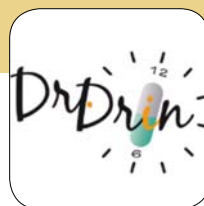
£2.99 [approximately €3.76]

Developer:

McDougall Media [USA-based nutritionalist]

Summary:

A cookbook that lists healthy foods. Contains 875 recipes. Also offers health tips and weight-loss tips, a ‘Meal finder’, and a ‘search’ feature.



Dr.DRIN

Android: Forthcoming

Apple: Forthcoming

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/T0IAir>

Languages: Italian

Number of languages: 1

Countries of use: Italy, Switzerland (parts of)

Summary:

Designed to help the user manage medication compliance. The user's treatment requirements can be entered into the app, which will issue reminders at the appropriate time of the day about the need to take the medication (in the prescribed doses), thus avoiding the risk that the user forgets the medication (or takes it twice by mistake). 'Dr.Drin' checks that medications have been taken (or not taken) on the day, and allows reports about compliance to treatment to be exported to the user's healthcare professional. At the time of publication of this Directory, the 'Dr.Drin' app is in clinical trial in Italy, but is scheduled to be available on Android and Apple.

Reviews:

“‘Dr.Drin’ has been developed very carefully, respecting the principles of user-centered design, in order to ensure patient comfort in using the application. It is both a means of ensuring compliance with medication, and a means of improving patient-doctor communication.”

Dr.Drin, Italy

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

Dr.Drin [*Italy-based multi-healthcare-stakeholder alliance specialising in patient compliance*]

Associazione NeuroCare Onlus [*Italy-based patient group specialising in neurodegenerative disorders*]



Dragon Dictation

Android: –

Apple: <http://bit.ly/9ekZW5>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Arabic, Chinese, Czech, Danish, Dutch, Finnish, French, German, Greek, Hungarian, Indonesian, Italian, Japanese, Korean, Malay, Norwegian, Polish, Portuguese, Romanian, Russian, Slovak, Spanish, Swedish, Turkish, Vietnamese

Number of languages: 26

Countries of use: Any in which the user is familiar with one of these languages

Summary:

Voice-recognition app that turns spoken words into on-screen text, which can be used as notes or as email. The developer claims that the system is five times faster than typing words into the phone. An editing feature provides a list of suggested alternative words. Requires network connectivity. Functional in numerous languages.

Reviews:

“Offers voice recognition. 1%-5% of the people with whom we are familiar use the app.”

Patient group specialising in learning disorders, Canada

Source: PatientView survey, July-August 2012

“This app’s voice-recognition technology listens, and then transcribes speech on to the phone’s touchscreen. How does it work? You need to record the speech first, and you can’t record for very long, but it is ideal for short notes, texts and emails. The app can recognise the context of some words, such as ‘where’ and ‘wear’, but its accuracy isn’t always spot on. You can always review the text, however, and edit it if necessary.”

Action on Hearing Loss, UK

Source: <http://bit.ly/Oh5RdJ>

“I’ve used this app for two things. First, sometimes, a friend is saying a word, and I just can’t pick it up. So I ask them to say it into my phone, then I can read it. The other thing I use it for is to practice improving my speech. I’ll speak into it, then find the words that didn’t come out right, and practice until the phone can recognise what I’m saying correctly. I know the technology isn’t perfect yet, but, in all honesty, it’s actually pretty good, considering it’s working on a mobile device. And I do find that if I repeat a word, and try to say it clearly, it usually eventually places the right word on the screen.”

Blogger on AllDeaf.com, USA

Source: <http://bit.ly/N2T7UW>

Cost:

Free

Developer:

Nuance Communications [USA-based manufacturer of computer software]



Dragon Search

Android: –

Apple: <http://bit.ly/Md31s9>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Arabic, Chinese, Czech, Danish, Dutch, Finnish, French, German, Greek, Hungarian, Indonesian, Italian, Japanese, Korean, Malay, Norwegian, Polish, Portuguese, Romanian, Russian, Slovak, Spanish, Swedish, Turkish, Vietnamese

Number of languages: 26

Countries of use: Any in which the user is familiar with one of these languages

Summary:

A speech-recognition app that allows the user to conduct Internet searches on the phone through voice commands. A horizontal tool bar enables the user to quickly switch to alternative search sites. Search queries can be modified by a list of alternative suggestions.

Reviews:

“Apps certainly have the potential to make life easier for deaf people—though very few products are addressing this market. This particular app can be very useful for deaf people in some situations. At present, though, it only seems to be available in Apple. 2%-5% of the people with whom we are familiar use this app.”

National Association of Deafened People (NADP), UK
Source: PatientView survey, July-August 2012

“A voice-input programme, and voice-input text-editor programme—designed for use by older people, by individuals with spinal-cord injury, by people with an injury to the upper extremity, with vision deficiency, or with a learning disability.”

Network of Care, Riverside County, USA
Source: <http://bit.ly/OBylXT>

Cost:

Free

Developer:

Nuance Communications [*USA-based manufacturer of computer software*]



Dys

Android: –

Apple: <http://bit.ly/S4423D>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/N90kcZ>

Languages: English, French

Number of languages: 2

Countries of use: Any in which the user is familiar with one of these two languages

Summary:

A learning tool for children with dyslexia. Extra-large letter spacing helps children with dyslexia read more efficiently. The app allows users to find their optimal letter spacing when reading simple sentences. Users can test the letter spacing by reading single sentences and responding to a simple question: “Does the sentence I read seem coherent, correct, and true, or not coherent, incorrect, and false?”

The app is also part of a scientific programme at the University of Aix-Marseille. Users email back their responses, giving scientists and publishers insights into the optimal letter spacing for dyslexia (depending on a person’s age and reading level).

Reviews:

“For the first time, an international scientific study shows that visual impairment exists in people with dyslexia—that they process visual information differently. Previously, only the phonological element of disability (confusion of sounds) was recognised. This app allows users to change letter spacing to what is best for themselves. It will also allow researchers to collect large-scale user feedback. ANAPEDYS hopes that this study, and the app, will bring real results for people with dyslexia—including typography adapted by publishers.”

Association Nationale des Associations de Parents d’Enfants DYsLexiques (ANAPEDYS) [National Association of Associations of Parents of Children with Dyslexia], France

Source: <http://bit.ly/Mevrw6>

“Increasing the spacing of letters of a word and words in a text improves the speed and quality of reading in dyslexic children, without any prior training. They read on average 20% faster, and repeat mistakes less often. This is what has just been found by a research team at the Université Aix-Marseille, and published in June 2012. The ‘Dys’ app developed by the team allows parents and children to change letter spacing, and test the benefits on reading. Scientists can then collect large-scale, real-time data to analyse and study.”

Association CRISALIS, France

Source: <http://bit.ly/N8Z3C0>

Cost:

Free

Developer:

Stephane Dufau [France-based scientist]
Aix-Marseille University [France-based university]

Ecco CanCer

Android: <http://bit.ly/TczvMA>

Apple: <http://bit.ly/NZUmKF>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/p0FIKD>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Features the activities of the Brussels-based European CanCer Organisation (ECCO). Allows the user to search and browse the programmes of two ECCO-related conferences (checking, for example, exhibitions, interactive exhibitor lists, posters, satellite symposia, sessions, etc). A customised conference itinerary can be created, with session slots inserted. Comments can be noted on the app, Tweeted or emailed. The app also supplies cancer-oriented news. Mainly an app aimed at medical professionals, but also of some value to the interested patient.

Reviews:

“Have we got an app for you. Just the right balance between news, and background about ECCO—and, of course, the programmes of our biggest conferences.”

European CanCer Organisation (ECCO), Belgium

Source: <http://bit.ly/p0FIKD>

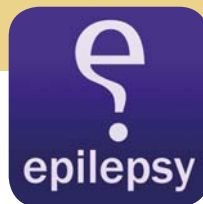
Cost:

Free

Developer:

European CanCer Organisation (ECCO)

AISBL [*Belgium-based cancer organisation for medical professionals (and patients)*]



Epilepsy Tool Kit

Android: <http://bit.ly/M9NTNn> [app is titled 'epilepsy society']

Apple: <http://bit.ly/OoLSZL> [app is titled 'Epilepsy Tool Kit']

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/iC3uXB>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English (though some of the advice on first-aid services is UK specific)

Summary:

Helps people with epilepsy manage and improve their own health via seizure management tools. Contains an interactive seizure diary that allows time, type, and length of seizure to be recorded, and a code assigned to each type of seizure. Information in the app offers an overview of the approximately 40 different types of seizures, medication facts, details on managing epilepsy, and first aid advice. Developed after consultation with young people (to which the app may have particular appeal). [Note that a very similar/identical app is also available on Apple from the Epilepsy Society/MCM Net, titled 'Epilepsy Guide'; <http://bit.ly/LRGwZv>]

Reviews:

“Our app contains vital first-aid information, including a pictorial step-by-step guide to the recovery position, information about epilepsy, a seizure diary, and medication reminder. We have had nothing but positive feedback for this app. 6%-10% of the patients with whom we are familiar use the app.”

Epilepsy Society, UK

Source: PatientView survey, July-August 2012

“Supports communication and independence. Aids memory, and improves safety. 2%-5% of the patients with whom we are familiar use the app.”

Epilepsy Wales, UK

Source: PatientView survey, July-August 2012

“Good information about epilepsy, and advice on keeping a seizure diary.”

Epilepsy Action, UK

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

Epilepsy Society [UK-based patient group specialising in epilepsy]

MCM Net Ltd [UK-based developer of websites, games and apps]



EPI-Vista

Android: –

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/Nm8xDV> and
<http://bit.ly/Nbb4lo>

Languages: German (<http://www.epivista.de>
available in English language)

Number of languages: 2

Countries of use: Austria, Germany,
Switzerland (parts of)

Reviews:

Recommended by a patient group specialising in epilepsy, Germany. 1%-5% of the patients with whom they are familiar use this app, they say.

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

Dr Heydenreich GmbH [*Germany-based app developer*]

Desitin Arzneimittel GmbH [*Germany-based pharmaceutical company*]

Summary:

A diary that allows the user's medical history relevant to epilepsy to be logged. Lists medications, and tracks the effectiveness of prescribed medications in containing seizures. Will alert the user's doctor to problematic symptoms. The app aims to improve doctor-patient communication, to allow the doctor to be able to take all of the user's relevant treatment history into account when making treatment decisions, and to optimise therapy. Not available on the traditional playGoogle or iTunes sites; the potential user instead receives the app after registering on the Desitin EPI-Vista website, and creating a user account there.



Eppy

Android: <http://bit.ly/Rq6x2O>

Apple: <http://bit.ly/QPKBk9>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/JvHnJn>

Languages: Dutch

Number of languages: 1

Countries of use: Netherlands

Summary:

Intended to help people with epilepsy manage their condition, together with relevant medical professionals. Allows details of seizures to be entered in a calendar view, medication reminders to be set, and side effects to be logged.

Reviews:

“Tracks attacks, and what issues (such as fatigue or stress) may play a role in them. A person can enter their medication schedule, and see a message if the medication should be taken. ‘Eppy’ also has an alarm function, for when someone can feel an attack coming. The alarm alerts bystanders and rescue workers to what is wrong about the person, and to what they should (and should not) do. Bystanders can also easily contact people whom the user has selected on the app. And ‘Eppy’ has a ‘Follow-me’ feature (for walking or cycling, for example), allowing a partner, parent or other contact to always be able to check where the user is located.”

Stichting Nationaal Epilepsie Fonds [National Epilepsy Fund], Netherlands

Source: <http://bit.ly/JvHnJn>

Cost:

Free

Developer:

Stichting Nationaal Epilepsie Fonds
[Netherlands-based patient group specialising in epilepsy]

GlaxoSmithKline PLC *[UK-headquartered pharmaceutical company]*



European Health Insurance Card (EHIC)

Android: <http://bit.ly/LggvRn>

Apple: <http://bit.ly/QBnlyc>

Blackberry: –

Nokia: –

Windows Phone: <http://bit.ly/Ohs9gm>

Other weblinks: <http://bit.ly/3Y634N>

Languages: English, Bulgarian, Czech, Danish, Dutch, Estonian, Finnish, French, German, Greek, Hungarian, Icelandic, Italian, Latvian, Lithuanian, Maltese, Norwegian, Polish, Portuguese, Romanian, Slovak, Slovenian, Spanish, Swedish

Number of languages: 24

Countries of use: 27 EU Member States, plus Iceland, Liechtenstein, Norway and Switzerland

Summary:

An app produced by the European Commission to show citizens of EU Member States (and four other European countries) how to apply for a European Health Insurance Card (EHIC). The app also contains “general information about the card, emergency phone numbers, covered treatments and costs, how to claim reimbursement, and who to contact in case of a lost card.”

Reviews:

“The European Commission explains how to use the European Health Insurance Card through an app for smartphones. Anyone can download the app, which contains information about the card: who to contact to request it; how to use the phone numbers for emergency calls; what healthcare and expenses are covered by insurance; and the app explains the procedures for reimbursement.”

Il Consiglio Nazionale dei Consumatori e degli Utenti (CNCU) [The National Council of Consumers and Users], Italy

Source: <http://bit.ly/MGfWID>

“Healthcare outside Italy could be a problem if you do not know the details of local laws and your rights as European citizens. To be informed of all matters related to healthcare within the EU today, get the free app called European Health Insurance Card, which was directly promoted by the Vice-President of the European Commission, Neelie Kroes.”

Cittadinanzattiva, Italy

Source: <http://bit.ly/MW4pv3>

Cost:

Free

Developer:

The European Commission Directorate General for Employment, Social Affairs and Inclusion



Everyday BSL Dictionary

Android: –

Apple: <http://bit.ly/esuOJe>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English (with limitations, due to differences in the 'Signed English' expressed in various English-speaking countries)

Summary:

A dictionary of British Sign Language (BSL). Contains over 4,000 sign illustrations. Searchable. Alternative signs are grouped as single entries. No internet connection is required for use. The app is periodically updated as new signs emerge.

Reviews:

Recommended by the National Deaf Children's Society (NDCS), UK

Source: PatientView survey, July-August 2012

"Handy when out and about, this app has over 2,400 illustrated BSL signs with descriptions."

Action on Hearing Loss, UK

Source: <http://bit.ly/NnGYdy>

"Are you interested in, or learning, BSL? Then have a look at this app. Based on the popular 'Let's Sign Dictionary' by Cath Smith, this app is the dictionary in your pocket. Just open the app, and either scroll through the vast list of words, or enter the word you want to look up. The picture is then displayed with an explanation."

Peterborough and District Deaf Children's Society (PDDCS), UK

Source: <http://bit.ly/Or1YSr>

Cost:

£3.99 [approximately €4.94]

Developer:

Signers Republic *[UK-based app developer specialising in deafness]*



Everyday Social Skills

Android: –

Apple: <http://bit.ly/N94dyb>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

A learning resource that helps to build the basic social skills needed for everyday living in the user's local community. Teaches the user how to conduct common daily activities, such as walking down the street, entering a lavatory, waiting in a queue, asking for directions, and being part of a group. Six categories of information are provided across 75 videos (narrated with human-quality audio, not text to speech). Assignments can be created for the user, based on individual needs. The app can be locked to a particular user, for ease of operation. Initiating the app for the first time requires logging in on the developer's website.

Reviews:

“The advantages of this app: it helps in managing the chaotic, and helps with structure and performance, providing reminders and key messages to maintain structure and organisation.”

ADD-vance—Understanding Autism in Hertfordshire, UK

Source: PatientView survey, July-August 2011

“Research has shown that children with autism have varying degrees of social impairment—meaning that they can face challenges interpreting emotions, understanding facial expressions and body language, and interacting with peers. This app was created to help teach and reinforce many of the basic social skills that can be difficult for kids on the spectrum to learn and initiate, and to allow users to become more capable of functioning independently. A narrator leads users through videos of six different scenarios of common daily activities. Each activity presents all of the steps that should be followed, and each step can be viewed separately, to reinforce the skill to be learned.”

Kids Institute for Development and Advancement (KIDA), USA

Source: <http://bit.ly/O6qFor>

Cost:

£1.49 [approximately €1.90]

Developer:

Conover Company [USA-based training and evaluation company]



FactorTrack

Android: <http://bit.ly/MSDRf6>

Apple: <http://bit.ly/P7fe2E>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Helps to track and record haemophilia-A factor-VIII infusions. For users on a prophylaxis regimen, the app issues infusion reminders, making the task of remembering when to infuse easier. Allows the infusion schedule to be customised to the prescribed regimen. Doses, infusions, lot numbers, and notes related to the location of bleeds can be recorded and tracked. Infusion history may be viewed and filtered. Other facilities on the app: ability to change from a prophylaxis to an on-demand user; ability to edit past infusions; alerts for missed infusions; and an optional news service from the developer.

Reviews:

“Having a well-kept record of infusions can help the team at your haemophilia treatment centre get a better picture of how your clotting factor is working. For people on prophylaxis, being able to spot a trend of bleeds can help you and the team develop a plan to prevent them. If you’re using clotting factor on-demand, you might not realise how many bleeds you’ve had in a year, until you see all the data together. Having an infusion log in an electronic format has many benefits. Prophylactic users can log multiple infusions over a span of dates with a few simple clicks. Too busy to log onto your home computer? Record the infusion on your mobile infusion-log app while you’re on the bus (unless you’re the driver). The ‘FactorTrack’ app has an alarm feature that alerts people to take a dose. The alarm can be set for a certain time for each infusion needed. Options include: set days per week (such as Monday, Wednesday, Friday); once a week; every day; or every other day.”

Arizona Hemophilia Association, USA

Source: <http://bit.ly/MSIHZQ>

“The perks of the ‘FactorTrack’ app: you can enter existing preventative schedule (prophy), and unit amount. The down points: it doesn’t sync between devices; password security—none.”

Bloodline magazine, 2011, Cincinnati Children’s Hospital Medical Center, USA

Source: <http://bit.ly/O6tZzT>

Cost:

Free

Developer:

Bayer HealthCare Pharmaceuticals Inc
[USA-based pharmaceutical company]



FarmaciaPlus

Android: –

Apple: <http://bit.ly/MkJXbl>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: Italian

Number of languages: 1

Countries of use: Italy, Switzerland (parts of)

Reviews:

“Dedicated apps like ‘FarmaciaPlus’ are most important for people wanting to read the package inserts of drugs.”

Elena Esauriente, empowered consumer, Italy [quoted by RAI]

Source: <http://bit.ly/LW3PvH>

Cost:

€9.99

Developer:

Logica Informatica srl [*Italy-based computer service company*]

Summary:

A catalogue of 80,000 formulations of 18,000 drugs available in Italy (and Europe), searchable by characters, types of medicine, manufacturer, side effects, interactions, and others. ‘Favorites’ can be grouped into custom categories. Information on each drug includes: name; therapeutic indications; active ingredients; interactions; effects on driving, lactation, and pregnancy; side effects; the presence of gluten; preclinical safety data; precautions for storage; period of validity; nature and contents of container, etc. Updated every three months. Only available to people aged over 17.



FAST Test

Android: <http://bit.ly/O4wNMm>

Apple: <http://bit.ly/O1qBYi>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/xaWkTI>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English (though some of the advice on first aid services is UK specific)

Summary:

Teaches FAST—the ‘face, arm, speech’ test—which allows the user to quickly recognise the symptoms of stroke.

Reviews:

Recommended by Chest, Heart and Stroke Scotland (CHSS), UK

Source: PatientView survey, July-August 2012

“Stroke patients could get to hospital quicker, thanks to a new app. The ‘FAST Test’ app (the first of its kind) has been devised by two members of the Division of Clinical Neurosciences at the University of Edinburgh to provide people with a simple test to spot stroke.”

Lothian Stroke Managed Clinical Network (MCN), UK

Source: <http://bit.ly/QkQLCN>

Cost:

Free

Developer:

Chest, Heart and Stroke Scotland (CHSS)
[UK-based patient group specialising in stroke]
University of Edinburgh *[clinical neurosciences division of a UK-based university]*



Fear of Flying App

Android: <http://bit.ly/MUIaMv>

Apple: <http://bit.ly/NBGBIj>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/NBH3zS> and
<http://bit.ly/P6yNme>

Languages: English [Other languages: 'App
Paura di Volare?' (IT); 'Medo de Voar App' (PT);
'Vlieg App' (NL)]

Number of languages: 1

Countries of use: Any in which the user is
familiar with English

Summary:

Aims to help the user overcome fear of flying. Provides information and tips about what to do to reduce the levels of fear before and during a trip. Gives factual details about what happens during take-off, cruising and landing, and discusses in-flight turbulence.

An audio version of a relaxation exercise is included, and a 'Panic button' supplies therapy techniques. Can be used during a flight with the phone in 'airplane' mode. An Internet connection is not needed after initial download of the app. Entitled 'Flight App VALK' on Android, and 'Fear of Flying App' on English-language iTunes.

Reviews:

"The 'Fear of Flying' app is based on a scientifically-prooofed treatment method. The main objective is to provide fearful flyers with a simple tool in anticipation, for before and during the flight. The app informs about the following: aerodynamics; cruise flight; flight safety; sounds and sensations during take-off and landing; and turbulence. Practical audio exercises help to lower stress. When the flight stress reaches a panic level, users of the app can push on the special 'panic button' control. This button helps (in audio and written form) to decrease the stress level immediately. The app is a help—not a substitute for treatment. Fear of flying can be composed of different, underlying complaints which, not seldom, need psycho-therapeutic treatment. More than 50% of the people with whom we are familiar use the app."

VALK Foundation, Netherlands

Source: PatientView survey, July-August 2012

Cost:

£2.47 [approximately €3.15] on Android;
£2.49 [approximately €3.18] on English-
language iTunes

Developer:

VALK Foundation [Netherlands-based multi-
healthcare-stakeholder alliance specialising in
flight phobia]

Zyrcadia BV [Netherlands-based app
developer]



Fertility Friend Mobile

Android: <http://bit.ly/OUdYhv>

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Spanish

Number of languages: 2

Countries of use: Any in which the user is familiar with one of these languages

Reviews:

“To support self management, not to fully self-manage. Used by 21%-30% of the people with whom we are familiar.”

Infertility Network UK

Source: PatientView survey, July-August 2011

Cost:

Free

Developer:

Tamtris Web Services Inc [USA-based online service for women trying to conceive]

Summary:

Intended to improve the chances of conception. A color-coded fertility calendar allows periods, fertile days, and ovulation to be tracked. Data that can be entered includes cervical fluid, daily notes, medications, symptoms, and temperature. Password protected. Integrated with the ovulation prediction facilities of the FertilityFriend.com website.

Image
not yet
available

FibroMapp

Android: Due on this platform from October 2012

Apple: Due on this platform from October 2012

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/MKuxhN>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

This app about coping with fibromyalgia (FM) has a scheduled launch date of October 2012. For more information on the app, see comments by Fibromyalgia UK in 'Reviews'.

Reviews:

"This app is a sleep tracker, a symptoms tracker, a medications tracker, and an alarm system. It is also a journal, in which the user can log the severity of the pain, the location of the pain, the type of the pain. The app has charting, a report-writing facility, and allows printout and email. 1%-5% of our members have used a test version of the app."

Fibromyalgia UK

Source: PatientView survey, July-August 2012

Cost:

£3.99 [approximately €5.09]

Developer:

BodyMapps [*UK-based social-enterprise health-app developer set up in 2012 by Fibromyalgia UK*]



Fiftyfifty

Android: –

Apple: <http://bit.ly/mX5MaA>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/OcbrON>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

A role-playing app which allows the user to steer two fictional characters through a series of important choices. The characters, 'Peter' and 'Susan', are siblings whose father has Huntington's disease (HD). In their mid-twenties, each of the two characters asks potentially life-changing questions of themselves. Should I have a genetic test? Should I have children? Should I tell my employer about the Huntington's in my family? Should I tell my partner? The animated app requires the user to overcome real-life dilemmas in answering those questions, and offers guidance in making choices.

Reviews:

"The Scottish Huntington's Association were keen to find an alternative method of communicating the issues facing people affected by Huntington's disease, and so have produced this app. Cartoon characters hopefully make our message as accessible as possible, while still highlighting the difficult, serious decisions faced by people affected by Huntington's. The interactive format allows the viewer to follow the characters through these decisions. Each possible answer you give will take you down a different story-line. The title, 'Fiftyfifty', was chosen to signify the 50% chance that a child of someone with HD has of inheriting the same faulty gene. Informal feedback about the app has been extremely favourable."

Joan Macleod, Scottish Huntingdon's Association (SHA), UK

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

Scottish Huntington's Association (SHA)
[UK-based patient group specialising in Huntington's disease]
 Pocapoc *[UK-based web designer]*



FitDay Mobile

Android: –

Apple: <http://bit.ly/QFYaBj>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

A diet and weight-loss journal that offers an online ‘account’ to track foods and exercise. Progress can be charted daily, weekly, or monthly. The journal can be analysed over the long term. Custom foods can be created.

Reviews:

“I just use the ‘FitDay’ app because it’s tied into my FitDay account. Not sure it’s the best, but it works for me. It’s free, of course.”

Blogger on Low Carb Friends, USA

Source: <http://bit.ly/OEVhL3>

“I’ve been using ‘FitDay’. It doesn’t seem to have quite the database of some other sites, but I like the app, and it’s easy to create custom foods.”

Blogger on Real Jock—gay fitness, health and life, USA

Source: <http://bit.ly/Ml7O4f>

“‘FitDay’. It’s simple and free. Lets you add customised foods that you often eat, and has graphs representing nutritional breakdown. So, if you are doing low fat or low carb, it’s easy to track.”

Blogger on the AskMetaFilter site, USA

Source: <http://bit.ly/Oj50dF>

Cost:

Free

Developer:

Internet Brands Inc [*USA-based media company*]



Fodspor [Footprints]

Android: <http://bit.ly/OSoXca>

Apple: <http://bit.ly/MB1PtS>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/O3SrVD>

Languages: Danish

Number of languages: 1

Countries of use: Denmark

Summary:

Allows users to report their experiences in hospital. Contains a list of subjects that patients might be interested in considering for comment (topics are displayed in the form of a series of 'footprints'). The patient can add photos to the report. The completed report can be emailed to the hospital management, emailed to someone else (for example, a relative), or just saved to the app. The app aims to help hospital managers gain insights into how patients and their caregivers perceive the standards of care and treatment in hospital. At the time of publication of this Directory, the app is being tested in three Danish hospitals in advance of a national roll-out.

Reviews:

"The app makes it possible for patients and relatives to write their own health-experience 'footprints' on their phones. Everything can be recorded. Both patients and caregivers can download the app. Patients may note in the app their experiences, or add photos they have taken. The experiences are stamped with date, time and place."

Dansk Selskab for Patientsikkerhed [Danish Society for Patient Safety], Denmark

Source: <http://bit.ly/O3SrVD>

Cost:

Free

Developer:

Dansk Selskab for Patientsikkerhed

[Denmark-based patient group specialising in patient safety]



Global Corporate Challenge

Android: <http://bit.ly/Qrs3qd>

Apple: <http://bit.ly/PZyWZ3>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, French, German, Spanish

Number of languages: 4

Countries of use: Any in which the user is familiar with one of these languages

Summary:

Designed to be used during the annual ‘Global Corporate Challenge’ (GCC) walk—a virtual event intended to promote personal fitness and better health. The app logs progress made in walking the virtual event by seconds and by daily step totals (and includes automatic syncing of steps taken). A virtual GCC journey contains location visuals and descriptions. Motivational tips and advice from the GCC ‘coach’ are offered. The app requires the user to have a pedometer.

Reviews:

“Tracks your daily steps to encourage you to walk 10,000 a day. The app makes it much easier to keep track of your walking. No downsides, except that the step count does not sometimes correlate with steps taken.”

C3 Collaborating for Health, UK

Source: PatientView survey, July–August 2012

Cost:

Free

Developer:

Global Corporate Challenge (GCC)

[Australia-headquartered company running an annual health and well-being event]



Glucose Buddy—Diabetes Helper

Android: –

Apple: <http://bit.ly/cUj7Ze>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

A data storage utility for people with diabetes. Users can manually enter glucose numbers, carbohydrate consumption, insulin dosages, and activities. Inputted data can be viewed on a free online account supplied by the app developer. Reminders can be scheduled with push notification. The app can be integrated with 'CalorieTrack' (a diet-and-exercise tracking app produced by a different developer), to make logging food and exercise activities easier.

Reviews:

"A very handy app for people with diabetes that allows you to log glucose, meds, activity, and food intake. Well designed and graphically oriented, with graphs, log-in reminders, and the ability to sync information to your online account. You simply enter your information, then you can view all of your data on your free glucosebuddy.com online account."

Disabled World, USA

Source: <http://bit.ly/fNuPGI>

"I am using 'Glucose Buddy' to record all my numbers. It is very easy to use, and it is free. You can enter blood glucose numbers, time or day, meal title, plus medicine (insulin dosages, etc). There is an entry for activity levels, and also a space to add notes. It has much more than any other glucose recording programme I have tried, and I have used the 'One Touch' and the 'Accu-chek' software on my computer, but they are not nearly as flexible as 'Glucose Buddy'. The extra-good part is that you can synchronise your data with a programme at the 'Glucose Buddy' website, which will give you all the data in list form to be printed, if you wish. It also plots several kinds of graphs. Overall, it the best diabetes-management programme that I have ever used. Certainly worth trying for free."

Blogger on Diabetes Forums, USA

Source: <http://bit.ly/OhsZtt>

"I couldn't get 'Glucose Buddy' to select the correct meter I use. And, once something works incorrectly for me, it's gone. I prefer 'Diabetes Buddy', as it does a great job with tracking food and water intake."

Blogger on Diabetes Forums, USA

Source: <http://bit.ly/LNdAxd>

Cost:

Free

Developer:

oneAppOneCause [USA-based app developer]



Glucose Companion Free

Android: –

Apple: <http://bit.ly/Ml85pF>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

A blood-sugar and weight tracker. The user can add and edit blood-sugar readings, including weight and test date. Blood sugar and weight can be tracked by chart. Times and percentage of each blood-sugar range can be analysed. Statistics of measurement can be shown by day, week, month or year. Average blood sugar and weight can be calculated. A reminder for measuring glucose or visiting the doctor can be created. Password protected.

Reviews:

“Simple, but very effective, way for people with diabetes to keep track of their blood-sugar reading. Great graphics. More than half of the patients with whom we are familiar use the app.”

North Shore Prostate Support and Awareness (North Shore PSA), Canada

Source: PatientView survey, July-August 2012

“Use an app called ‘Glucose Companion’ to track your blood sugar, and calculate the recommended dosage of fast-acting insulin.”

Blogger on Diabetes Forums, USA

Source: <http://bit.ly/NyJzHg>

Cost:

Free; ‘full’ version, \$1.99 [approximately €1.64]

Developer:

Maxwell Software [USA-based developer of medical apps]



GlutenVrji [GlutenFree]

Android: <http://bit.ly/PLUqNj>

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/MYVfo9>

Languages: Dutch

Number of languages:

Countries of use: Netherlands and Dutch
Belgium only

Summary:

Allows the user to search for gluten-free food products in the Netherlands. Offers a barcode scanner, and its search engine uses the database of gluten-free products maintained by Netherlands-based Livaad.

Reviews:

“Livaad is a database on the Internet, on which a lot of products are indicated as gluten free, wheat free, and/or lactose free. The data from Livaad can be searched by the app by product name, or by using the camera of your phone that serves as a barcode scanner. A handy tool to help you find gluten-free products. But it is always important to read the label itself. Livaad works with people, and there may be mistakes made.”

Nederlandse Coeliakie Vereniging (NCV) [Dutch Coeliac Disease Association], Netherlands

Source: <http://bit.ly/NKQY3z>

Recommended by the Coeliakie Ervaringsboek [Coeliac Book Experience], Netherlands

Source: <http://bit.ly/PLURad> and <http://bit.ly/OwMaC6>

Cost:

Free

Developer:

Joost van Doorn [Netherlands-based app developer]



Grace – Picture Exchange for Non-Verbal People

Android: –

Apple: <http://bit.ly/zJsUME>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

“A new app can now offer hope to autistic children who have difficulties with speech. The ‘Grace’ app was developed by Australian-born Lisa Domican to help her ten-year-old autistic daughter Grace communicate. A simple picture-exchange system, developed by and for non-verbal people, allows the user to communicate their needs by building sentences from relevant images. It can be customised by the individual, using their picture and photo vocabulary.”

Irish Autism Action, Ireland

Source: <http://bit.ly/MGzYK4>

Summary:

A non-speaking, simple, picture-exchange system that can allow people with autism to express their needs independently. Contains a basic vocabulary of pictures, which users select to form a sentence, communicating that by pointing at each picture card. A ‘Category sort’ facility permits images to be added (taken with the phone’s camera, or stored photographs, or images saved from the Internet), deleted, or restored later. A ‘Look’ card encourages shared attention.

Reviews:

“Simple to use, and useful for those with autism. But you cannot create own categories. [Editor: Note that the app’s latest update may have solved this deficiency.] 6%-10% of the people with whom we are familiar use the app.”

Group specialising in carers, family and friends, UK

Source: PatientView survey, July-August 2012

“For around a month now, I have been using the ‘Grace’ app. What the app is (in my own words): simply an electronic picture-communication board, or a sentence constructor. You use the app in the same way you would picture-communication folders or boards; the child looks at the set of pictures, and constructs a ‘sentence’ by tapping each picture they need, and it appears on the sentence strip at the bottom of the screen. So far, we’re loving it. Here’s why: my kids were able to use it, first go; very easy to use; extra pictures can be easily added without having to print, laminate and velcro new pictures; you can use your own pictures, for familiarity; it is encouraging fine motor skill practice for my son.”

Candy’s Family (autism blog), Australia

Source: <http://bit.ly/NhKalx>

Cost:

£17.49 [approximately €22.08]

Developer:

Lisa Domican [Ireland-based parent of a child with autism]

Steven Troughton-Smith [Ireland-based app developer]



H-Bookmark

Android: <http://bit.ly/N77yZ0>

Apple: <http://bit.ly/T0ZTzN>

Blackberry: <http://bit.ly/Rt7ffe>

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/MOEiLP>

Languages: Italian

Number of languages: 1

Countries of use: Italy, Switzerland (parts of)

Summary:

App for people living with HIV/AIDS. Provides a daily planner, with a schedule of appointments, consultations, tests, and treatments, and supplies notification of when events are due, and when medication must be taken. Issues reminders when medication is running low. Lists antiretroviral drugs, detailing properties and ingredients. A database of centres for infectious diseases in Italy can be searched by name, region or province. Also holds information on restrictions faced by people living with HIV/AIDS who travel to different countries in the world. A 'Help me' facility relies on the phone's GPS to text friends and relatives of the exact location if help is needed.

Reviews:

"The advantages of the app are: the agenda of the therapy is set by the user (with memos warning of the time to take the drugs). A schedule for appointments, consultations, examinations, with advice about approaching events. A daily diary with an agenda on which to record information, appointments. Lists health centres and pharmacies, and has much more information. It also manages multiple patients simultaneously. The disadvantages are: little privacy (the alert message says 'Therapy'). It lacks the clinical diary of analysis. Some typos exist in the names of drugs. Some incorrect information about the test centres. 1%-5% of the people with whom we are familiar use the app."

Network Persone Sieropositive [Network of Serum-Positive People] (NPS) Emilia Romagna Onlus, Italy
Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

Network Persone Sieropositive (NPS) Italia Onlus [Italy-based patient group specialising in HIV/AIDS]



HeadSpace (on-the-go)

Android: <http://bit.ly/QBN6Ud>

Apple: <http://bit.ly/zZtys8>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/xS8lv3>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Helps the user to learn meditation. Contains 10 daily guided meditations, plus meditations on the subjects of eating, mindfulness, public transport, sleep, stress, and walking. Meditations can be downloaded for offline use, to avoid roaming charges. Day-to-day progress can be tracked, and reminders set. Also contains motivational animations and illustrations.

Reviews:

“The advantage is that the app allows people to participate in meditation, at a time that suits them. The disadvantage is that ongoing cost may put some people off it. 1%-5% of the people with whom we are familiar use the app.”

Patient group specialising in mental health problems, UK

Source: PatientView survey, July-August 2012

“Connecting with nature has many benefits that can help lift your mood and reduce feelings of stress and tension. It’s so important to get out into nature, especially in a city. We believe parks are the best place to go and find some headspace. We’ve partnered with HeadSpace to create our very own walking meditation designed for the Royal Parks. It’s available as part of their free meditation app.”

Royal Parks Foundation, UK

Source: <http://bit.ly/ILmP3p>

Cost:

Free

Developer:

HeadSpace [UK-based social enterprise]



HealthTap

Android: <http://bit.ly/M5SBWq>

Apple: <http://bit.ly/RPBVqC>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, German, Northern Sami, Spanish

Number of languages: 4

Countries of use: Any in which the user is familiar with one of these languages (though mainly oriented towards the USA)

Reviews:

Recommended by Stickler Involved People, USA

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

HealthTap Inc [*USA-based developer of health apps*]

Summary:

Offers answers to healthcare-related questions, according to condition, health concern, medication or symptom. Lists previously-answered questions. One of the app's facilities is only of value to European users if they visit the United States: the app lists healthcare providers in that country, and allows patients to make appointments with doctors, and ask questions of doctors for a fee.

Healthy from O2 Health

Android: –

Apple: <http://bit.ly/qHG8tm>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English (though mainly oriented towards the UK)

Reviews:

Recommended by Hambleton Over-Fifties Forum, UK

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

Telefonica UK Limited [*UK-based telecommunications company*]

Summary:

Allows the user to record, track, and publish walking, running, or cycling activity. Measures distance travelled, and speed, estimates how many calories are being burned, and shows location on a map. A GPS accuracy indicator notes whether sufficient GPS signal is being received to ensure accuracy of data. Routes can be saved, to check progress over time, or to record a route for the future. Photos and details of the activity can be published before, doing, or after the activity.



Healthy Recipes – By SparkRecipes

Android: <http://bit.ly/LRJQID>

Apple: <http://bit.ly/QdiF3E>

Blackberry: <http://bit.ly/Ma1xjD>

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Allows 190,000 recipes to be browsed and searched, and favourites saved. Browsing can be by course, by ethnicity, or by preparation time. Calories, carbohydrate content, and 10 other key nutrients are provided for each recipe. Many recipes are illustrated with photographs. Also contains videos of cooking techniques.

Reviews:

“A large collection of healthy recipes. Each one lists the calories, cholesterol, fat, and sodium content. You can choose from a long list of categories and cuisines (including Asian, French, German, Indian, etc), and dietary needs (such as gluten free, low fat, sugar free, etc).”

Poole Heart Support Group, UK

Source: PatientView survey, July-August 2012

“This app allows dieters to have access to their recipe collection anywhere. The user can type in the ingredients they have, and the app will give healthy recipe suggestions.”

Everydiet.org, USA

Source: <http://bit.ly/R3YTLR>

Cost:

Free

Developer:

SparkPeople [USA-based company producing weight-loss websites]



Hearing-Check

Android: –

Apple: <http://bit.ly/vMBHsx>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/N8naLP> and on Facebook: <http://bit.ly/85oGag>

Languages: English, Chinese, Czech, Dutch, French, German, Italian, Japanese, Korean, Polish, Portuguese, Russian, Spanish, Swedish, Turkish

Number of languages: 15

Countries of use: Any in which the user is familiar with one of these languages

Summary:

A quick, simple, self-applied hearing test that does not require an appointment with a medical professional. Intended to check for sensorineural hearing loss due to age or noise exposure (not conductive hearing losses—problems with the outer or middle ear). The user carries out the test by listening to announced numbers, then entering them on the phone's keypad. Results and advice are given.

Reviews:

“Measures a person’s ability to hear someone speaking when there is background noise, similar to being in a crowded room. The app is free to download, and is a convenient way for people to check their hearing is within the normal range. Action on Hearing Loss Chief Executive, Jackie Ballard, said: “This is a fantastic new way to encourage people to value their hearing, and check it regularly. It offers quick results, and confidential advice from anywhere with a decent phone signal””

Action on Hearing Loss, UK

Source: <http://bit.ly/N8naLP>

Recommended by the National Deaf Children’s Society (NDCS), UK

Source: PatientView survey, July–August 2012

Cost:

Free

Developer:

Action on Hearing Loss (RNID) [UK-based patient group specialising in hearing loss]



HelpDiabetes

Android: <http://bit.ly/TGPz00>

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/8y5aMa>

Languages: English, Dutch (with food composition tables in the following additional languages: Czech, Danish, French, Norwegian, Romanian, Spanish)

Number of languages: 2-8

Countries of use: Any in which the user is familiar with one of these languages

Summary:

A carbohydrate counter with a food database. Aims to allow blood-glucose levels to be tracked. The user measures and enters ingredient data, or selects from predefined serving sizes. The app generates a total for carbohydrates, fat, protein and kcal. It can calculate the amount of insulin needed, based on variable carbohydrate-insulin ratios. Also tracks insulin (and other medications), and sport, and other activities. The log is searchable; meals can be recalled; and the food composition database can be adjusted, and added to. Apple version apparently in development.

Reviews:

“The US food database is a bit too huge for my app. For this English-language app, I used an English version of the Norwegian food database. This fits on most devices. It would also be nice to have a database with foods in different proportions (for instance, an apple ‘per 100 gram’, or ‘per piece’). I know all that information is available in the US database, and I used that to make a more elaborated Dutch version.”

The developer of the app, blogging on TuDiabetes—a program of Diabetes Hands Foundation (DHF), USA
Source: <http://bit.ly/MH6xw6>

“I am Dutch (type 2 since 2004, with underactive thyroid, and hearing impaired), and I have the app on my phone (like its previous version). It is very handy, and works like a charm.”

Blogger on Diabetesforum.be
Source: <http://bit.ly/LNSDXC>

“When starting, the app crashes regularly. After trying several times, it finally starts up. Otherwise, a very handy app. Will come in handy as a ‘beginner’”

[Reply blog from the developer: “Yes, there are still crashes; we get details from Google. We will definitely try to improve. We see particular use of the app in the Netherlands (30%), in the US (30%), and only 15% in Belgium. It has always been striking that the Dutch use this app more.”]

Blogger; app developer. Both on Diabetesforum.be
Source: <http://bit.ly/LNSDXC>

Cost:

Free

Developer:

Johan Degraeve [*Netherlands-based app developer and person with diabetes*]



HelpTalk

Android: <http://bit.ly/QAVweo>

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/OWoFOo>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Reviews:

Recommended by AGE Platform Europe (AGE) and by the European Disability Forum (EDF) as part of the 2011 Vodafone Foundation's 'Smart Accessibility' competition

Source: <http://bit.ly/OWoFOo>

Cost:

Free

Developer:

1000 Empresas [*Portugal-based software developer and app designer*]

Summary:

Provides a list of phrases and images that can allow people who have trouble vocalising to communicate some of their needs and feelings. Needs specified by the user are spoken by the app. Expressions not available in the lists can be typed in as custom sentences, which are then read by the text-to-speech engine. Can be customised to a user's particular needs, condition, or disability. A pre-set SOS message can be sent. A pre-arranged call from a designated telephone number will also trigger the app into sending back a reply with the user's current location.



Hemolog

Android: –

Apple: <http://bit.ly/Nlu0iW>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

An infusion log for people with haemophilia. Allows the user to log and track infusions ‘on the go’. New infusion logs can be created and saved. The information can be emailed to a doctor or caregiver, or to the user for saving as records.

Reviews:

“One patient’s solution. When Michael Schultz decided that logging his factor infusions was tedious, he took matters into his own hands and developed an app called ‘Hemolog’. The new app offers several advantages over paper (or even computerised logging systems). Your log is always with you, and can easily be e-mailed to your haemophilia treatment centre. ‘Hemolog’ also standardises entries, allowing users to simply touch a location on a map of the body. The app walks users through the logging process, and automatically fills in some information. Most importantly, it allows users to filter their data. For example, they can instantly create lists of every bleed in a particular joint.”

HemoAware magazine, 2010, National Hemophilia Foundation, USA

Source: <http://bit.ly/pJOK3m>

“After I’m done with my infusion, I open the ‘Hemolog’ app, and, after a few taps, my infusion is logged, and the bleed log is emailed to my specialty pharmacy and to my haematologist. So easy. It’s simple, concise, and makes the most of the phone’s capabilities.”

Hemo Hijinks blog, USA

Source: <http://bit.ly/MBf79N>

Cost:

Free

Developer:

Michael Schultz [USA-based app developer and person with haemophilia]



HEP iChart

Android: <http://bit.ly/Onlrne>

Apple: <http://bit.ly/Oj809E>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Provides people who have hepatitis B or C with up-to-date information on potential drug interactions between hepatitis drugs and other drugs that the individual may be prescribed (also covers over-the-counter, recreational, and alternative medications). Results are presented as a ‘traffic-light’ system of red, amber, or green. The app is offline after being downloaded to the user’s device, and does not need an Internet connection during operation (except to download regular updates).

Reviews:

“The University of Liverpool has launched an app, ‘HEP ichart’, that provides hepatitis patients with quick and easy access to the latest information about drug interactions. ‘HEP ichart’ is based on a website [<http://www.hep-druginteractions.org>] developed at the University. Professor Graham Foster, President of the British Association for the Study of the Liver (BASL), said: “This new app, ‘HEP ichart’, is a timely and much-needed resource for HCV patients, as the number of new drugs which are available to treat hepatitis C increases””

World Hepatitis Alliance (WHA), UK

Source: <http://bit.ly/SUIQjX>

Recommended by the Canadian Hemophilia Society, in Hemophilia Today, March 2012, page 15

Source: <http://bit.ly/MWV9qE>

Cost:

Free

Developer:

University of Liverpool [*UK-based university*]
eMedFusion [*UK- and US-based app developer and advertising agency*]



HIV iChart

Android: <http://bit.ly/NUFnA8>

Apple: <http://bit.ly/a1FZWY>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Provides people with HIV/AIDS with up-to-date information on potential drug interactions between HIV drugs and other drugs that the individual may be prescribed (also covers over-the-counter, recreational, and alternative medications). Results are presented as a ‘traffic-light’ system of red, amber, or green. A brief summary of the interaction is given, along with a grading of the quality of evidence (very low; low; moderate; or high). The app is offline after being downloaded to the user’s device, and does not need an Internet connection during operation (except to download regular updates).

Reviews:

“Up-to-date news on medications, treatment issues, etc. No drawbacks to it, to date. 31%-40% of the people with whom we are familiar use the app.”

Eddie Surman Trust Positiveline, UK

Source: PatientView survey, July-August 2012

“Enables people living with HIV to look for interactions between medications. 6%-10% of our members use this app.”

HIV/AIDS patient group, UK

Source: PatientView survey, November 2011

“A tool that provides HIV patients and healthcare professionals with immediate access to information on potential drug interactions between anti-HIV drugs and other medications that a patient with the virus may be taking. This new tool will increase awareness of how to manage the disease more effectively. Dr Ian Williams, Chair of the British HIV Association (BHIVA), said: “This technology provides a marvellous opportunity to greatly increase ease of access to drug interaction information. This is a way of helping to maintain best practice””

Positive Nation magazine, August 2011, published by the UK Coalition of People Living with HIV and AIDS
Source: <http://bit.ly/M8V9sN>

Cost:

Free

Developer:

University of Liverpool [UK-based university]
eMedFusion [UK- and USA-based app developer and advertising agency]



iAnkylosingSpondylitis

Android: –

Apple: <http://bit.ly/P2xAw5>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Educational app about ankylosing spondylitis (AS). Contains voice and text videos that introduce the condition's symptoms, and refer to associated diseases, diagnostic criteria, genetics, incidence, morbidity/mortality, pharmacological management, and physical therapy. Includes medical imaging, showing sacro-iliitis and syndesmophytes, treatment suggestions and exercise animations. The partner app, 'iAnkylosingSpondylitis Pro' [£12.99; approximately _16.64], was developed for clinicians, but can also be useful to interested patients.

Reviews:

Recommended by Arthritis New Zealand

Source: PatientView survey, July-August 2012

“There is a free version, and a ‘pro’ version for €15. If the app does what is promised in the description, the fact that it is free makes it a pretty cool thing.”

Blogger on the Deutsche Vereinigung Morbus Bechterew (DVMB) e.V. Forum, Germany

Source: <http://bit.ly/PtkKLb>

“Contains a lot of basic information about ankylosing spondylitis (AS). This free version feels like something a doctor would show a newly-diagnosed patient. Maybe that could help.”

Blogger on Ankylosing.org, USA

Source: <http://bit.ly/MKJIFM>

Cost:

Free

Developer:

Anatamate-Apps [Australia-based developer of medical apps]



iBGStar Diabetes Manager App (mmol/L or mg/dL)

Android: –

Apple: <http://bit.ly/TgpHYI>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Dutch, French, German, Italian, Spanish

Number of languages: 6

Countries of use: Any in which the user is familiar with any of these languages

capture more data about your diabetes life is important. It will allow healthcare providers to better understand why a patient's readings are what they are, and make better treatment decisions. Who can look back seven weeks and remember that there was an air bubble in their insulin-pump tubing? Very few. Having this knowledge is an important step towards improving outcomes."

Diabetes Daily, USA

Source: <http://bit.ly/J55BiK>

"I was able to navigate through the app within minutes of booting it up, something I take for granted in a world increasingly full of intuitive touchscreen technology. The app has clearly-marked sections for entering data (carb, insulin, and manual blood glucose entry), reviewing statistics and charts, as well as easily sharing results via email. Color-coding was also nicely incorporated. This feature really shone in the data menu, where the glucose values could be viewed over time in a scrollable chart. The app also simplified information gathering by auto-tagging results based on the time of day. As someone who generally avoids all forms of manual data entry, I definitely appreciated this automation. Notes still required manual entry (meters cannot read minds yet), but I liked that the 'iBGStar' seemed to simplify the process as much as possible."

Diatribе, USA

Source: <http://bit.ly/ORP9ko>

Summary:

Helps people with diabetes to track and manage blood-sugar levels. A home screen 'Scorecard' shows blood-glucose readings, carbohydrate intake, and insulin doses. Blood-sugar readings can be tagged relative to meals, with the tag label customised as pre- or post-breakfast, lunch, dinner, or night. Data can be analysed in three ways: a 'Logbook' records readings organised by meal-relationship tags for each reading; 'Statistics' offers average results across seven, 14, 30, or 90 days; and a 'Trend chart' plots readings, giving a visual representation of blood-sugar levels over time. Results can be shared by email with a doctor. The app can partner with a purchasable, portable glucose meter that plugs in to the phone.

Reviews:

"It's easy to tag your meter readings with relevant notes. The built-in database includes an impressive list of items like 'air bubble', 'fatty meal', and 'light exercise'. You can set your typical meal times, and it will automatically tag your readings. If you change your schedule, it's straightforward to correct the tag. The ability to easily

Cost:

Free

Developer:

Sanofi [a diversified and global healthcare company]



iBP Blood Pressure

Android: <http://bit.ly/Poc2ht>

Apple: <http://bit.ly/PS01S6>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Reviews:

Recommended by Age UK, North Yorkshire, UK

Source: PatientView survey, July-August 2012

Cost:

£0.69 [approximately €0.88]

Developer:

Leading Edge Apps LLC [*USA-based software manufacturer and app developer*]

Summary:

A blood-pressure tracking-and-analysis tool. Uses color icons to indicate when blood pressure values are normal, high, or at hypertension. Provides interactive graphs that allow values to be displayed by weeks, months, years, and time of day, and which show lows, highs, averages, and trend lines using statistical analysis. Data input relies on dials, instead of a keyboard. Also tracks one personal item (such as blood glucose, exercise time, medication dosage, stress level, etc). Has a backup/restore capability. Password protected. Note that the app does not incorporate facilities for measuring blood pressure.



ICE: In Case of Emergency

Android: <http://bit.ly/OZeaw2>

Apple: –

Blackberry: <http://bit.ly/Mxpul5>

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Danish, Dutch, French, German, Italian, Japanese, Polish, Spanish, Swedish

Number of languages: 10

Countries of use: USA

Summary:

A list of a user's medical records that is intended to be accessed by first-responding medical personnel in the case of the user suffering accident or emergency. Contains information on the user's allergies, blood type, contact details, health insurance, medical conditions, medications, name, and any other relevant personal medical details. The app is only of value to European users if they visit the United States.

Reviews:

“Medical information sharing. Stores emergency contacts, insurance, and medical information.”

Minnesota's Governor's Council on Developmental Disabilities, USA

Source: <http://bit.ly/NcSmx5>

Recommended by the National Alliance on Mental Illness (NAMI) of Massachusetts, USA

Source: <http://bit.ly/MGxnnZ>

Cost:

£2.99 [approximately €3.76] on Android; free on Blackberry

Developer:

Appventive [USA-based app developer]



iheadache

Android: –

Apple:

<http://bit.ly/9ZytrR> and <http://bit.ly/dgWAcA>

Blackberry: <http://bit.ly/uyYyys>

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

A headache diary that allows the number of headaches, their duration and severity, the degree of disability and impact, medication and usage, symptoms, and triggers to all be tracked. Classifies headaches according to International Headache Society criteria as a migraine, probable migraine, tension headache or unclassified headache. Information can be broken down by seven, 28 or 30 day slots. Can generate reports to share with a doctor (the information and analysis units have been designed to help the user's doctor design a treatment plan). Free 'Lite' version only retains data for 2 weeks, and also contains advertisements.

Reviews:

Recommended by the National Headache Foundation (NHF), USA

Source: <http://bit.ly/c4WbkF>

“Headache diaries are one of the best tools to support patients and healthcare providers in staying on top of the headache disorder. But for many people, keeping track of the incredible panoply of triggers that can set off a headache is a big stressor (and yet another headache trigger). If you need a way to keep a detailed history of your headache patterns and treatments, look no farther than your mobile phone. It's easier than ever to maintain your essential headache information and generate detailed reports for health care providers. Pros of 'iheadache': Allows you to track the amount of time you were disabled, or partially disabled. Gives you a migraine disability assessment (MIDAS) score. Cons of 'iheadache': Can't customise triggers. Somewhat basic features. Pop-up ads in the free version.”

Head Wise, National Headache Foundation (NHF), USA

Source: <http://bit.ly/rozBtN>

Cost:

£2.99 [approximately €3.76] on Apple;

\$4.99 [approximately €3.96; £3.18] on

Blackberry;

'Lite' version free on Apple

Developer:

BetterQOL.com [USA-based designer of online medical tools]



Ihobo

Android: –

Apple: <http://bit.ly/dfNy9R>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/MeGRU3>

Languages: English

Number of languages: 1

Countries of use: UK

Summary:

An educational app intended to show the user how the app developer, Depaul UK, works with homeless young people, and to give the user an idea of a typical young homeless person's daily activities and requirements (including food, money, and shelter).

Reviews:

"We have been overwhelmed by the response to 'iHobo', by the number of people it has reached, and by the conversations the app has started. We are very proud of the awards which we have won. A huge thank you to all the people who have played 'iHobo', Tweeted, blogged, and talked about it, and made it such an incredible success."

Depaul UK

Source: <http://bit.ly/MeGRU3>

"An innovative app that allows users to download their own virtual homeless person is causing waves across the Internet. The free app called 'iHobo' lives on your phone for three days, and enables users to make decisions impacting their virtual homeless person's life (such as offering food, money or emotional support). Alerts are sent to notify the user when the 'iHobo' needs help (similar to that of an interactive electronic

pet). The app features interactive live-action video footage. It aims to break down the stereotypes and misconceptions surrounding homeless people, and to see the difficulties they face living on the streets. If the user ignores his homeless friend, his life will spiral out of control. He will begin to spend his money on drugs, instead of food; he will sell his sleeping bag, and possibly even overdose on drugs."

Recycling Lives, UK

Source: <http://bit.ly/N6GHwj>

"'iHobo' is a controversial awareness-raising tool that highlights the issue of homelessness through a phone app. In the app, the homeless young person wears a hoodie, takes drugs, and throws litter, and has created controversy around such stereotyping of homeless people. Through the app, the Depaul charity is looking to attract a new generation of young, affluent donors to continue its work."

Philanthropy UK

Source: <http://bit.ly/NeXvAt>

Cost:

Free

Developer:

Depaul UK [UK-based youth homeless charity]
Publicis London [UK-based communications company]



Instant Heart Rate

Android: <http://bit.ly/ObYxAZ>

Apple: <http://bit.ly/QczOKF>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Measures heart rate and pulse. Uses the phone's camera to detect the pulse in a user's fingertip. The app beeps in time with the pulse. A real-time chart (an EKG-like graph) shows every heart beat. Can be shared to Facebook, Twitter, and other social networks.

Reviews:

“Check your heart rate at any time of the day. Keep a record of every time you measure your pulse.”

Poole Heart Support Group, UK

Source: PatientView survey, July-August 2012

“Maintaining a healthy heart rate is important for a wheelchair user. By holding up your index finger to the device's camera for approximately 10 seconds, the app will get a reading on your heart rate, and compare it to the range you should be in based on your age. Your device needs to have a camera.”

Paralysis Resource Center, Christopher & Dana Reeve Foundation, USA

Source: <http://bit.ly/NL7bFQ>

“What is so useful about this app is its immediate response. 1% of the patients with whom we are familiar use the app.”

Patient group specialising in heart conditions, USA

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

Azumio d.o.o. (formerly Modula d.o.o.)

[Slovenia-based app developer]



iStayHealthy

Android: <http://bit.ly/P0iK9p>

Apple: <http://bit.ly/OEkaXf>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, French, German, Spanish

Number of languages: 4

Countries of use: Any in which the user is familiar with one of these languages

Summary:

Medication reminder aimed at people living with HIV/AIDS. Allows the user to store test results in simple charts. Records other medications, details of illnesses or infections, missed medication, side effects. Viral load for hepatitis-C co-infections can be recorded. Results can be emailed. Password protected.

Reviews:

“Provides not only a pill reminder, but also CD4 and viral-load charting. While not intuitive, there is a way to record missed doses, too. I like this app, because it’s made specifically for HIV, with a database of all the current drugs available, built in. Just pick your meds, set the time, and go. I recommend it to all my poz friends.”

Blogger on POZ Blogs, USA

Source: <http://bit.ly/IOCw4u>

“Thanks to the last blogger for his comment re my app, ‘iStayHealthy’. I created the app with positive people in mind. When I got diagnosed, I found there are a lot of details to keep track of: results, supplementary meds, and, finally, my anti-HIV drugs. Having ‘iStayHealthy’ as a one-stop-tool has made my life easier. The last blogger made a good comment about recording missed doses. I have been thinking hard lately how to make this a bit more intuitive. I keep working on it, and I welcome any suggestions, as well.”

Peter Schmidt, the designer of the app, blogging on POZ Blogs, USA

Source: <http://bit.ly/IOCw4u>

“I like the way ‘iStayHealthy’ handles missed doses. For those who haven’t used it, ‘iStayHealthy’ uses an opt-in mechanism. You tell the app not when you successfully remember to take your meds, but rather when you do not. While this works for me, I can understand that it might not work for others who need to be constantly reminded of their meds, or those who just started (or switched) their regimen. Adherence is not a one-size-fits-all problem. Having multiple ways to record taken doses or missed doses, as well as a rewards mechanism can really help a person achieve adherence excellence.”

Blogger on POZ Blogs, USA

Source: <http://bit.ly/IOCw4u>

Cost:

Free

Developer:

Peter Schmidt *[UK-based app developer and person living with HIV]*



iTriage

Android: <http://bit.ly/NUCNu2>

Apple: <http://bit.ly/PJtC01>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Helps the user work out what medical condition they may have. Lists thousands of diseases, medications, procedures, and symptoms. Also allows personal healthcare information to be saved and stored as a personal health record (PHR) with Microsoft HealthVault. The app's other major facility is only of value to European users if they visit the United States: the app lists healthcare providers in that country (community health clinics, doctors, hospitals, outpatient clinics, and pharmacies, etc).

Reviews:

“This is a decent personal health record that offers other services, such as evaluating symptoms, finding doctors and facilities, and connecting to hotlines. This app is extensive, and offers an easy way to keep your health information with you wherever you go. It connects with Microsoft Health Vault (not a tool I really like), which is unique to some apps that do not connect to web apps where health information is already stored.”

Patient group specialising in helping patients navigate national healthcare policy, USA

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

Healthagen LLC/iTriage LLC [USA-based developer of healthcare information software]



Journals of the American Diabetes Association

Android: –

Apple: <http://bit.ly/PFQWet>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/NJVSh9>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Reviews:

“With ADA’s free journals mobile app, readers can stay updated on the latest diabetes research published in ADA’s scientific and medical journals. The app’s streamlined design provides one place on your mobile device for accessing, browsing, reading, and sharing full-text articles. In addition, users may cache article content for later reading, when no Internet connection is available.”

American Diabetes Association (ADA), USA

Source: <http://bit.ly/NJVSh9>

Cost:

Free

Developer:

American Diabetes Association (ADA)
[USA-based patient group specialising in diabetes]

Summary:

Allows immediate access to articles in four American Diabetes Association (ADA) journals: ‘Diabetes’, ‘Diabetes Care’, ‘Diabetes Spectrum’, and ‘Clinical Diabetes’. Aims to help people keep up with the latest information on diabetes care, education, research, and treatment. Non-subscribers to the four journals can freely access current abstracts and full-text articles older than six months; subscribers can see the full text. Articles can be bookmarked, and full-text articles saved indefinitely. Android version apparently planned.



KidneyDiet

Android: <http://bit.ly/Nrv195>

Apple: <http://bit.ly/PasGRM>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Helps people with chronic kidney disease (CKD) or end-stage renal disease (ESRD) make better decisions about their diet. Lists the nutritional counts of a variety of foods, with an emphasis on the fluid, phosphorus, potassium, protein, and sodium content suitable for people following a renal diet. Allows nutritional counts to be compared against the recommendations of doctors and nutritionalists. Information about foods can be manually added. Contains a 'Daily diary' that can be emailed to a dietician.

Reviews:

“3.5 stars. A food-analysis tool for people with kidney disease. It tracks potassium, phosphorus, protein, sodium and fluid levels in various foods. Listed as one of the 10 best health apps by Yahoo. With kidney disease as its primary focus, this app could be very useful for people in early-stage kidney failure. It can help educate on the good food, the bad food, and the ugly food that tempts us all day, every day. Though it is unlikely to be used every day, setting up a typical meal week will provide an excellent guide for healthy eating. Then again, others may well use it every day.”

Big D and Me dialysis blog, Australia

Source: <http://bit.ly/NizRsR>

Cost:

£3.04 [approximately €3.88] on Android;

£5.49 [approximately €7.00] on Apple

Developer:

Pain Free Living Inc [*Canada-based app developer*]



Know Your Pulse

Android: –

Apple: <http://bit.ly/MBcdTU>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/QCt63H>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Allows the user to measure and record pulse rate. Requires the user to be able to take their own pulse, and to tap the readings on the phone's screen.

Reviews:

“The advantages of this app are: taking your pulse is the easiest way to detect if you have an irregular heart rhythm. Knowing how to, and being aware of your pulse, long term, is important for your health and wellbeing. The disadvantage of the app is that it is only able to record your rate, and not the rhythm of your heart. 75% of the people with whom we are familiar use this app.”

Atrial Fibrillation Association (AFA), UK

Source: PatientView survey, July-August 2012

“An app designed to detect an irregular heartbeat. Developed as part of the UK-based Arrhythmia Alliance (A-A) Coalition's ‘Know Your Pulse’ awareness campaign. The current app is limited to simply measuring heart rate, rather than heart rhythm, and is designed more to encourage regular pulse testing, than detect potential risks.”

1 Mission 1 Million, USA

Source: <http://bit.ly/PpfKDA>

Cost:

Free

Developer:

Arrhythmia Alliance (A-A) [UK-based alliance of patient groups specialising in arrhythmias]

Kempt Ltd [UK-based maker of digital games]



Legacy Organiser

Android: –

Apple: <http://bit.ly/lmlh4v>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/NaOCc1>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Allows details about major events and private moments, memoirs, music of personal significance, and photos to all be stored in one place. Information can be shared with family and friends through Facebook. Helps with the issue of ‘digital estate’—the management of online accounts and content (including blogs, emails, games, music, and photos) after death. Detailed information can be recorded about intentions and wishes for farewell, funeral, and will. Password protected. Intended to raise awareness of end-of-life issues.

Reviews:

“We have recently launched an app called ‘Legacy Organiser’, which enables users to select life-defining information, experiences, songs and photos, to create their own ‘legacy’, and to record intentions and wishes for all aspects of their death, funeral and farewell.”

Dying Matters Coalition, National Council for Palliative Care, UK

Source: <http://bit.ly/NaOCc1>

Cost:

£1.49 [approximately €1.85]

Developer:

Dying Matters Coalition [UK-based multi-stakeholder coalition specialising in dying, death and bereavement]

Epitapp Ltd [UK-based computer programming company]



Libra – Weight Manager

Android: <http://bit.ly/MHdEEw>

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, French, German, Spanish

Number of languages: 4

Countries of use: Any in which the user is familiar with one of these languages

Reviews:

“Accessible, easy to use, provides correct information, and practical advice.”

Headway East Lothian, UK

Source: PatientView survey, November 2011

Cost:

Free

Developer:

Daniel Cachapa [*Germany-based app developer*]

Summary:

Allows users to track their weight with a trend line recommended by the ‘Hacker’s diet’.

Contains a scrollable, zoomable chart; BMI; weight goal; estimate of time to goal; daily kcal estimate; other statistics; and Withings real-time push notifications.



LifeForceTeam Fertility

Android: –

Apple: <http://bit.ly/O1cFF>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

A visual consultation programme which aims to improve the chances of conception by bringing together the medical and spiritual factors that influence fertility. An in-vitro fertilisation (IVF) specialist guides the user through the medical processes of achieving optimum fertility. A counsellor does the same with a range of emotional clearing techniques and subconscious reprogramming exercises.

Reviews:

“To support self management, not to fully self-manage. Used by 21%-30% of the people with whom we are familiar.”

Infertility Network UK

Source: PatientView survey, July-August 2011

“I’ve had an unusual app brought to my attention, and I wanted to get the word out about it, as a friend of mine has been raving about it. The app is called ‘LifeForceTeam Fertility’, and it’s designed to help with fertility issues. My friend says it has saved her money in consultations, and she is far less miserable than she was during IVF, the first couple of cycles. I’m constantly amazed at the variety of apps that are available, and how they’re being used in all areas of life. It is crazy what technology can do nowadays.”

Blogger on Fertility Connect, UK

Source: <http://bit.ly/MrUmDq>

“I have got this app, but you have to do tasks from it every day, which I just don’t get the chance to do. I also found that, some days, I just don’t want to think about the infertility/IVF, as it can feel too much—but, then, feeling guilty that I wasn’t doing my ‘LifeForce’ tasks. I don’t know; it may work for some, but just wasn’t right for me.”

Blogger on Fertility Connect, UK

Source: <http://bit.ly/MrUmDq>

Cost:

£1.99 [approximately €2.52]

Developer:

Back Door Productions and Management
[UK-based entertainment-and-events industry management company]



Live Happy

Android: –

Apple: <http://bit.ly/OJiOOI>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/ODy1Cx>

Languages: English, Spanish

Number of languages: 2

Countries of use: Any in which the user is familiar with either of these two languages

Summary:

A happiness-boosting tool. Contains a programme of simple daily activities intended to boost short- and long-term happiness, improve psychological well-being, cultivate optimism, and reduce negative thinking. Features include: the setting and evaluation of goals; expressing gratitude; keeping a 'Gratitude journal'; replaying happy days; keeping a photo album of treasured items; remembering acts of kindness; a mood and happiness tracker; and a happiness quiz by psychological experts.

Reviews:

"An app for goal setting, with a gratitude journal, etc. It allows for the tracking of positive behaviours that help support recovery and wellness. 6%-10% of the people with whom we are familiar use the app."

Patient group specialising in mental health problems, New Zealand

Source: PatientView survey, July-August 2012

"The app was developed using key elements of the behavioral research of Dr. Sonja Lyubomirsky. A noted psychologist and author of the best-selling 'The How of Happiness: A Scientific Approach to Getting the Life You Want', Dr. Lyubomirsky is Mental Health America's spokesperson for the 'Live Your Life Well' campaign."

'Live Your Life Well' campaign, Mental Health America (MHA), USA

Source: <http://bit.ly/ODy1Cx>

Cost:

£0.69 [approximately €0.85]

Developer:

Signal Patterns [USA-based app developer specialising in psychology]



Live OCD Free

Android: –

Apple: <http://bit.ly/Kt6ufD>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

“Ideally suited to help both individuals (adults and children) and professionals alike be more efficient, and achieve faster results. Helps children and adults gradually face their fears by creating a series of exercises or challenges to practice. Makes homework easier, holds patients accountable, and enables therapists to track and analyse their patient’s progress. If the OCD sufferer is working with a therapist, all the data stored in the app can be easily emailed to the therapist, thus enabling an even more fine-tuned treatment plan.”

Empowered consumer writing in OCD Kids, USA

Source: <http://bit.ly/P0GhqH>

Summary:

Interactive app designed to guide adult and child users through evidence-based treatment, called ‘exposure and response prevention’ (ERP), for obsessive-compulsive disorder (OCD). Aims to help the adult user establish an exposure hierarchy, and set goals and rewards. Symptom-specific tools help fight OCD by allowing compulsions and fears to be checked, and progress tracked. The children’s version is more game-like. Includes adult and child video tutorials.

Reviews:

“Provides you with tools to help you fight your OCD symptoms at any moment, and much more. 6%-10% of the patients with whom we are familiar use the app.”

OCD Centre Manitoba Inc, Canada

Source: PatientView survey, July-August 2012

“I have just tried out a new app for OCD. I think that this app is a really powerful tool. I have had OCD since the age of 12, and am now 35. I have been through the ringer when it comes to therapy. What I like about this app is that it reminds you to do your therapy, and gives you various tools to help you along your healing journey. This app is like having a therapist in your pocket. It is available 24 hours a day, if needed. I highly recommend this app to individuals with OCD, as well as therapists. It is a great tool, and I believe it will help in the battle against OCD.”

Jason’s OCD site, USA

Source: <http://bit.ly/MlhkUP>

Cost:

\$79.99 [approximately €65]

Developer:

Dr. Kristen Mulcahy/Pocket Therapist LLC
[USA-based medical professional specialising in OCD]



LookTel Money Reader

Android: –

Apple: <http://bit.ly/zNrd8w>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Bokmål, Norwegian, Chinese, Danish, Finnish, French, German, Greek, Hungarian, Italian, Japanese, Korean, Polish, Portuguese, Russian, Spanish, Swedish

Number of languages: 18

Countries of use: Any in which the user is familiar with one of these languages (though the app can only recognise about five currencies)

Summary:

Recognises currency, and speaks the denomination, enabling people with a visual impairment or blindness to identify and count banknotes. The user points the phone's camera at a banknote, and (without having to hold the phone still, or take a photo), the app's object-recognition technology recognises the currency instantly. At least five currencies can be recognised: Australian Dollar; British Pound; Canadian Dollar; Euro; and US Dollar. Should not be used to try to detect counterfeit currency. Needs adequate lighting (the app notifies the user if the lighting is too poor).

Reviews:

“Scans money of a wide range of different currencies, and it will tell you the value of each note. [Item 48 on RNIB list.]”

Royal National Institute of the Blind (RNIB), UK

Source: <http://bit.ly/NfUzYu>

“‘LookTel Money Reader’ is absolutely ideal for recognising the money. A healthy voice to it when recognising notes, and a vibrating touch. But not an app to use when you’re in the checkout, and you have to pay.”

Elena Esauriente, empowered consumer [quoted by RAI], Italy

Source: <http://bit.ly/LW3PvH>

Cost:

£6.99 [approximately €8.87]

Developer:

Ipplex [USA-based app developer]



Lose It!

Android: <http://bit.ly/AtSnpB>

Apple: <http://bit.ly/nqWYDH>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Allows a user to set weight-loss goals, establish a daily calorie budget to meet them, and then to record food and exercise. Contains a database of foods and activities. New foods or exercises can be added. Recipes for more complicated foods can be input. ‘Previous meals’ and other shortcuts speed up entry. Nutrients (such as carbohydrates, fat, protein) can be tracked. Works with or without a network connection. Setting up a free ‘Loseit.com’ account allows access to further features.

Reviews:

“I started using this food app called ‘Lose It!’ to measure food. The interface is really handy, and almost makes it fun to track. The little modes of entering data that it uses to track food are very easy to use; it uses the camera to scan bar codes; has little wheels to track serving size, so that if you eat half a doughnut, it’s easy to enter in. The database isn’t totally comprehensive; I’ve found a few things not included. But, perhaps using my experience, I’ve found things that seem close. So far, I’ve found the app very compatible with my lifestyle. When I started using it, just a week or so ago, I noticed that I would eat small snacks more often than I thought, turned my basals down, and ‘presto’, no jelly

beans. I still have a few other things, but I’ve been pleased to have a handy way to track food. In some ways, it’s sort of handy to keep it separate from the diabetes gizmos (the pump, CGM, etc). I was sort of spooked this morning to check and find out that, yesterday, I had 137g of carbs on both ‘Lose It!’ and my pump.”

TuDiabetes—a programme of Diabetes Hands Foundation (DHF), USA

Source: <http://bit.ly/zhyitL>

“I use ‘Lose It!’ pretty religiously. You set a goal weight, and all your other stats, and then enter your food intake and exercise. It tells you what your net calorie intake should be, and tracks it for you. Not sure about the other apps out there, but, on this one, you can scan the barcode, and it will automatically enter the nutritional information for you. I lost the winter weight I wanted to lose in no time.”

Blogger on Real Jock—gay fitness, health and life, USA
Source: <http://bit.ly/LOCZq4>

“Another ‘Lose It!’ user here. I found its database easier to use. And once I set up the custom foods that weren’t in there (which is easy), it was very easy to track what I eat. I like the website of Livestrong ‘MyPlate’ better, and ‘MyPlate’ has nearly every food imaginable (I go there when I can’t find an entry in ‘Lose It!’). But the Livestrong app isn’t as good as ‘Lose It!’. Wish I could combine the two.”

Blogger on Low Carb Friends, USA
Source: <http://bit.ly/OEVhL3>

Cost:

Free

Developer:

FitNow Inc [USA-based developer of weight loss apps]



Lumosity Brain Trainer

Android: –

Apple: <http://bit.ly/PJIBUz>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Ten brain games intended to enhance cognitive abilities (including attention span, flexibility, memory, problem solving, and processing speed). Each of the 35 one-per-day gaming sessions contains three games that aim to improve different brain functions.

Reviews:

"I have a new favourite friend, and, if I'm smart, I will make this friend my best friend forever (BFF). My new friend challenges my brain, and, sometimes, I'm a little embarrassed at the results. But I know I need to keep engaging. My friend could help me stave off dementia and Alzheimer's. My new friend is an app called 'Lumosity'. My friend is also a website that syncs with my app. 'Lumosity' is a series of brain-training games that you can play to enhance your brain's speed, memory, attention, problem solving and flexibility. The games are simple, and fun to follow. I want to do everything within my power to keep the nasty disease, Alzheimer's, at bay. That's why this app that I can carry in my purse or my pocket is going to be my BFF I talk to daily."

Blogger on AARP Blog, AARP Foundation, USA

Source: <http://aarp.us/Rx1jCb>

"The idea behind 'Brain Trainer' is to keep your mind nimble as it ages. In that sense, this is an app for adults. However, the games are fun, and engaging for kid's brains, too. The free version of the app offers a few games with no limits on play, other games with a limited number of trials, and three free sessions of a series of games called 'Basic Training'. The 'Pro' version has many more games, and no limits. It's the app version of the morning crossword puzzle. Whatever science may say, it does feel like you're keeping mentally limber playing some of these games. The games are easy to get in and out of, and habit-forming."

Parents' Choice Foundation, USA

Source: <http://bit.ly/OPCoVw>

Cost:

Free on an initial basis, but with a £6.99 [approximately €8.66] annual subscription

Developer:

Lumos Labs Inc [*USA-based neuroscience company*]

Image
not yet
available

MEApp

Android: Due on this platform from October 2012

Apple: Due on this platform from October 2012

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/MKuxhN>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

This app about coping with myalgic encephalomyelitis (ME) has a scheduled launch date of October 2012. For more information on the app, see comments by Fibromyalgia UK in 'Reviews'.

Reviews:

"This app is a sleep tracker, a symptoms tracker, a medications tracker, and an alarm system. It is also a journal, in which the user can log the severity of the pain, the location of the pain, the type of the pain. The app has charting, a report-writing facility, and allows printout and email. 1%-5% of our members have used a test version of the app."

Fibromyalgia UK

Source: PatientView survey, July-August 2012

Cost:

£3.99 [approximately €5.09]

Developer:

BodyMapps [*UK-based social-enterprise health-app developer set up in 2012 by Fibromyalgia UK*]



Med Minder

Android: <http://bit.ly/OeX3UA>

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Reminds the user when to take medication, and the correct doses. Also offers reminders of impending prescription refill requests that need to be made. The paying version contains no advertisements, allows alarm sounds to be selected, and has a backup/restore facility.

Reviews:

“Reminds members when to take their medications. 1%-5% of the patients with whom we are familiar have used the app.”

Patient group specialising in chronic diseases, Ireland
Source: PatientView survey, July-August 2012

“Offers reminders and remote monitoring. No cost. Easy to use.”

Family Caregiver Alliance, USA

Source: <http://bit.ly/QKJmWJ>

Cost:

Free (full version, £1.27 [approximately €1.62])

Developer:

Garland Systems [*USA-based app developer*]



mediLexicon

Android: <http://bit.ly/MUdNB3>

Apple: <http://bit.ly/PZFOKj>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Reviews:

“The advantages: an efficient and modern way to access useful medical information, and to assist in navigating around basic healthcare issues. The disadvantages: weak quality of information and accessibility.”

Local carers, family, and friends group specialising in providing support for people with a disability, UK
Source: PatientView survey, July-August 2012

Cost:

Free on Android; £0.69 [approximately €0.88] on Apple

Developer:

Total Wireless Solutions [*USA-based app developer*]

Summary:

A collection of over 2,500 medical terms which have been explained and cross-referenced. The user can look up a word (even if only a few characters of the spelling is known) with a ‘search’ feature. The dictionary can also be browsed through the ‘alphabetical index’.



Medipal

Android: <http://bit.ly/MI7RPd>

Apple: <http://bit.ly/PfEBhT>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Swedish

Number of languages: 2

Countries of use: Any in which the user is familiar with either of these two languages

Summary:

Improves doctor-patient communication by helping the user to answer questions that the healthcare provider wishes to put to them. The idea is that the careprovider, doctor, nurse, etc, creates a 'Medipal' account for the user, enters into it questions that the user should answer (and specifies the occasions). At the right time, the app will remind the user to answer these questions. The app can be installed and tried out in a 'demo' mode, without having an active 'Medipal' account, so that the user can get an idea of how it works. Information sent to and from the phone is encrypted, as is data stored on it.

Reviews:

"Very easy to keep track of changes in symptoms, and, for instance, to evaluate treatments with easy-to-use daily reports. However, I have found it difficult to change the time setting when travelling in different time zones, and have been woken up in the middle of the night by a daily prompt."

Patient group specialising in neurological conditions, Sweden

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

Novatelligence AB [*Sweden-based developer of medical apps*]



Medo de Voar App [Fear of Flying App]

Android: <http://bit.ly/O6OW0t>

Apple: <http://bit.ly/NlquFc>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/P6yNme>

Languages: Portuguese [Other languages: 'App Paura di Volare?' (IT); 'Fear of Flying App' (ENG); 'Vlieg App' (NL)]

Number of languages: 1

Countries of use: Portugal

Summary:

Aims to help the user overcome fear of flying. Provides information and tips about what to do to reduce the levels of fear before and during a trip. Gives factual details about what happens during take-off, cruising and landing, and discusses in-flight turbulence. An audio version of a relaxation exercise is included, and a 'Panic button' supplies therapy techniques. Can be used during a flight with the phone in 'airplane' mode. An Internet connection is not needed after initial download of the app.

Reviews:

Recommended by the developer, the VALK Foundation, Netherlands

Source: PatientView survey, July-August 2012

Cost:

£2.43 [approximately €3.10] on Android;
€2.99 on Apple

Developer:

VALK Foundation [*Netherlands-based multi-healthcare-stakeholder alliance specialising in flight phobia*]

Zyrcadia BV [*Netherlands-based app developer*]



Meningitis Signs and Symptoms

Android: <http://bit.ly/Mli5Nz>

Apple: <http://bit.ly/ar5WY8>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/LOJzNp>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Provides information on the common signs and symptoms of meningitis. Advises on what to do if meningitis is suspected, and how to get support. Includes a test-your-knowledge quiz.

Reviews:

“Provides a full guide to the disease, and information on the signs and symptoms. We want to emphasise the importance of people downloading our life-saving app. The app has many features, such as an interactive quiz which can test the user’s knowledge on meningitis, as well as providing information, allowing users to be aware of the signs and symptoms if they are unfortunately faced with the situation where meningitis may have struck. Downloading the app can, and will, save lives.”

Meningitis Trust, UK

Source: <http://bit.ly/LOJzNp>

Recommended by a patient group specialising in childhood neurological conditions, UK

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

Meningitis Trust [*UK-based patient group specialising in meningitis*]



MobiCare

Android: –

Apple: <http://bit.ly/NnFT6v>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Reviews:

“The developer approached the Alzheimer Society of B.C. and other Alzheimer’s societies to get the word out about the testing phase of their app, and we shared the information on our website, as well as via social media. The app is called ‘Mobicare’, is a task-and-scheduling system for caregivers, with an added community boards support-and-feedback capability.”

Alzheimer Society of British Columbia, Canada

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

EDO Mobile Health [*Canada-based app developer*]

Summary:

Aims to help families manage the care of a person living with Alzheimer’s disease by coordinating care-giving responsibilities. Contains a shared family calendar and task-list, a shared family journal, symptom tracking, and medication reminders. Assists in tracking subjective clinical symptoms, and in reducing stress among caregivers by offering access to community support networks.



mobiCeliac [XL]

Android: <http://bit.ly/Ne4trY>

Apple: <http://bit.ly/NfDo9J>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/GTMib0>

Languages: English, Catalan, Spanish

Number of languages: 3

Countries of use: Spain

Summary:

Contains a list of 12,500 food-and-beverage products sold in Spain. The food guide is searchable by brand, by food categories, and by products. 14,000 barcode references are listed. A barcode-scanning facility allows the user to scan barcodes to detect whether a product is gluten free. Also holds a guide to 2,000 coeliac-friendly hotels and restaurants, with location maps. Updated weekly.

Registration required with the Asociación de Celiacos de Madrid (ACM) [Association of Coeliacs of Madrid], which provides the app's information.

Reviews:

Recommended by the part developer, the Asociación de Celiacos de Madrid (ACM) [Association of Coeliacs of Madrid], Spain

Source: <http://bit.ly/GTMib0>

“A pioneering app that has achieved success in its first months. This guide to improve the quality of life for the gluten intolerant lets you select and buy food every day, choose a hotel or restaurant with a menu adapted. It provides instant information, with photographs, facts about allergens, ingredients and nutritional details. “This is a very simple and basic app, very direct,

because we have tried to put ourselves in the shoes of those who need the information”, says the creator, Angel Fernandez, Professor of Computer Science at the University of Alcala de Henares. Gluten intolerance is diagnosed in 1% of the population, and 450,000 people in our country are estimated to be affected.”

Vive Sin Lactosa, Spain

Source: <http://bit.ly/NjCEgg>

“In an attempt to make life easier for coeliacs, ACM (collaborating with the Equalter company) has developed an app called ‘mobiCeliac’. With one click, the user can find a complete guide to gluten-free foods, continuously updated and filtered by food category, brands and products. The app lists ‘gluten-free’ restaurants and hotels in Spain. Another feature that makes this app useful is the addition of a scanner, that can detect, through the bar code, if a product does not contain gluten.”

Confederación Coordinadora de Entidades para la Defensa de Personas con Discapacidad Física y Orgánica en Aragón (COCEMFE Aragón) [Coordinating Confederation of Associations for the Defense of People with Physical Disabilities Aragón], Spain

Source: <http://bit.ly/R99QuY>

Cost:

Free

Developer:

Asociación de Celiacos de Madrid (ACM) [Spain-based patient group specialising in coeliac disease]

Equalter [Spain-based information technology company]



Mobilplanforalle

Android: –
Apple: –
Blackberry: –
Nokia: –
Windows Phone: –
Other weblinks: <http://bit.ly/QFxlR0>
Languages: Danish
Number of languages: 1
Countries of use: Denmark

Summary:

A medication manager and reminder for people with a mental health problem. Aims to encourage users to take increased responsibility for their own life. Also helps organise contacts with medical professionals, who can coordinate with the user. 'Mobilplanforalle' is the result of a distance-learning project in self-care for people with a mental health problem. Download requires log-in by the potential user.

Reviews:

"The first experiences with 'Mobilplanforalle' is promising. The focal point of the project are phones with an Android operating system."

SIND bladet, April 2011, page 29, Landesforeningen SIND [Danish Association for Mental Health; MIND], Denmark
Source: <http://bit.ly/NUgzs6>

"Many mental illnesses require treatment with medication to be taken at precisely-defined times in order to work optimally. Daily reminders of drug handling now require many resources for staff in hospital and health services. 'Mobilplanforalle.dk' frees up resources from the daily reminders and other workflows around drug handling. At the same time, the system creates greater security for users, relatives, and health-service employees that the medication is taken at the right times."

Fonden for Velfærdsteknologi [Foundation for Social Engineering], Denmark
Source: <http://bit.ly/M8LnHf>

Cost:

Free

Developer:

UVdata A/S [Denmark-based software manufacturer and app designer]



My Asthma Log

Android: <http://bit.ly/Ok0hER>

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Intended to help children and young people with asthma understand and manage their condition. Offers pictures of medications, with information on how they work. Contains an 'Individual action plan'. Allows asthma attacks and appointments with medical professionals to be logged, building up an asthma history that can be shown to a doctor. Provides links to Asthma UK's Facebook and Twitter forums, plus YouTube links to videos on inhaler technique. The app can also be operated by parents.

Reviews:

"Asthma UK has been involved with the creation of an app, called 'My Asthma Log'. It is aimed more at children and young people. It's free."

Asthma UK Forum, UK

Source: <http://bit.ly/ORwYyK>

"In Britain, the University of London has launched an app that will be of great help to asthmatics, 'My Asthma Log'. The app can register attacks of asthma that you've had, show drugs for treatment, give advice, and videos. It can also store a history of visits to the doctor, and discussions with content for people who have this disease of the respiratory system. From the Asociación de Asmáticos Madrileños, we encourage all of to you to try the app. For now it is only in English, but it is easy to understand."

Asociación de Asmáticos Madrileños (Asmadamadrid), Spain

Source: <http://bit.ly/OzuwJp>

Cost:

Free

Developer:

Qapps [UK-based university-owned app developer]



My DisabledGo London

Android: –

Apple: <http://bit.ly/Hm0tBE>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: UK (London, in particular)

Summary:

Contains information about access arrangements for people with a disability in 20,000 locations around London. Major categories listed include: cinemas; colleges; council offices; entertainment and culture; hotels and accommodation; hospitals; parks; restaurants, food and drink; retail and shopping; sports grounds; tourist attractions.

Reviews:

Recommended by Spinal Injuries Ireland

Source: PatientView survey, July–August 2012

“Another access-guide app. The venues listed have all been visited and assessed in person, and include places to stay, food and drink, shopping and entertainment. Although this app is aimed mainly at those with physical disabilities, it could also be useful for families with young children and for older people.”

National Autistic Society (NAS), Richmond branch, UK

Source: <http://bit.ly/Pn8JqN>

“For anyone who wants to find out more about access, whether they are a visitor, or a Londoner. The app is unique, only featuring venues that have been fully assessed by a trained access surveyor.”

Disability Nottinghamshire, UK

Source: <http://bit.ly/MHOGTO>

Cost:

Free

Developer:

DisabledGo [UK company specialising in information provision to people with a disability]



My Headache Log Pro

Android: <http://bit.ly/QGjUwT>

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Allows the user to maintain a history of headaches experienced, and analyse them on charts, graphs and reports. Tracks headache type, severity, start and end times, the location of the attack (whether, for instance, at home, at work, etc), any potential triggers, the symptoms of each headache, medications taken (and whether they had any effect), and other notes. Information saved can be backed up.

Reviews:

“It’s easy to use, and can easily be adapted to my needs. 1%-5% of the patients with whom we are familiar use the app.”

Patient group specialising in neurological conditions, Sweden

Source: PatientView survey, July-August 2012

“Pros: allows you to back up your diary and email it to yourself, or to your doctor. Can customise your medications and symptoms. Has charts and graphs that track what time of day/week you usually get headaches. Easy to use. Cons: can’t customise type of headache.”

Headwise magazine, National Headache Foundation, USA

Source: <http://bit.ly/rozBtN>

Cost:

Free

Developer:

Solar Embedded [UK-based developer of medical apps]



My Pain Diary: Chronic Pain Management

Android: –

Apple: <http://bit.ly/O2qFpz>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Reviews:

Recommended by the World Pain Foundation (WPF)

Source: <http://bit.ly/Mh7yd7>

Cost:

£2.99 [approximately €3.76]

Developer:

Damon Lynn [*app developer*]

Summary:

For people with allergies, back pain, chronic fatigue syndrome (CFS), depression, fibromyalgia, headaches, or migraine. A pain diary that allows multiple chronic conditions to be tracked. Intensity of pain, its locations, the types, the triggers, and treatments can be documented. A text note, and up to three photos, can be added to each entry (perhaps showing discoloration, swelling, rashes, etc). Interactive graphs help in finding correlations between factors and the weather. Reminders to keep entries consistent can be issued. Password protected. Data can be backed up by 'Dropbox'.



MyAsthma

Android: <http://bit.ly/Ryvwy1>

Apple: <http://bit.ly/MbACTi>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Spanish

Number of languages: 2

Countries of use: UK

Summary:

Aims to help people with asthma (aged over 12) to manage their condition. Contains information, tips and reminders about asthma. An 'Asthma control test' and monitoring chart lets the user record and review progress. Individual feelings about asthma can be added and charted in a 'Visual diary'. An 'Environment dashboard' allows the user to consider the potential asthma triggers of atmospheric pressure levels, local pollen and pollution levels, and temperature. The user can receive informational notifications based on a personalised profile. Reports about progress can be emailed to healthcare professionals.

Reviews:

"Education for Health's Chief Executive, Monica Fletcher, was one of a panel of asthma experts who helped develop the app, lending her expert knowledge to its design. The app aims to empower asthma patients, allowing them to better understand their condition, and address the personal barriers they face in managing asthma. As such, the app can generate tailored messages, and will facilitate more informed dialogue between patients and healthcare professionals."

Education for Health, UK

Source: <http://bit.ly/x7tEp3>

Recommended by the World Asthma Foundation (WAF), USA

Source: <http://bit.ly/OQjyS0>

Cost:

Free

Developer:

GlaxoSmithKline PLC [UK-headquartered pharmaceutical company]



MyFitnessPal

Android: <http://bit.ly/LVtUfc>

Apple: <http://bit.ly/N8tNgc>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

“I’ve recommended ‘MyFitnessPal’ to so many people, I should be getting a commission from those guys. It is a great app. After I started using it, I saw the most dramatic improvements I have ever seen in my physique. Of course, the app only provides the info ... the commitment to use it and change your diet has to come from you. But it has been an absolute godsend. I don’t really use it any more, because I have learned how I should eat, but this app was my mentor. I love it.”

Blogger on Real Jock—gay fitness, health and life, USA
Source: <http://bit.ly/M17O40>

Summary:

Weight loss and exercise tracker. Accesses an online database of 1.5 million foods (a shortened database is available offline). Tracks calories, carbohydrates, cholesterol, fat, fibre, protein, and sugar. The recipe calculator allows custom recipes to be entered, and their nutritional contents calculated. Frequently-used foods are automatically remembered. Details about entire meals can be saved and reused. Has a barcode scanner. Also lists over 350 exercises. Tracks cardiological and strength training (including repetitions, sets, and weight/rep). Allows an unlimited number of custom exercises to be entered. A free ‘MyFitnessPal.com’ account is needed to synchronise, and to back up data.

Reviews:

“Users are able to keep track of their caloric intake, as well as exercise. In addition, the exercise is included in the amount of caloric intake, so that people can see a direct correlation between exercise and caloric intake. 6%-10% of the people with whom we are familiar use the app.”

Patient group specialising in learning disorders, USA
Source: PatientView survey, July-August 2012

“‘SparkPeople’ is all right. But, lately, I’ve really been into ‘My Fitness Pal’. Huge database of foods, not obnoxious, doesn’t send me emails dozens of times a week, and I can be as social or antisocial as I want.”

Blogger on the AskMetaFilter site, USA
Source: <http://bit.ly/fnEuv2>

Cost:

Free

Developer:

MyFitnessPal.com [USA-based app developer]



myFriend Mobile

Android: <http://bit.ly/Q0Jist>

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Reviews:

“You can also use it to communicate between your smartphone and a home computer with ‘myFriend’ installed (also free). We tried the app with two phones, and got variable results. When it works well, the video quality is good enough for signing. The app is free, so it’s worth a try.”

Action on Hearing Loss, UK

Source: <http://bit.ly/OhsRdJ>

Cost:

Free

Developer:

AuPix Ltd [*UK-based designer and manufacturer of voice and video communications equipment*]

Summary:

A videophone app. Allows the user to see a real-time video of the person with whom they are calling, or who is calling them (forward-facing cameras needed on phones). Deaf people can therefore use sign language, and see and lip-read the person at the other end. Incorporates a speech-to-text captioning function to improve the speed of communication between people with a hearing disability and those who have hearing. No emergency calling capability. Requires free registration with the developer’s ‘myFriend’ network.



myIBD

Android: <http://bit.ly/Q4Qojh>

Apple: <http://bit.ly/QrgrDF>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/pdXIMs>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Aims to provide the user with new perspectives on the task of managing inflammatory bowel disease (IBD). Allows the recording of important personal healthcare information, including appetite, mood, pain, and visits to the lavatory. Entries can be viewed as a graph, or as text. The app also contains information about IBD.

Reviews:

Recommended by Crohn's and Colitis Australia

Source: PatientView survey, July–August 2012

“Track your pain, food, frequency of bathroom visits, and get access to educational tools to help you manage your symptoms. The ‘myIBD’ app helps teens and parents living with Crohn’s disease and ulcerative colitis manage their disease and get help more quickly. This app was developed by the staff at Toronto’s Hospital for Sick Children.”

Collaborative Chronic Care Network (C3N), USA

Source: <http://bit.ly/QZikGo>

“It’s great to have mobile software for IBD health tracking. I give major props to the Hospital for Sick Children in Toronto for funding this project. The basics of this app (like logging stools and pain) are intuitive. Logging more nuanced symptoms (appetite, fatigue, general wellbeing, pain after eating, and stress) are made difficult by an unintuitive information architecture (finding your way to the right screen is confusing). And, lastly, the ‘Payoff’ graph (the whole reason you’d be logging in the first place) was not given enough design or development attention. As a result, the app doesn’t do much to motivate the patient to track. So I’ll leave you with one call to action for designers and developers working on health-tracking apps: for a patient to track their health on a daily basis, they must have both motivation and ability. Give them the ability through easy and intuitive interfaces, but don’t forget to motivate them through a great payoff, insights, and rewards (helpful graphs and views of the data that make the tracking well worth the time given).”

Crohnology Blog, USA

Source: <http://bit.ly/MWA7d7>

Cost:

Free

Developer:

Hospital for Sick Children [*Canada-based hospital*]



MyMedRec

Android: –

Apple: <http://bit.ly/NK34tl>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, French

Number of languages: 2

Countries of use: Any in which the user is familiar with either language

Summary:

Portable health record that can be shared with doctors or anyone else involved in a user's healthcare. Allows medicines taken to be tracked. Supplies dose reminders, reminders of prescription refills, medical appointments, and dates for immunisation. Records when medicine was taken. The following health-related elements can also be recorded: allergies, blood pressure, cholesterol, healthcare providers, immunisations, medications and natural products, and personal health-related notes. Family details can be added. All or parts of the record can be emailed. Password protected, and encrypted.

Reviews:

"Excellent app that allows you to keep all of your medical information in one place—doctors, pharmacists, prescriptions, vaccinations. It even allows you to take images of your meds, to remember what they look like. 1%-5% of the patients with whom we are familiar use the app."

Canadian AIDS Society (CAS), Canada

Source: PatientView survey, July-August 2012

"Helps patients keep track of their pills."

Twitter mentioned on the Thyroid Foundation site, USA

Source: <http://bit.ly/MHfxRI>

"Allows patients and caregivers to have their medication and immunisation record at their fingertips. It includes features, such as refill and dose reminders, storing of medication histories, and multiple patient profiles, email and picture capabilities, as well as contact information of prescribers and pharmacies. The tool will help patients and caregivers compile a full list of their medications, whether prescription, over-the-counter, or natural health products, and share the information with their healthcare team, as they see fit. The app is also supported by the www.knowledgeisthebestmedicine.org website, which contains health information, relevant links and safe medication-use tips."

Canadian Alliance for Long-Term Care (CALTC), Canada
Source: <http://bit.ly/Q3x6pY>

Cost:

Free

Developer:

Canada's Research-Based Pharmaceutical Companies (Rx&D) [*Canada-based pharmaceutical industry association*]



NCT Babychange

Android: –

Apple: <http://bit.ly/fLI0Fb>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/AuyAE3>

Languages: English

Number of languages: 1

Countries of use: UK

Summary:

Directs parents of babies to the nearest public baby-changing facilities in the UK. Relies on GPS and Google Maps. Green pins indicate facilities currently believed to be in operation; amber pins indicate facilities that may be out of action. Selecting one of the 7,000 listed facilities will bring up its name and hygiene rating. Further selection will show a full address and location details. After visiting a facility, the user can help other parents by confirming whether it is still publicly available, and rate it on a one-to-five star scale for hygiene. Unlisted baby-changing facilities can be posted at any time after visiting them.

Reviews:

“Our ‘Babychange’ app uses the latest geolocation technology to let mums and dads easily find their nearest baby-changing facilities. The app allows parents to rate the changing room, so that others know if it’s a good, clean, changing facility. Parents can also add previously-unlisted locations via the apps interface. The app has been very well received by parents and NCT members, and has won several awards. It is easy to use, and parents tell us they love the fact that they are able to add new facilities when they find them, and to rate the ones they visit, so that other mums and dads can find their way out of a nappy emergency. Initially, the app did not allow users to add new locations when they were not actually there. However, the newest upgrade does allow you to recommend facilities even when you are somewhere else. Additionally, the biggest complaint we receive is that there is no version for Android, as of yet.”

National Childbirth Trust (NCT), UK

Source: PatientView survey, July-August 2012

“You’re out for the day. You don’t know where the nearest baby-changing room is? That’s where the beauty of NCT’s new ‘Babychange’ app comes into life.”

Fertility Friends forum, UK

Source: <http://bit.ly/PDu6QW>

Cost:

Free

Developer:

National Childbirth Trust (NCT) [UK-based charity specialising in parenting and childcare]
Axon Publishing [UK-based publisher]



NeuroMind

Android: <http://bit.ly/LZK6wh>

Apple: <http://bit.ly/OJz28u>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Reviews:

“This app has useful content in the field of neurosurgery for physicians, patients, and students.”

International Brain Tumour Alliance (IBTA), UK

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

Pieter Kubben, MD [*Netherlands-based medical professional specialising in neurosurgery*]

Summary:

An app about the subjects of neurology and neurosurgery. Primarily directed at healthcare professionals, but also of some value to interested patients. Anatomical pictures help to make the topic of neurosurgery more accessible to patients.



Nike+ Running

Android: <http://bit.ly/QLc9kQ>

Apple: <http://bit.ly/KXQVne>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Chinese, French, German, Italian, Japanese, Korean, Portuguese, Spanish

Number of languages: 9

Countries of use: Any in which the user is familiar with one of these languages

Reviews:

“The app makes it much easier to keep track of all workouts and physical activity, inspiring people to stay active.”

C3 Collaborating for Health, UK

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

Nike Inc [USA-based sportswear manufacturer]

Summary:

Allows runs to be mapped, and progress tracked. Intended to offer motivation to runners. The app relies on the phone's GPS and accelerometer to record a runner's distance, pace, and time. In-run audio feedback relates these metrics at every mile. A 'Run Summary', with one-mile splits, shows the route taken, along with details of the terrain and weather. Progress can be seen in a bar-graph historical view of runs taken.



OATBook

Android: –

Apple: <http://bit.ly/K4WOav>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Aims to help people on oral anticoagulant therapy (OAT) to monitor and control their medication routine. Oriented particularly towards patients with atrial fibrillation (AF), deep-vein thrombosis (DVT), or heart-valve replacement. Allows the user to record and check their range within the international normalised ratio (INR), and to be aware of daily dosages. Alert reminders minimise the possibility of missed doses, and a dosage checkbox shows missed dosages. Alternate-day dosages can be added, as can daily notes. Medication totals can be stored. Readings can be communicated to the user's clinic.

Reviews:

“Atrial fibrillation (AF) patients who struggle to remember all the information about their medication, INR, and dosage times, could be helped by a new app. ‘OATBook’ allows users to set reminders for upcoming appointments, store all their INR scores in one place, and set dosage reminders for medication.”

Atrial Fibrillation Association (AFA) International, UK

Source: <http://bit.ly/O2K3CT>

Recommended by Anticoagulation Europe (ACE), UK

Source: <http://bit.ly/QHiT8Z>

Cost:

£1.99 [approximately €2.52]

Developer:

Rob Cleaton [*UK-based app developer*]



ODDT

Android: –

Apple: <http://bit.ly/NLdLcs>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Brings a magazine-style interface to collated information on research into cures for the rarer and more-neglected diseases. The information is provided by ‘Open Drug Discovery Teams’ (ODDT), a crowd-sourced content aggregator. Mainly aimed at researchers, but a potential information source for interested patients, too.

Reviews:

“‘ODDT’ collects data on a small, but growing, number of diseases (including Chagas disease, HIV/AIDS, Huntington’s disease, leishmaniasis, malaria, Sanfilippo syndrome, and tuberculosis). The app also covers emerging topics, such as drug repurposing and green chemistry.”

CheckOrphan, Switzerland and the USA
Source: <http://bit.ly/LRMmog>

“Accessing rare-disease data using the ‘ODDT’ app. Upon receiving the news that there would be an app I could install on my phone, which would not only give me access to Twitter, and to ‘hot’ rare-disease topics, but, also, the ability to gain access to the latest research in the field of rare disease—I immediately installed ‘ODDT’. The app is geared to topics on rare and neglected diseases, with the ability to aggregate chemistry data and other open-science data through Twitter hashtags.”

Global Genes Project, USA
Source: <http://bit.ly/Ml0agT>

Cost:

Free

Developer:

Molecular Materials Informatics Inc
[Canada-based software company]



OnTrack Diabetes

Android: <http://bit.ly/Lj5fFp>

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

“Records your: blood glucose; blood pressure; body fat; exercise; food; HbA1c; medication; pulse rate; weight. Reports your: average glucose stats; glucose by category (for instance, after dinner); food by category; meds by subtype. Graphs: glucose daily average; glucose range; glucose by time of day; HbA1c by time; carbohydrates daily total; pulse by time; weight by time. 9/10; brilliant.”

Blogger on diabetes.co.uk—the global diabetes community, UK

Source: <http://bit.ly/OiTY80>

Summary:

Helps people with diabetes manage their condition by tracking blood glucose, blood pressure (BP), exercise, food, medication, pulse, and weight. Produces a variety of graphs and reports, and a log book suitable for sharing with the doctor. Can activate reminders (for example, a reminder to test two hours after eating food).

Reviews:

“‘OnTrack’ is my favorite Android app. I tried several apps, but found them all either limiting, or too comprehensive. This is simple, and equates to keeping a diary. However, the neat feature is that it can record other things as well. I have blood-pressure problems, so I can record readings for blood pressure and pulse. Also, you can set up multiple medications. Before, I used three different apps that all worked differently. Now, I have all my medical stuff in one neat app. You can view the results in various formats, and you can upload the record book and graphs for any period you choose to a simple place like ‘Dropbox’. I highly recommend this app.”

Blogger on diabetes.co.uk—the global diabetes community, UK

Source: <http://bit.ly/LNShjA>

“With my daughter just being diagnosed, I have been using this app for tracking my daughter’s information. I love it. It has graphs that help her to visualise her numbers. We have found that if she is testing without me there, she texts her numbers to me, and I input them into the program. She loves being able to look at the glucose-range chart, and see that her green is getting bigger.”

Blogger on Children with Diabetes, USA

Source: <http://bit.ly/OnBRAR>

Cost:

Free

Developer:

GExperts Inc [USA-based app developer]

Ovarian Cancer Symptom Diary

Image
not yet
available

Android: –
Apple: –
Blackberry: –
Nokia: –
Windows Phone: –
Other weblinks: <http://bit.ly/RcgOkC>
Languages: English
Number of languages: 1
Countries of use: Any in which the user is familiar with English

Recommended by the Norma Livingston
Ovarian Cancer Foundation (NLOCF), USA

Source: <http://bit.ly/MSJP41>

“The app is a great idea, and it seems like it will be helpful. I think, though, that until doctors learn more about ovarian cancer, a lot of women are still going to be given the runaround. It seems to me that the failure on the part of doctors to consider ovarian cancer as a possibility when women present with the typical symptoms is a not-insignificant problem. I wonder how that can be changed.”

Blogger on the Ovarian Cancer National Alliance forum, USA

Source: <http://bit.ly/Poh5L0>

Summary:

Helps the user learn about the risks, signs and symptoms of ovarian cancer. Allows potential symptoms of ovarian cancer to be tracked. The user can create a personal risk profile, and email themselves a symptom report. Functions on Android, Apple and Blackberry. Requires the user to create an account on the Ovarian Cancer National Alliance website.

Cost:

Free

Developer:

Ovarian Cancer National Alliance [*USA-based patient group specialising in ovarian cancer*]

Reviews:

“We are excited to announce a new tool that helps women track the symptoms of ovarian cancer. The app asks a woman a few questions about risk factors (such as whether her family has a history of breast or ovarian cancer). She can then log in, and record symptoms that research shows are common with this disease, including: bloating; difficulty eating, or feeling full quickly; pelvic or abdominal pain; urinary symptoms (urgency or frequency). We hope that this app will help women be diagnosed as early as possible, potentially saving their lives.”

Ovarian Cancer National Alliance, USA

Source: <http://bit.ly/Poh5L0>



Pain Care

Android: <http://bit.ly/Nlzp0C>

Apple: <http://bit.ly/Tctmqz>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

A tool to help patients manage chronic pain or sports injuries. Allows the user to track medications, side effects, symptoms of pain, and triggers. After the journal has been kept for sometime, the app will estimate the cause of the pain, and consider the efficacy of treatment/medication options. Provides an automatic natural-language summary of the patient history, with analytic charts designed to fit into pain specialists' decision-making workflow (making personalised treatment options easier for doctors to create). Data can be shared with a doctor securely via the Internet.

Reviews:

“Offers a comprehensive, visual pain scale, ideal for people who have difficulty keeping an electronic diary. No cost. Doctors find the app useful. The tech skill level required to operate the app is easy to moderate.”

Family Caregiver Alliance (FCA), USA

Source: <http://bit.ly/QKJmwJ>

“The ‘Pain Care’ app has won the ‘Project HealthDesign’ developer challenge 2010, sponsored by the Robert Wood Johnson Foundation (RWJF) and the California HealthCare Foundation (CHCF).”

Louise H. Batz Patient Safety Foundation, USA

Source: <http://bit.ly/TcxDKD>

Cost:

Free

Developer:

Ringful LLC [*USA-based app developer*]



Parkinsons

Android: –

Apple: <http://bit.ly/LYL9kr>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/T0TJjf>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Reviews:

“We have produced an app designed specifically to help doctors, nurses and healthcare professionals. The app will inform them, and assist them with the diagnosis, treatment and control of Parkinson’s symptoms. Parkinson’s disease is quite difficult to diagnose, and this app is a great help. Helps manage Parkinson’s disease for patients.”

Parkinson’s Association of Ireland

Source: PatientView survey, July-August 2012

Cost:

€4.99 [approximately £3.89]

Developer:

Parkinson’s Association of Ireland [*Ireland-based patient group specialising in Parkinson’s disease*]

Doctot [*Ireland-based health informatics company*]

Summary:

Designed to help medical professionals recognise the symptoms of Parkinson’s disease (PD), and then diagnose and treat the condition. Note that although the app is not aimed at patients, the joint developer, the Parkinson’s Association of Ireland, is asking patients to inform their GPs of the existence of the app. The Association hopes that such action by patients will increase uptake of the app by medical professionals, resulting in healthcare staff who are more knowledgeable about PD. The Association has produced a leaflet about the app for patients to take to their doctors [see <http://bit.ly/T0TJjf>].



Pauseboogie fra Gigtforeningen [Pause Boogie from the Rheumatism Association]

Android: <http://bit.ly/ONDC5t>

Apple: <http://bit.ly/Nb2x5d>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/peh4Sw>

Languages: Danish

Number of languages: 1

Countries of use: Denmark

Summary:

Demonstrates how to perform a series of exercises intended to ease and prevent pain and discomfort in muscles and joints. Lists exercises for the back, feet, hips, knees, neck, and shoulders. For people with arthritis or osteoarthritis.

Reviews:

“‘Pauseboogie’ is a fun and easy way to get more exercise into your daily programme. It is a set of simple, but effective, exercises for each of the typical areas where people often have pain. The app can be personalised, so that everyone can put together their own unique ‘Pauseboogie.’”

Gigtforeningen [Rheumatism Association], Denmark
Source: PatientView survey, July-August 2012

“The Gigtforeningen has launched a new movement app, ‘Pauseboogie’, with simple exercises to get us to spend the day with small breaks to strengthen the body. It’s fun, easy, and free, and you can do the exercises anywhere. The app’s exercises are presented by a Pilates instructor and a choreographer/dancer. The Association is leading the fight against the sedentary life. Download the free app, so that you always have exercises at your fingertips.”

Gigtforeningen [Rheumatism Association], Denmark
Source: <http://bit.ly/peh4Sw>

Cost:

Free

Developer:

Gigtforeningen [Denmark-based patient group specialising in arthritis]
Plant [Denmark-based advertising agency]



PD Life

Android: –

Apple: <http://bit.ly/mCGart>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/swg2wk> and
<http://bit.ly/O5xo0x>

Languages: English

Number of languages: 1

Summary:

Aims to give people with Parkinson's disease (and their carers) real-time management of the condition. Allows medications and dosages to be recorded. Schedules medication reminders, and tracks ability to take medication on time. Documents and reports symptoms and side effects. Intended to be taken to consultations with healthcare professionals. Users have the option to contribute basic data anonymously to the 'PD Life' database, and participate in future surveys on understanding the experience of being a person living with Parkinson's (or a carer).

Reviews:

Recommended by the developer, the Parkinson Association of the Rockies (PAR), USA (which said in a November 2011 PatientView survey that 6%-10% of the patients with whom the Association is familiar use the app). Also recommended by more than 40 other US Parkinson's groups on Facebook-among them, the American Parkinson Disease Association, Washington Chapter, and the Parkinson Center of Oregon (PCO).

Source: <http://on.fb.me/oYSbrL>

"The app seems good, with plenty of reminders and statistics on how I feel. It would be good if it could be translated into my language, Swedish."

Blogger on Parkinson's Movement, USA

Source: <http://bit.ly/qdvaKH>

Cost:

Free

Developer:

Parkinson Association of the Rockies (PAR)
[USA-based patient group specialising in Parkinson's disease]



Pedometer

Android: <http://bit.ly/N9g1OR>

Apple: <http://bit.ly/cMYL47>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Dutch, French, German, Italian, Japanese, Portuguese, Spanish, Swedish

Number of languages: 9

Countries of use: Any in which the user is familiar with one of these languages

Reviews:

“Gives an immediate response. The app is used by 1% of the patients with whom we are familiar.”

Patient group specialising in heart conditions, USA
Source: PatientView survey, July-August 2011

Cost:

Free on Android; £0.69 [approximately €0.85] on Apple

Developer:

Luminant Software Inc [*USA-based app developer*]

Summary:

Tracks steps taken, speed achieved, laps covered, distance traveled, and calories burned. Steps are counted whether the phone is carried in the hand, on an arm, in a bag, on a belt, or in a pocket. Adjustable sensitivity and automatic calibration allows for switching between walking and jogging/running. Automatic screen dimming saves battery life while the app continues to count steps. A locking mechanism prevents accidental pressing of buttons while the device is in a pocket or bag. A history of daily totals and timed runs is kept. Imperial or metric measurement units can be selected. GPS support.



Phrase Board

Android: –

Apple: <http://bit.ly/MYQsyb>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Arabic, French, German, Italian, Spanish, Swedish

Number of languages: 7

Countries of use: Any in which the user is familiar with one of these languages

Summary:

A means of allowing people who cannot speak to display some basic concepts to other people. Large 'Yes' and 'No' buttons allow for simple expression. Scrollable lists of 'Having', 'Feeling', and 'Want' statements provide for quick communication. Custom messages and frequently-employed phrases can be input and saved. A message bar allows statements to be highlighted. A 'Pain' page allows pain to be expressed. A slider displays pain on a one-to-ten scale; the duration, frequency, location and type of pain can all be expressed. Simple pictures can be drawn for further emphasis. Not a 'speaking' app.

Reviews:

"The advantages: the app aims to allow an individual with a communication impairment to communicate their location, level and frequency of pain, to answer basic questions, and to make basic comments and requests. The person can also save custom comments that are more relevant to their own situation. The disadvantages: the app does not allow for voice output, so that any medical professional in attendance would need to be watching what the person is touching on the screen."

Patient group specialising in communication disability, Australia

Source: PatientView survey, July-August 2012

"This app is designed for patients with speech difficulties. Users can indicate where and how much they hurt with scrollable lists, and with a chart of the human body. It also lets users type custom messages, or even draw messages. The app is text-only. Reviews have been favorable, especially since the app is free. One user said it "has all of the basic functions needed for a patient's communication needs, when speaking is not an option." The main downside is the lack of speech functions. But, as one user noted, "what makes it worth looking at is the free hand-'draw' feature that lets you draw with your finger if you don't know a word?"

Central Coast Children's Foundation, USA

Source: <http://bit.ly/MX4p1l>

Cost:

Free [in English language only; the other six languages available through in-app purchase]

Developer:

Eamonn and Ian Ilc [USA-based app developer]



Pill Reminder Pro (Push Notification)

Android: –

Apple: <http://bit.ly/vPNnuY>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

A reminder to take medications on time. The user enters the name of the pill, dosage, frequency, and what time(s) of day to take the medication. The app sends the user push alert reminders of when to take the medication.

Reviews:

“Reminds you with PUSH alerts of when to take your pills. Tracks each of your medications by name, dosage and frequency to take. One point to remember when entering the dates and times taken for each pill, when you enter a time and dosage, remember to save each time your enter, otherwise it won't remember. As it uses PUSH technology, you need to be in a WiFi reception area to receive the notifications, though. Pity it isn't a stand-alone app, as if it were, then little or no WiFi reception wouldn't matter.”

Disabled Folk Cornwall, UK

Source: [Website non-functional at time of publication of this Directory]

“These apps may provide an alternative to a pill-reminding device, but you should take into account the limitations of relying on a mobile app. The following issues may prevent the app providing alerts at the correct time: hardware and network-access limitations; having no signal; putting a phone on ‘silent’; conflict with other software/apps, task killers or upgrades to the operating systems; your phone's battery running out; not having your phone with you. Consequently, you must not rely on an app alone to remember to take your prescriptions. If you find it difficult to remember to take your medication, or find yourself taking repeat doses, you should consult with a healthcare professional. Follow your doctor's instructions, and only take drugs as advised by your pharmacy. Apps may be updated periodically. Users should independently check for new versions of apps, as there may be important bug fixes.”

Disabled Living Foundation (DLF), UK

Source: <http://bit.ly/M8L3ly>

Cost:

\$0.99 [approximately €0.85]

Developer:

Winkpass Creations Inc [USA-based app developer]



Pillbox

Android: –

Apple: <http://bit.ly/MmnVBJ>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Reviews:

**Recommended on Be The Match forum,
National Marrow Donor Program, USA**

Source: <http://bit.ly/SubKzC>

Cost:

Free

Developer:

Community Health Network [*USA-based
non-profit healthcare provider*]

Summary:

A reminder to take medications on time. Allows a user to keep track of their medication (and that of their family). A weekly overview shows the days that medication has to be taken. Separate lists of medication for each family member can be kept. Each medication entered into the app can be linked to a database of information on the medication (Internet connection required).



Pillboxie

Android: –

Apple: <http://bit.ly/eglkcc>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, French, Greek, Italian, Spanish

Number of languages: 5

Countries of use: Any in which the user is familiar with one of these languages

Summary:

A reminder to take medications on time. Claims to be easy because it lets the user 'visually' manage medications. "Scheduling a reminder is as easy as dropping a pill into a pillbox."

Reviews:

"I have used two free apps to remind me to take my meds. I started out with 'Pillboxie', which has a beautiful interface, and can handle all types of meds, including injection, oral liquids, and a myriad of pill shapes and colors. You drop the pills into a virtual pill box at the appointed time. This was great, and really helped me when I was on a twice-a-day medicine, and a once-a-day medicine. I now take two drugs once daily with food, which makes it so much easier: I just take my meds at lunch time. I still use an app to remind me, though."

Blogger on POZ Blogs, USA

Source: <http://bit.ly/IOCw4u>

"One thing that I hate about nagging apps that continuously bug you is that I don't always have the time (or the patience) to load the app, and click the "Yeah, I did that", or the "Give me back my life" checkbox. I'm one of those people who has to clear the app badge (or what I like to call the Red Dot of Shame) quickly. I feel guilty if I don't. My biggest issue with 'Pillboxie' was that the count on the dot just kept growing if I didn't pop into the app, and tell it I was a good boy, and took my meds. Missing a dose for me is rare, so I would prefer to only record my mistakes, and not my achievements."

Blogger on POZ Blogs, USA

Source: <http://bit.ly/IOCw4u>

Cost:

£0.69 [approximately €0.85]

Developer:

Jared Sinclair [USA-based app developer]



Pocket First Aid & CPR

Android: <http://bit.ly/O2LX9m>

Apple: <http://bit.ly/PEPBkj>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/cppGxi>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Provides information on how to carry out cardiopulmonary resuscitation (CPR). Demonstrations of correct technique for adult, child, and infant CPR are shown in 34 videos and 46 high-resolution illustrations, with a particular emphasis on aiding victims of choking. Also provides information on many of the basics of first aid. Has a 'search' functionality. Allows personal medical information (including details on allergy, doctor and health insurance) to be stored.

Reviews:

Recommended by the American Heart Association (AHA), USA

Source: <http://bit.ly/cppGxi>

"I'd survived an earthquake. I was determined to survive as long as I could, get back to my family, and I didn't want to die just because I didn't know how to treat my wounds. So, I remembered I had my phone. There was no signal on it, but I had a first-aid app pre-downloaded ['Pocket First Aid & CPR'], and so I had some information how to take care of excessive bleeding, and also shock."

Dan Woolley.net blog, USA

Source: <http://bit.ly/NDK0dQ>

"Provides quick, concise, and clear first aid and CPR instructions from a user's smartphone."

Disaster Relief, USA

Source: <http://bit.ly/Omo6yV>

Cost:

£1.26 [approximately €1.59] on Android;

£1.49 [approximately €1.90] on Apple

Developer:

American Heart Association (AHA)

[USA-based patient group specialising in heart conditions]

Jive Media LLC *[USA-based app developer]*



Pollenvarsel

Android: <http://bit.ly/N892S0>

Apple: <http://bit.ly/w10gQB>

Blackberry: –

Nokia: –

Windows Phone: Adaptable to Windows Phone

Other weblinks: <http://bit.ly/xFU2nr>

Languages: Norwegian

Number of languages: 1

Countries of use: Norway only

Summary:

Gives a daily updated summary of pollen dispersal in Norway. Information is categorised into six types of pollen (alder, birch, grass, hazel, mugwort, and salix), and by region of the country.

Reviews:

“Norges Astma- og Allergiforbund (NAAF) provides the daily pollen notification for Norway. NAAF has established 12 traps around the country, and six pollen types of alerts every day, from February to mid August. Get pollen info right to your phone. New for ‘Pollenvarsel’ in 2012 is news reports, and so-called PUSH notifications, which allow you to choose to be notified of heavy and extreme variability of the different pollen types in your area. ‘Pollenvarsel’ costs less than a chocolate.”

Norges Astma- og Allergiforbund (NAAF) [Norwegian Asthma and Allergy Association], Norway
Source: <http://bit.ly/xFU2nr>

“Watch the pollen alert. Then you can make plans that allow you to avoid areas with large amounts of pollen, and can take steps on the most pollen-rich days.”

Lommelegen.no [Pocket Doctor], Norway
Source: <http://bit.ly/NXTZfe>

Cost:

£0.69 [approximately €0.85]

Developer:

Norges Astma- og Allergiforbund (NAAF)
[Norway-based patient group specialising in asthma and allergy]



Porselensguiden [Toilet Guide]

Android: <http://bit.ly/QPNI0K>

Apple: <http://bit.ly/NfEoKL>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/PCyLTu>

Languages: Norwegian

Number of languages: 1

Countries of use: Norway

Reviews:

**“Useful for finding the location of lavatories.
1%-5% of the patients with whom we are
familiar use this app.”**

Landsforeningen Mot Fordøysessykdommer (LMF)
National Association Against Digestive Diseases,
Norway

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

MSD Norge [*Norway-based pharmaceutical
company*]

Summary:

Shows the way to the nearest lavatory.
Indicates whether each facility is disability-
enabled, is for both men and women, has a
changing table for babies, is free, or requires a
fee for entry. Users can rate each lavatory on a
scale of one to five, and post comments. Users
can also add lavatories not already listed.



Predictable

Android:

Apple: <http://bit.ly/N7tqal>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English (American English, Australian English, and British English voices)

Number of languages: 1

Countries of use: Any in which the user is familiar with one of these variants of English

Summary:

An alternative communication solution for people who have difficulty speaking. A text-to-speech app with a choice of nine voices. ‘Emoticons’ add laughter, crying, or whistling to messages. A word-prediction engine helps users input text. A ‘Note pad’ option permits hand writing on the screen. Category folders store phrases or prepared messages. A ‘History’ view gives access to last-used phrases. Emails can be composed and sent. Phrases can be backed up on a computer. Facebook and Twitter can be accessed.

Reviews:

“To date, I can only recommend ‘Predictable’. 1% of the people with whom we are familiar use this app. I am very optimistic about the use of apps for service users who have limited verbal skills, and can use hand-held devices as an augmentative communication tool. But I have some concerns about how funding for such apps (and the necessary hardware) will be sourced.”

National group specialising in disability, Ireland

Source: PatientView survey, July-August 2012

“A cost-effective and unique communication-aid solution for people who have a disability that results in speech impairment. Users can type a message more efficiently with a sophisticated word-prediction engine, and it speaks the message, offering a range of voices.”

Vermont Family Network (VFN), USA

Source: <http://bit.ly/PYyZV6>

Cost:

£109.99 [approximately €138.90]

Developer:

Therapy Box Limited [UK-based provider of assistive communication technology]



Prizmo - Document Scanning, OCR, and Speech

Android: –

Apple: <http://bit.ly/9MY2ui>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Bokmål, Danish, Dutch, French, German, Italian, Norwegian

Number of languages: 8

Countries of use: Any in which the user is familiar with one of these languages

Summary:

Scans and recognises text documents, bills, business cards, whiteboards, etc, then allows the text to be shared across computers and with other people through the 'cloud'. Saves the user from having to type text. Extracts information (such as first and last names, company, job title, phone numbers, email, website, address) to create contacts on the phone, or to share them. No Internet connection is required for image processing. A text-to-speech facility that lets the app read out aloud any scanned texts (choice of 35 voices in 10 languages) is available through a further in-app purchase.

Reviews:

"Good for reading disabilities. You can take a picture of text, crop it, and use to scan a document, and also use text-to-speech, to hear the text. 1%-5% of the people with whom we are familiar use the app."

Patient group specialising in learning disorders, Canada

Source: PatientView survey, July-August 2012

"App of the Month for us. Great for scanning and performing optical-character recognition (OCR) on text documents. It works best with printed material. As with most OCR apps, handwriting recognition can be problematic, but 'Prizmo' is great for when a letter pops through your door, or you need to read a text document while out and about. What really sets 'Prizmo' apart from the crowd, though, are the additional features it offers: scan bills and receipts, and get 'Prizmo' to help you with working out how to split the cost if you're out with friends. Scan business cards, and have the information automatically added to a new or existing contact (for instance, names, phone numbers and email addresses). Upload your scanned documents directly to popular services, such as 'Dropbox' and 'Evernote'. Translate documents using Microsoft 'Translate'. Great if you're on holiday abroad."

Royal National Institute of Blind People (RNIB), UK

Source: <http://bit.ly/N54wn7>

Cost:

£6.99 [approximately €8.90]

Developer:

Creaceed SPRL [Belgium-based app developer]



Proloquo2Go

Android: –

Apple: <http://bit.ly/9mdpXK>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English (American English, Australian English, British English, and Indian English voices)

Number of languages: 1

Countries of use: Any in which the user is familiar with one of these variants of English

Reviews:

“Supports communication. Aids memory. Improves safety supports and independence. Used by 2%-5% of the people with whom we are familiar.”

Epilepsy Wales, UK

Source: PatientView survey, July-August 2012

Recommended by the Vermont Family Network (VFN), USA

Source: <http://bit.ly/PYyZV6>

Cost:

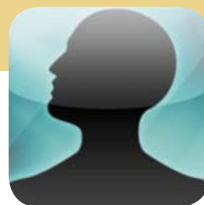
£129.99 [approximately €164.16]

Developer:

AssistiveWare [*Netherlands-based provider of assistive communication technology*]

Summary:

An alternative communication solution for people who have difficulty speaking. Allows users to access the most frequently-used words in English, along with fringe vocabulary. Contains a high-resolution library of over 14,000 symbols. Provides natural-sounding text-to-speech children's voices. Comes with two pre-programmed organisations of vocabulary, which can be customised according to individual speaking ability—from new communicators who are at the one- or two-word level, to full literacy. Frequently-used words can be reached quickly, while less frequently-used words remain accessible without hindering the task of finding the words needed more often. Intended for children or adults with ALS, apraxia, autism, cerebral palsy, developmental disabilities, Down's syndrome, stroke, or traumatic brain injury. French- and Spanish-language versions due at a later date.



Psoriasis

Android: –

Apple: <http://bit.ly/PJtWaO>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/boS7k3>

Languages: English, Dutch, French, Greek, Italian, Portuguese, Spanish

Number of languages: 7

Countries of use: Any in which the user is familiar with one of these languages

Reviews:

Recommended, as part of Psoriasis 360, by the European Federation of Psoriasis Associations (EUOPSO), Germany

Source: <http://bit.ly/NnEnTf>

Cost:

Free

Developer:

Janssen [*USA-headquartered pharmaceutical company*]

Digital Lynx Ltd [*UK-based design agency*]

Summary:

Contains a trio of facilities for people with psoriasis (and their carers): a calculator to assess the severity of the condition; a questionnaire on the impact of the condition; and a newsfeed on dermatology subjects. Also contains a 'Psoriasis Area and Severity Index' (PASI) calculator for healthcare professionals specialising in psoriasis.



Qcard

Android: –

Apple: <http://bit.ly/SbJuWZ>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

A tool that helps people remember, and manage and organise their lives. Re-usable ‘Qcard’ reminders can be created in the app by shaking the phone. Each colour-coded Qcard can be tagged with a necessary activity (such as taking medication), and a scheduled time. Alerts remind the user of listed activities that fall due. Completed Qcards are stamped and archived; deleted Qcards vanish. Step-by-step ‘Guided tasks’ conduct the user through prolonged tasks. Aimed in particular at people with ADHD, Alzheimer’s, amnesia, brain injury, or dementia.

Reviews:

“We highlighted the story of the person who developed the ‘Qcard’ app in the 2012 issue of ‘OBIA Review’ [<http://bit.ly/OSX2Gf>], which is our quarterly magazine. Designed by a survivor of acquired brain injury (ABI) for ABI survivors, ‘Qcard’ assists people who aren’t organised to become organised, and helps those who forget to remember. This life-management app is the ultimate in memory and organisation. Please note that the app does take some cognitive skills to use. It has just been released, and 1%-5% of our members use the app.”

Ontario Brain Injury Association (OBIA), Canada

Source: PatientView survey, July-August 2012

Recommended by the Ontario Neurotrauma Foundation (ONF), Canada

Source: <http://on.fb.me/OiFGXg>

Cost:

£2.99 [approximately €3.76]

Developer:

Serg Di Giovanni [*Canada-based web designer and survivor of brain injury*]



RCP & Asfixia

Android: <http://bit.ly/O6Crzd>

Apple: <http://bit.ly/NpL3yL>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: Spanish

Number of languages: 1

Countries of use: Any in which the user is familiar with Spanish

Summary:

Provides information on how to carry out cardiopulmonary resuscitation (CPR), with a particular emphasis on aiding victims of choking. Demonstrations of correct technique are shown in one-minute videos, and are compatible with the latest recommendations from relevant international organisations. Does not aim to be a substitute for training in CPR, merely a refresher. An English-language version is also available on Android, Apple and Windows Phone.

Reviews:

“Thought I would share this, as I can’t recommend this app enough. Very simple, short videos show you exactly what to do in an emergency. They have options for adult, child and infant in a choking/CPR situation. Hope no one ever needs it, but it is great for peace of mind.”

Baby and Bump forum, UK

Source: <http://bit.ly/QRICJ>

Cost:

Free

Developer:

University of Washington [*USA-based university*]

Stone Meadow Development LLC [*USA-based app developer*]



Refills App

Android: –

Apple: <http://bit.ly/QGjuGJ>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Tracks the user's remaining amounts of medications, displaying a countdown of the quantities left, and indicating how many days, weeks, or months, remain of each medication. Sends an alert about which medication is soon due for refill. The user can phone the doctor or pharmacy directly from the app. Trips or vacations can be planned against a summary of the medications that need to be refilled prior to departure.

Reviews:

“Simple, but very effective, way for people with diabetes to keep track of their blood-sugar reading. Great graphics. More than half of the patients with whom we are familiar use the app.”

North Shore Prostate Support and Awareness (North Shore PSA), Canada

Source: PatientView survey, July-August 2012

Cost:

£1.99 [approximately €2.55]

Developer:

Angry Pumpkin Software Inc [*Canada-based software manufacturer and app designer*]



RENAL TRKRR

Android: <http://bit.ly/MP6azP>

Apple: <http://bit.ly/N71dxL>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Helps people with chronic kidney disease (CKD) or end-stage renal disease (ESRD) to record, track, and share their vital renal-health information. Contains a food log ('Diet trkrr'), a medication log ('Medication trkrr'), and a log of lab test results ('Test trkrr'). A graphing system allows the user to see and track trends in personal nutritional and renal data. Reminders can be set. Important information can be emailed to a doctor.

Reviews:

"4 stars. This is a comprehensive app that covers the spectrum of information which a patient with kidney disease needs to manage their condition. As a complex app, it has learning curve. But it is easy to start with small entries of things you know (such as food preferences and medications), and to expand as other information arrives (such as lab results). The app is for kidney disease only—no specific dialysis data is collected. Naturally, as a logging tool, it is most appreciated by the anal among us, though it is likely that the charts and trend information may justify maintaining your data. Time will tell whether it is worth the money."

Big D and Me dialysis blog, Australia

Source: <http://bit.ly/NizRsR>

Cost:

£5.06 [approximately €6.45] on Android;

£5.49 [approximately €7.00] on Apple

Developer:

(R)Health L.L.C. [USA-based computer services company]



RheumaTrack

Android: <http://bit.ly/OiIDqP>

Apple: <http://bit.ly/MRvFuk>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, French, German

Number of languages: 3

Countries of use: Any in which the user is familiar with one of these languages

Reviews:

Recommended by Dr. Peer Malte Aries, at the London 2011 European League Against Rheumatism (EULARS) Conference [Rheuma-Online]

Source: <http://bit.ly/MPesrk>

Cost:

Free

Developer:

Nicole Derouaux *[USA-based app designer]*
Mutterelbe *[Germany-based design company]*

Summary:

Helps people with rheumatism monitor their condition. Personal facts (for example, inability to work, morning stiffness, times of infection, etc) can be recorded and tracked. Allows the development of the condition to be tested with a functional-ability assessment questionnaire of symptoms ('Funktionsfragebogen Hannover', FFbH). Pain levels can be logged in a 'Pain diary' (pain scale based on the 'Visual Analogue Scale', VAS). Represents rheumatism by means of a tracing development, lists, or calendars. Notes can be taken. Issues reminders of due dates to collect replacement medications.



RxmindMe Prescription

Android: –

Apple: <http://bit.ly/M0YoBb>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Prescription reminder that alerts the user to the need to take a prescription. Many different categories of reminder can be scheduled, including: hourly; daily; on specific dates; weekly; on a particular day of the month; as needed; on a particular week of a month; or even medicine taken as a one-off. Prescription quantities count down as reminders are marked 'Taken'. Allows phones with a camera to take photos of prescriptions. Prescription history can be emailed. Password protected. Also contains a searchable 'FDA Drug Database'.

Reviews:

"I often forget to take my meds. And, other days, I can't remember if I took them or not. So, here's a great free app: 'RxmindMe'"

Cushing's Help and Support, USA

Source: <http://bit.ly/jEgux2>

"I use a great one called 'RxmindMe Prescription'. You can track your prescriptions by entering in the details, such as name, form, strength, person it's for, etc. Then you can also enter the quantity you have left, pharmacy, and set up reminders to alert you when it is time to re-order. You can also set up alerts that will pop up on your phone to remind you to take certain pills on a specific set of time daily, hourly, monthly, etc. The other cool part is that you can take a picture of the medicine. I like pictures, so that is fun for me. You can also export the data to Excel as a .csv file, so you could print it off, and give it to healthcare providers. I have loved using the app, and, best yet—it's free."

Blogger on CysticLife.org (CL), USA

Source: <http://bit.ly/NhUn6E>

Cost:

Free

Developer:

RxmindMe LLC *[USA-based app developer]*



Seriously Good! Gluten Free Living

Android: –

Apple: <http://bit.ly/MYugl6>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: UK

Summary:

56 coeliac-friendly recipes for people with gluten intolerance (many of the recipes in several serving sizes). Coeliac UK has certified all of the recipes gluten-free. 60 minutes of high-definition (HD) video guide the user through some of the recipes. The recipes are in metric measurements. The large video files on the app are best downloaded from a wireless network.

Reviews:

“Shows you which products are safe to eat. Being able to get a list of products in categories that are safe is invaluable. The app is used by 2.5% of our members.”

Coeliac UK, Beds and Mid Herts branch, UK

Source: PatientView survey, July-August 2011

Cost:

£4.99 [approximately €6.28]

Developer:

Spots Consulting Ltd *[UK-based designer of brand identities]*



Shifting Perspectives

Android: –

Apple: <http://bit.ly/nG3pV1>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

A collection of the work of 12 photographers who have a connection with Down's syndrome, and a photographic representation of people with Down's syndrome.

Reviews:

"The 'Shifting Perspectives' photography team continues to break down pre-conceived ideas about people with Down's syndrome, highlighting the individuality of every person with Down's syndrome, challenging attitudes and prejudices, and examining alternative representations of both adults and children. The new app showcases all the work produced by the 'Shifting Perspectives' team since its inception in 2003. The app makes this important body of work available to an even-wider global audience."

Down's Syndrome Association (DSA), UK

Source: <http://bit.ly/RDgJGL>

"'Shifting Perspectives' now have an app, so that we can all see the work produced by their photographers over the last seven years. These are photographs of children and adults with Down's syndrome. The app is free. It is really quite brilliant, so do have a look."

Down's Syndrome Support Group Gibraltar (DSSGG), Gibraltar

Source: <http://bit.ly/NLQ9o8>

Cost:

Free

Developer:

Bright Machine [UK-based web designer and app developer]



Sign 4 Me—a Signed English Translator

Android: –

Apple: <http://bit.ly/MIOh6G>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English (with limitations, due to differences in the 'Signed English' expressed in various English-speaking countries)

Summary:

A tool for learning a basic sign language called 'Signed English', or 'manually-coded English' (MCE). The app is intended for the beginning learner, or anyone with an interest in learning sign language. Signs are demonstrated on screen by images. 11,500 words are stored. An online demonstration is available at <http://signingapp.com>.

Reviews:

"Once the desired sentences, phrases, words and letters are typed in, a 3D avatar signs for the user. Everything the user types is saved in history, and used as shortcuts. The 3D avatar can be adjusted for speed, zoomed in or out and rotated to provide the best vantage point for every sign. The 'Sign 4 Me' library includes more than 11,500 words, and is growing. This app is an easy way to ensure efficient communication between the hearing and individuals who are deaf/hard of hearing."

National Alliance on Mental Illness (NAMI)
Massachusetts, USA

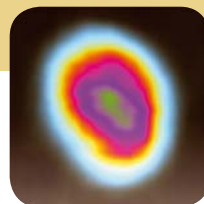
Source: <http://bit.ly/MGxnnZ>

Cost:

£6.99 [approximately €8.66]

Developer:

Vcom3D [USA-based app and games developer]



Skin Scan

Android: –

Apple: <http://bit.ly/QJtKNq>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Russian

Number of languages: 2

Countries of use: Any in which the user is familiar with one of these languages

Reviews:

“Not sure how much I like this or not, as I doubt whether two of my melanomas would have been of concern. But it is a conversation piece, at least. And if it makes even one person more aware, and sends them to a dermatologist, it’s probably worth it.”

Blogger on Melanoma Research Foundation (MRF) forum, USA

Source: <http://bit.ly/P7Uvvt>

Cost:

£2.99 [approximately €3.76]

Developer:

Skin Scan SRL [*Romania-based app developer*]

Summary:

A skin-cancer prevention tool that provides an on-the-spot risk assessment. The user photographs the potential mole with the phone’s camera. The app then relies on an algorithm to calculate the dimension of the mole and surrounding skin, and builds a structural map of the growth patterns of the different tissues involved. By processing the map, the app is able to assess whether the mole shows abnormal development. If so, it alerts the user to book a medical appointment. Moles are classified ‘high risk’, ‘medium risk’, or ‘low risk’. Results can be archived to track development.



Sleep Cycle Alarm Clock

Android: –

Apple: <http://bit.ly/7Ems02>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

A biorhythm alarm clock. When the phone is placed in the user's bed, the app analyses the user's sleep patterns, and sets off the morning wake-up alarm call when the user is in the lightest sleep phase. Since people move differently in bed during the different phases of sleep, the app can exploit the phone's accelerometer to monitor the user's movement and determine the sleep phase. The app's 30-minute alarm window ends at the user's set alarm time.

Reviews:

“‘Sleep Cycle’ wakes you according to your sleep cycle, which it monitors throughout the night. It uses vibrations and sound to wake you from the lightest possible sleep. 1%-5% of the patients with whom we are familiar use the app.”

Canadian AIDS Society (CAS), Canada

Source: PatientView survey, July-August 2012

Recommended by C3 Collaborating for Health, UK

Source: PatientView survey, July-August 2012

“I’ve been testing this app for a while now, and I have to admit it works. But I didn’t like all the hassle before going to sleep. I then went and bought myself an aXbo one [<http://www.axbo.com>], and it’s even better, way less hassle with the charger, and the linen, and what not, and it’s more precise, too.”

Blogger on the Tommy Collison Adventures and Experiences blog, Ireland

Source: <http://bit.ly/5iF7pp>

Cost:

£0.69 [approximately €0.88]

Developer:

Maciek Drejak Labs AB [*Sweden-based programmer*]



SmallTalk Aphasia - Female

Android: –

Apple: <http://bit.ly/OxBjCo>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Reviews:

“Helps people who have difficulty speaking. Used by 2%-5% of the people with aphasia with whom we are familiar.”

Motor Neurone Disease Association (MND), West Yorkshire Branch, UK

Source: PatientView survey, July-August 2012

Recommended by the Aphasia Hope Foundation (AHF), USA

Source: <http://bit.ly/OV0nby>

Cost:

Free

Developer:

Lingraphica [*USA-based manufacturer of products for people with aphasia and apraxia*]

Summary:

Provides a vocabulary of pictures and videos that talk in a natural human voice. Allows a user to make their wishes known (or to practice common words and phrases). The user can access everyday words appropriate in, for example, doctors' appointments, emergencies, shopping, and telephone conversations. A speech-generation engine helps to personalise and expand the vocabulary. A collection of 'mouth-position' videos encourage practice and self-cuing for people who seek to recover their speech during stroke rehabilitation.



SmallTalk Intensive Care

Android: –

Apple: <http://bit.ly/NUcUJz>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Provides a list of phrases and images with which patients can communicate to medical professionals some of their needs and feelings (such as “I have chest pain”, or “I want a doctor”). Intended for patients and people who have difficulty speaking (perhaps due, for instance, to a language impairment, or not knowing enough English), and for those who cannot speak at all (perhaps due, for instance, to being intubated, or on a tracheotomy tube). Phrases chosen are spoken in a natural human voice, and accompanying pictures emphasise meaning.

Reviews:

“An app to help patients with speaking difficulties (whether because of an impairment, or because of an operation) express their needs to medical-care providers in the intensive care unit (ICU). Users choose from picture-based vocabulary to ‘speak’ phrases like, “I am in pain,” or “I want to be comforted.” The pictures that match the words make this app useful for non-English speakers as well. Reviewers found the app useful for the ICU, though one user said that the interface “was not great.” The pictures are self-explanatory, and make the app a convenient tool for non-native-English speakers.”

Central Coast Children’s Foundation, USA

Source: <http://bit.ly/MX4p1I>

Recommended by the Aphasia Hope Foundation (AHF), USA

Source: <http://bit.ly/OV0nbY>

Cost:

Free

Developer:

Lingraphica [USA-based manufacturer of products for people with aphasia and apraxia]



SmallTalk Pain Scale

Android: –

Apple: <http://bit.ly/Mh2Tci>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

A means of allowing people who cannot speak (particularly people with aphasia, apraxia, or dysarthria) to communicate the amount and the type of pain they are feeling to other people (including caregivers, family members, and healthcare professionals). Provides a vocabulary of pictures that talk in a natural human voice. The app's pain scale is based on images and descriptions of pain from the 'Wong-Baker Faces Pain Scale'.

Reviews:

"The advantages: the app offers the user a pain scale with words and faces for them to select their pain level. It has voice output, allowing the user to speak this aloud, as well as a selection of words to describe the pain. The disadvantages: the vocabulary in the app is not customisable at all, and is quite limiting."

Patient group specialising in communication disability, Australia

Source: PatientView survey, July-August 2012

"This app contains a series of images and pain descriptions that let the user communicate the type and level of pain. Some reviews mentioned that this app does not allow for sentence construction, or any editing. However, it does allow for a great deal of specificity by offering vocabulary for body parts, positional words, and pain-related adjectives (such as aching, dull, radiating, sharp, etc)."

Central Coast Children's Foundation, USA

Source: <http://bit.ly/MX4p1l>

Cost:

Free

Developer:

Lingraphicare Inc [USA-based hospital equipment manufacturer]



Sorenson BuzzCards

Android: –

Apple: <http://bit.ly/Mh5Aus>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Designed to help people who are deaf to communicate more easily with people who do not know any sign language. The app generates a series of 'flash cards' on which the user can place messages. Any number of cards can be created and edited. Frequently-needed cards (such as, 'Where is the lavatory?', or 'Where is the nearest bus stop?') can be kept organised by category (for example, 'Eating' or 'Travel'). The user communicates by picking a card, and holding the phone's screen where it can be seen.

Reviews:

Recommended by the National Deaf Children's Society (NDCS), UK

Source: PatientView survey, July-August 2012

Recommended by the National Consortium on Deaf-Blindness (NCDB), USA

Source: <http://bit.ly/M8ly2L>

Recommended in the October 2011 newsletter of the New Hampshire Statewide Independent Living Council (SILC NH), USA

Source: <http://bit.ly/OzBT3X>

Cost:

Free

Developer:

Sorenson Communications Inc [*USA-based manufacturer of communications products for people with deafness*]



SoundAMP R

Android: –

Apple: <http://bit.ly/8f4SCw>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Picks up sounds detected by the phone's built-in microphone, amplifies and processes them in realtime, and sends them to the user's ears (earphones required). Controls allow sound levels and quality to be tuned and adjusted according to taste or requirement. Offers sound control for each ear. Reduces any over-the-limit volume. Records lectures, presentations, interviews, information relayed at a doctor's appointment, etc. Recordings can be bookmarked, helping key points be found. Does not amplify phone calls or music.

Reviews:

Recommended by the National Deaf Children's Society (NDCS), UK, and by Living Well with Disability, USA

Source: PatientView survey, July-August 2012

"I have a hearing disability, and, despite very expensive hearing aids, I find it almost impossible to hear what's being said at public meetings. I've tried the induction loop at theatres, and, although some hearing is possible, it is still an enormous struggle. During the next couple of weeks, I must attend a government advisory committee, and I know hearing will be nigh impossible.

I've visited the site to test the induction loop, and it's like the theatre—OK, but not really good. 'SoundAMP R' is the most wonderful app for anyone who is hard of hearing. I am gobsmacked by how well it works. It seems like sound is magnified fourfold, and it has a range finder so you can 'zoom in', according to the distance from the sound source. If you miss anything, you can rerun the last 30 seconds, and the app can make very clear recordings, which can be transferred via WiFi to a computer. There's also a 'Lite' version, but that lacks recording and other features, and has a lower maximum volume. An in-app purchase upgrades 'SoundAMP Lite' to 'SoundAMP R'. I get a lump in my throat when I think about 'SoundAmp', because being in a situation where I can't hear is so un-empowering. I've have favourite apps before, but this is a life changer. I would encourage anyone with a hearing disability to try this app. It looks like you are listening to music, or wearing a hands-free kit, but, really, you are engaging with society."

Blogger on the site of the Cochlear Implant Club and Advisory Association (CICADA) Australia

Source: <http://bit.ly/M8NieX>

Cost:

\$4.99 [approximately €3.96], or \$0.99 [approximately €0.78] for the 'Lite' version

Developer:

Ginger Labs [USA-based app developer]



Speak it! Text to Speech

Android: –

Apple: <http://bit.ly/tWAMDG>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, French, German, Italian, Spanish

Number of languages: 5

Countries of use: Any in which the user is familiar with one of these languages

Summary:

Vocalises the written content of documents, emails, PDF files, web pages, etc, that the user has copied and pasted into the app—converting text into speech. Voices available include American male, American female, British male, British female, and others. Audio files can be created, and emailed. The volume and speed of the speech can be changed, as well as the font size of the text field. Phrases can be saved and repeated. The ‘Saved phrases’ section has a search bar.

Reviews:

“Easy to use, and pleasant to listen to. 6%-10% of the patients with whom we are familiar use the app.”

East Dorset and New Forest Motor-Neurone Disease Association (MNDA), UK

Source: PatientView survey, July-August 2012

“A text-to-speech provider. Speech therapists and occupational therapists (OTs) recommend them, instead of more expensive and outmoded devices, such as Lightwriters. 6%-10% of the patients with whom we are familiar use the app.”

Patient group specialising in neurological conditions, UK

Source: PatientView survey, July-August 2011

Cost:

£1.49 [approximately €1.90]

Developer:

Future Apps Inc [*USA-based software manufacturer and app developer*]



Special Stories

Android: –

Apple: <http://bit.ly/MlhKZo>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Catalan, Croatian, Dutch, French, Italian, Spanish, Turkish

Number of languages: 8

Countries of use: Any in which the user is familiar with one of these languages

Summary:

Supports early learning for children with Down's syndrome. Allows children to create their own stories with words, images, and sound. Children and their parents, carers, and teachers can read and listen to the children's own stories, print them off, and share them with family, friends and others. Part of DSE's 'See and Learn' programme of educational material for children with Down's syndrome, and partner to the 'Special Words' app.

Reviews:

"Our 'See and Learn' programmes are evidence-based, and make it easy to provide effective support for language learning and speech development during the early years—at home, and in group and therapy sessions. In a survey of people using 'See and Learn', 85% reported that their child's language and reading skills have improved."

Down Syndrome Education International, UK

Source: <http://bit.ly/Oil2mE>

Cost:

£9.99 [approximately €12.44]

Developer:

Special iApps [UK-based non-profit app developer specialising in children's education]

Add-on resources for the 'Special Stories' app

DSE has launched two add-on resources for the 'Special Stories' app, called 'See and Learn First Written Words' and 'See and Learn First Sentences'. Each add-on includes words, phrases and story books. US English and UK English editions are available to purchase and download from DSE online stores.

Cost: £5.00 [approximately €6.19]

<http://bit.ly/S3QdX6>



Special Words

Android: –

Apple: <http://bit.ly/On2MrH>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Bokmål, Catalan, Dutch, French, German, Italian, Norwegian, Spanish, Swedish, Turkish

Number of languages: 11

Countries of use: Any in which the user is familiar with one of these languages

Summary:

Interactive app that allows children with Down's syndrome to learn at their own pace. Comes with 96 written words that children use in their early vocabulary. Includes matching pictures, written and spoken words. Can be personalised by reordering, deleting and adding other words, pictures and audio, to increase a child's interest, and further develop their reading vocabulary. Part of DSE's 'See and Learn' programme of educational material for children with Down's syndrome, and partner to the 'Special Stories' app.

Reviews:

"Our 'See and Learn' programmes are evidence-based, and make it easy to provide effective support for language learning and speech development during the early years—at home and in group and therapy sessions. In a survey of people using the 'See and Learn', 85% reported that their child's language and reading skills have improved."

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<http://bit.ly/S3QdX6>



Speed Anatomy Lite (Quiz)

Android: <http://bit.ly/KbSesA>

Apple: <http://bit.ly/QB38At>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, French, German, Italian

Number of languages: 4

Countries of use: Any in which the user is familiar with one of these languages

Summary:

A game that shows images of parts of the human body, and is intended to test knowledge of anatomy. Points are awarded for precision and speed. Scores can be compared with friends on Facebook. 'Practice' mode allows the user to learn about components of the body without having to attempt previous levels. 'Review' mode replays mistakes previously made. The 'full', payable version lists 300 illustrated sections of the body. Called 'Speed Bones MD' on Android, and 'Speed Anatomy' on Apple.

Reviews:

"It is a game that makes people learn more about how their body looks inside, and where the parts are located in the body. Will be good for students, to learn the inner body parts, and the bone-names."

Patient group specialising in respiratory conditions, Denmark

Source: PatientView survey, July-August 2012

Recommended by Americans Networking to Survive (ANTS), USA

Source: <http://bit.ly/MWIXMR>

Cost:

Free ('full' version, £0.99 [approximately €1.24] on Android, and £0.69 [approximately €0.85] on Apple)

Developer:

Benoit Essiambre [*Canada-based app developer*]



Splingo's Language Universe

Android: –

Apple: <http://bit.ly/paCGIY>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Interactive game intended to help children learn listening and language skills. A child user can practise these skills by interacting with the images and animations on the screen, while listening to the spoken instructions. Instructions are clustered in four levels of attainment, and range from early language development, at the age of about 18 months onwards (recognition of single words), to more complex capability, at about the age of four onwards (handling several aspects of language simultaneously). Customisable to the child's level.

Reviews:

Recommended by the National Deaf Children's Society (NDCS), UK

Source: PatientView survey, July-August 2012

“Designed by specialist speech-and-language pathologists, the app is a fun, dynamic game which capitalises on children's natural fascination with technology to help them develop the listening and language skills that are fundamental to learning. It is uniquely customisable, to suit a range of ages and learning abilities, including special needs.”

Autism Speaks, USA

Source:

<http://bit.ly/wnMOMn> and <http://bit.ly/MChcHe>

Cost:

£1.99 [approximately €2.52]

Developer:

Speech And Language Store LLP [UK-based company specialising in speech and language]



Stop Panic & Anxiety Self-Help

Android: <http://bit.ly/Pp6uQ3>

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Reviews:

“Advantages: reduces stress, anxiety, and panic attacks. Disadvantages? None, really. 1%-5% of the people with whom we are familiar use the app.”

Patient group specialising in mental health problems, UK

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

Excel At Life [*USA-based clinical and sport psychologist*]

Summary:

Intended for people whose panic attacks are due to panic disorder (not suitable for other forms of anxiety). Contains the following features: articles about panic, anxiety and cognitive-behavioral therapy (CBT); an ‘Anxiety thought’ diary, to help the user learn to challenge fearful thinking; an ‘Emotion training’ audio, to direct the user into learning to access calming states; ‘Relaxation’ audios, to encourage relaxation; and a ‘Panic assistance’ audio, to coach the user through panic attacks. Password protection available. Audios are downloaded from ExcelAtLife.com.



Stress Tips

Android: <http://bit.ly/OEfwZn>

Apple: <http://bit.ly/NJSCIX>

Blackberry: Expected by end-2012

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/rTuFhj>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Provides people with more than 40 audio ‘tips’ from fellow anxiety sufferers on how to manage anxiety and stress. The tips tell how these individuals cope with anxiety and stress. Anxiety UK, the developer, plans that the app will in future include relaxation techniques, and the ability to upload personal tips.

Reviews:

Recommended by the developer, Anxiety UK

Source: PatientView survey, July-August 2012

“The app allows users to hear how a range of people (not just mental health professionals) cope with anxiety. Phase two of the app, which I believe is launched August 2012, will have a DIY diagnosis guide, allowing people to get an idea as to which anxiety condition(s) they have. There will also be a facility for service users to save their own tips.”

Patient group specialising in mental health problems, UK

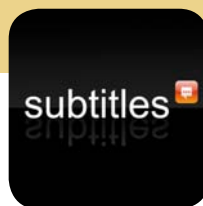
Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

Anxiety UK [*UK-based patient group specialising in anxiety*]



Subtitles

Android: –

Apple: <http://bit.ly/k3b9p3>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Albanian, Arabic, Bulgarian, Chinese, Czech, Danish, Dutch, Finnish, French, German, Italian, Japanese, Norwegian, Polish, Portuguese, Russian, Spanish, Swedish

Number of languages: 19

Countries of use: Any in which the user is

familiar with one of these languages

Summary:

A library of subtitles to films, downloadable through the app from 'Opensubtitles.org' users. Allows the vast repertoire of films viewable on mobile devices, on computers, or on television, to be watched with subtitles (20 languages available). Useful for people who are hard of hearing, and who would like access to subtitles (in their native language) when watching films. Contains the subtitles of latest releases at the cinema, as well as those of older films. Use of the app may not always be practical in cinemas, many of which disapprove of active phones.

Reviews:

Recommended by the National Deaf Children's Society (NDCS), UK

Source: PatientView survey, July-August 2012

"Does it stream subs from 'Opensubtitles.org', or does it download them? Are users able to choose from various subtitles (you know almost every movie has tons of uploaded subs)? Can we load our own .srt files, and have the app read them? How about a brightness/contrast setting? The white text might be glaringly bright in a dark theatre during night scenes. I see now that the app has a download/cache feature and a brightness option. Just for that, I'm going to buy the app as soon as I get home."

Blogger on deaf person's forum, Opensubtitles.org, USA

Source: <http://bit.ly/Oz20v7>

Cost:

£0.69 [approximately _0.85]

Developer:

Structure6 [Australia-based app developer]



Survival Signs & Words HD

Android: –

Apple: <http://bit.ly/MGYc7g>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Helps to teach the functional skills needed to survive, and to be independent in society. Words and phrases that are explained by 60 videos, narrated with human-quality audio (not text to speech), include: bus stop; cashier; do not enter; don't walk; exit; and police. The app focuses on being able to function in life, and touches upon health, literacy, maths, social skills, transportation and work skills.

Reviews:

“As more phones have apps like these available to be downloaded and carried everywhere, more people will use them. The advantages of this app: it helps in managing the chaotic, and helps with structure and performance, providing reminders and key messages to maintain structure and organisation. The disadvantages of the app: apps with voice-active systems like this one need to have a British voice, rather than an American one, as this often puts our service users off their use, and often sound patronising. However, apps like these are used by 2%-5% of the people with whom we are familiar.”

ADD-vance—Understanding Autism in Hertfordshire, UK

Source: PatientView survey, July-August 2011

“The videos explain what the signs say, mean, and what to do when you see them. The developer has several apps (as well as computer software programs) that I covet. For example: ‘Clothing Store Signs and Words’; ‘Emergency Signs and Words’; ‘Grocery Signs and Words’; etc. One day, when I win the lottery, I will surely purchase them all.”

Blogger on the Autism Teacher, USA

Source: <http://bit.ly/5Wjpre>

Cost:

£1.49 [approximately €1.85]

Developer:

Conover Company [USA-based training and evaluation company]



Sussex Air

Android: <http://bit.ly/MHRYGw>

Apple: <http://bit.ly/OiPnTf>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: UK only (specifically, the county of Sussex)

Summary:

Shows up-to-date details of pollution levels across the county of Sussex, England. PUSH notifications signal when pollution levels change to moderate or high. Individual locations can be checked for their performance each year in relation to air quality objectives. Fully integrated with Google Maps, including 'Locate me', satellite and hybrid views, and postcode search.

Reviews:

"The 'Sussex Air' app displays the latest air pollution levels recorded within the Sussex Air Quality Partnership (SAQP) network. New features such as 'Maps', 'My Sites' and Push notifications keep you up to date with Sussex's air quality where you are."

Sussex Air Quality Partnership (SAQP)

Source: <http://bit.ly/aZmAhn>

Cost:

Free

Developer:

King's College, London [*UK-based university*]



T2 Mood Tracker

Android: <http://bit.ly/QjuJWR>

Apple: <http://bit.ly/NJTpTQ>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

“I am filling in my mood diaries, and, yesterday, I downloaded ‘T2 Mood Tracker’. It’s free, if anyone is interested. I find it useful, because you can input your mood at any time of the day, and add notes to it. It starts to draw a graph the more that the moods are recorded. And a pattern can be seen. I only downloaded that yesterday, but I think it may be a useful tool. Got to try it, anyway.”

Blogger on Dealing with Depression forum, UK

Source: <http://bit.ly/N2ODxG>

Summary:

Allows users to monitor their moods for five medical conditions (anxiety, brain injury, depression, post-traumatic stress, or stress), plus general well-being. Users rate their moods on pre-set or custom scales, with ratings displayed on graphs to help them track their moods over time. Notes can record daily events, medication changes, and treatments associated with mood changes, to help medical professionals suggest treatment decisions.

Reviews:

“It helps me track my moods—which is useful, because often, over time, it is difficult for me to know where my mood has gone, and to be aware of developing changes in mood and feeling. This app is helpful for me, and the professionals I speak to. It can be good to use for cognitive behavioural therapy (CBT), and things like that.”

HUG Action for Mental Health, UK

Source: PatientView survey, July-August 2011

“Users can self-monitor, track, and reference their emotional experiences associated with common deployment-related behavioral health issues (like post-traumatic stress, brain injury, depression, and anxiety). With each self-rating, notes on environmental influences on emotional experiences can be added. Self-monitoring results can be a self-help tool, or they can be shared with a therapist or healthcare professional, providing a record of emotional experience over a selected time frame.”

Brainline.org, USA

Source: <http://bit.ly/OiOz0L>

Cost:

Free

Developer:

National Center for Telehealth and Technology (T2) [USA-based Department of Defense developer of telehealth solutions for psychological health and traumatic brain injury]



Talkforme

Android: –

Apple: <http://bit.ly/NITGMr>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

A communication tool that allows users to convey needs through photographs that they have taken with their phone, and sentences that they have typed in. The user clicks on an item that they have saved (consisting of a picture and a sentence), and presses the 'Talk' button. The app speaks the sentence (and can translate it into over 27 languages). Input may be customised into user-defined groups of pictures and sentences, making them relevant to the individual who sets up the app. An almost-unlimited number of pictures and sentences can be added and organised. For people with a speech/learning difficulty, and for travellers to other countries.

Reviews:

"County Louth man, Karl McEvoy, who has a rare neurological movement disorder known as dystonia, has been given the gift of speech, thanks to a new revolutionary app developed by his father. Karl, now 21 years old, developed dystonia at four years of age, resulting in him being unable to communicate verbally with many people (apart from his family). The new app, 'Talkforme', has been developed by his father, Hugh, and gives people with a range of speech-impaired disabilities a tool to get their voices heard."

Dystonia Ireland

Source: <http://bit.ly/RDA5vi>

"Import your own pictures to create communication in multiple languages. Can organise them by categories."

STAR Training, a programme of United Cerebral Palsy of Huntsville and Tennessee Valley, USA

Source: <http://bit.ly/P804tO>

Cost:

€29.99

Developer:

Hugh McEvoy [*Ireland-based app developer and father of a child with dystonia*]



Tap Tap

Android: –

Apple: <http://bit.ly/Nv7SWx>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Vibrates the phone to alert users who are deaf or hearing impaired that a sound which might be relevant to them is present in their audio environment (for instance, someone might be calling them). Sensitivity can be adjusted to cope with noisier or quieter environments. The number of vibrations delivered by the app can be set. Can be disabled for 'sleep' mode. The app does not have voice/speech recognition capabilities; it is designed to vibrate and flash in response to loud sounds in the environment.

Reviews:

“‘Tap Tap’ alerts the user when a loud noise has been made near them.”

National Deaf Children's Society (NDCS), UK

Source: PatientView survey, July-August 2012

“With ‘Tap Tap’ on, the phone will vibrate and flash to alert you that there’s been a loud noise, or that someone has spoken in your direction. It could provide hugely useful information—that someone is knocking on your door, that an intercom has gone off, that you are being addressed—might otherwise go unnoticed.”

Assistive Technology of Alaska (ATLA), USA

Source: <http://bit.ly/xdpitd>

“The app works better with less background noise. In a quiet office, it will let you know when your desk phone rings, but you’ll need to experiment with the sensitivity-control setting to get it just right. We found that, on high sensitivity, background sounds can sometimes trigger the app. The website lists many uses, but user reviews are mixed.”

Action on Hearing Loss, UK

Source: <http://bit.ly/OhSRdJ>

Cost:

\$2.99 [approximately €2.37]

Developer:

David Vondracek [USA-based web design and programming company]



Tip Share

Android: <http://bit.ly/NMf2mw>

Apple: <http://bit.ly/x7zGzt>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/oXKW2y>

Languages: English, Spanish

Number of languages: 2

Countries of use: Any in which the user is familiar with one of these two languages

Summary:

Helps the user to manage joint pain from arthritis by reading advice and 'tips' from other people who are living with the condition. The user can share personal tips about managing arthritis pain, rate other people's tips, and view tips supplied by the Arthritis Foundation.

Reviews:

"People can use the app as a tool to network with others about the disease, and share ways they've found to manage their signs and symptoms. It's great. You can find out how to manage your arthritis joint pain from people like you. In this peer-to-peer arthritis community, the app gives you the opportunity to share your own arthritis tips about managing arthritis pain, rate other people's tips, and view tips from the Arthritis Foundation. It's a community of support, and a way to keep track of your health. 11%-20% of the patients with whom we are familiar use the app."

Arthritis Foundation, USA

Source: PatientView survey, July-August 2012

Recommended by the Community Health Charities of the National Capital Area (CHCNCA), USA

Source: <http://bit.ly/P5UFOz>

Cost:

Free

Developer:

ConRadical LLC *[USA-based app developer]*



Toilet Finder

Android: <http://bit.ly/H1zLmC>

Apple: <http://bit.ly/MWHqjF>

Blackberry: –

Nokia: <http://bit.ly/O9lPJq>

Windows Phone: <http://bit.ly/NJRm2j>

Other weblinks: –

Languages: English, Dutch, French, German, Spanish

Number of languages: 5

Countries of use: Worldwide

Summary:

Said to be the world's largest database of public lavatories/restrooms, with over 60,000 listed and mapped. Based on user-contribution; users can report new or closed lavatorial facilities.

Reviews:

“Anyone who needs to find a toilet in a hurry can now do so with the aid of the new toilet map app, ‘Toilet Finder’, which can find the nearest toilet using your GPS. It is also a user-generated content (UGC) application, as the toilet database is created entirely by users who can now add new, or flag up missing, toilets.”

Inside Out Stoma Support Group (IOSSG), UK

Source: <http://bit.ly/hVzAAV>

“Apps we think you may find useful include ‘Toilet Finder’. It uses geolocation to find public toilets. It locates the nearest public toilet/s around you, and displays them in map or list format.”

Stomawise, UK

Source: <http://bit.ly/MWHAY7>

“‘ToiletFinder’ is quite a good app for any person’s mobile, as it details a number of toilets in the area you are located via GPS, and, although provides the distance in kilometers, it does state the town, and you can view upon maps for their actual locations. The information contained does rely upon people reporting a location, but doesn’t detail if those available include disabled toilets, though.”

Disabled Folk Cornwall, UK

Source: [Website non-functional at time of publication of this Directory]

Cost:

Free [on Nokia: £1.00; approximately €1.27]

Developer:

BeTomorrow [France-based app developer]



Traffic Light Food Tracker

Android: <http://bit.ly/Qi2G7W>

Apple: <http://bit.ly/OshdNP>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Basque, Chinese, Dutch, French, German, Japanese, Korean, Vietnamese

Number of languages: 9

Countries of use: Any in which the user is familiar with one of these languages

Summary:

Aims to help people eat more healthily by demonstrating the effectiveness of the traffic-light rating of food content which appears on food packaging. The user types in each packaged food's fat, saturated fat, sugar and sodium content per 100 grams, and the app calculates a traffic-light evaluation—green for low, amber for medium, and red for high. The idea is for the user to be able to limit the number of 'red lights' in the shopping trolley, and instead gain the opportunity to favour products awarded a green light by the app.

Reviews:

"Sort the fat from the fiction. Ever been caught out by claims such as "fat-free", or "high in protein", only to discover that you've been duped into buying something full of sugar? The app demonstrates how traffic-light labelling can help you cut through marketing hype, and make healthier choices."

Obesity Policy Coalition, Australia

Source: PatientView survey, July-August 2012 and <http://bit.ly/qeZeJ7>

Recommended by the Cancer Council South Australia

Source: <http://bit.ly/MAIsCH>

Cost:

Free

Developer:

Cancer Council Victoria *[Australia-based patient group specialising in cancer]*
Obesity Policy Coalition *[Australia-based umbrella group specialising in obesity]*



TrygFonden Hjertestart [Tryg Foundation Heart Start]

Android: –

Apple: <http://bit.ly/MO6GL0>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/MtQ4LT>

Languages: English, Danish, French, German, Italian, Japanese, Korean, Spanish

Number of languages: 8

Countries of use: Denmark

Reviews:

“With a few clicks on your smartphone, you can now see where the nearest defibrillator is located. Our ‘Hjertestart’ makes it easy to see where there are defibrillators. In this way, we hope that the app will increase the attention of Danes to the location of ‘heart start’ AED defibrillators—in the same way as finding out about the emergency exits on an airplane or in a hotel, for example.”

TrygFonden [Tryg Foundation], Denmark

Source: <http://bit.ly/MtQ4LT>

Cost:

Free

Developer:

TrygFonden smba [Denmark-based foundation specialising in health and social care]

Summary:

An app intended to help first-responding members of the public who happen to be on scene when someone requires cardiopulmonary resuscitation (CPR). The app comprises three components. Firstly, it allows the user to quickly call the emergency services on 112. Secondly, its maps show the user the way to the nearest publicly-available portable defibrillator device (AED). Thirdly, it offers instructions in how to perform manual CPR.



Tyze

Android: –

Apple: <http://bit.ly/MD6hJX>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Spanish

Number of languages: 2

Countries of use: Any in which the user is familiar with either of these two languages

Summary:

A personal network with a health and care emphasis. Allows the user to access the ‘Tyze’ online private community, which is oriented around the user’s own family, friends, and healthcare professionals. Allows the user to create and send stories and messages, add photos to stories, and comment on messages and stories. Multiple networks can be managed.

Reviews:

“Helps caregivers and family members build and maintain a personal support network to support a person—in our case, people with dementia. 1%-5% of the people with whom we are familiar use the app.”

Alzheimer Society of BC, Canada

Source: PatientView survey, July-August 2012

“To combat isolation and loneliness among vulnerable individuals, including frail older people, and people with a disability, the PLAN Institute for Caring Citizenship, and Tyze Personal Networks, both based in Vancouver, British Columbia, promoted the use of a web-based social-support service. The service helps people create secure, online personal networks, called ‘Tyze’. Each ‘Tyze’ network provides unlimited online storage, and a range of features—including e-mail, a calendar, stories, photos, and goals and tasks—to support relationships among an individual and his or her friends, family, and healthcare and other service providers. The project gave organisations the tools to build networks for people in their care.”

Robert Wood Johnson Foundation (RWJF), USA

Source: <http://bit.ly/Ow0Lcr>

Cost:

Free

Developer:

Tyze Personal Networks Ltd [*Canada-based provider of an online network*]



UMSkinCheck

Android: –

Apple: <http://bit.ly/MrNG4e>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Reviews:

“Regular skin checks can assist in detecting melanoma in its earliest stages. Cancer screening has just gone mobile with a new free app called ‘UMSkinCheck’. The app is a collaboration of Michigan University’s technology and clinical expertise.”

Melanoma Research Foundation (MRF), USA

Source: <http://bit.ly/Rf5UWR>

Cost:

Free

Developer:

University of Michigan [USA-based university]

Summary:

Allows a user to check for skin cancer by conducting self examination. Helps to identify moles or lesions that may be cancer, or growths that may develop into skin cancer (precancers). Users fill out a melanoma risk calculator, and complete a full skin-cancer self examination and photo survey, create a body photographic library, and a history of moles and lesions, track them, and receive regular reminders to perform follow-up self examinations, and to keep monitoring tracked lesions. Also contains informational videos.



U-Turn

Android: <http://bit.ly/Kdxtgl>

Apple: <http://bit.ly/QiD4Um>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Reviews:

“The ‘U-Turn’ training app is an excellent naloxone training aid and resource. I’d highly recommend it.”

Scottish Drugs Forum (SDF), UK

Source: PatientView survey, July-August 2012

Recommended by Harm Reduction International (HRI), UK

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

Active Media (NI) Ltd [*UK-based software company*]

Summary:

An app for anyone who wishes to help consumers of opiate drugs (such as codeine, fentanyl, heroin, methadone, or morphine), including their family, friends, social welfare workers, and the drug consumers themselves. The app is a learning resource and training manual, preparing the user to act in the event of an overdose. Interactive audio and visual advice (assisted by large press-button options) aims to help the user manage the overdose, prior to the arrival of emergency services. The app guides the user in recognising opiate overdose, in assessing risks, in checking airway and breathing, on the recovery position, and in administering cardiopulmonary resuscitation (CPR). Also entitled ‘Opiate Overdose Response’ on Android.



Verbally

Android: –

Apple: <http://bit.ly/g5cwYo>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

An alternative communication solution for people who have difficulty speaking. Brings speech to non-speaking people. The user types in what they want to say, and the app speaks it aloud. The user can decide whether the app speaks after each word is typed in, or only after a sentence is completed. A 'Steady hands' feature makes typing easier for people with limited fine motor skills. 'Core words and phrases' grids list essential words and phrases, to save typing time. Text prediction learns the user's most-frequent words, to make self-expression easier. A choice of three keyboard layouts and a male or female voice is offered.

Reviews:

"'Verbally' is a lesson in economy. Only about 200 English-language words make up about 80% of daily conversations. 'Verbally' users see text buttons on the top half of the screen, and a keyboard on the bottom. One tab shows about 50 of the most common words in English; another, a list of common phrases. Users can choose one of the text buttons, or start typing. The app employs predictive text technology to recommend complete words and phrases, based on the first few letters typed. The idea is to squeeze more information on each screen, and reduce the number of steps taken to form a sentence."

MND Association forum, USA

Source: <http://bit.ly/N9d3tH>

"A free augmentative and alternative communication (AAC) aid for people with speech disabilities caused by such things as ALS, apraxia, autism-spectrum disorder, cerebral palsy, muscular dystrophy, Parkinson's, stroke, or traumatic brain injury. 'Verbally' minimises movement for the user, enabling even those with impaired motor skills to more easily speak unique thoughts and feelings, and to participate in conversations. The simple, intuitive design is ideal for literate children, and for adults with impairments or restrictions in the production of spoken language."

Disabled World, USA

Source: <http://bit.ly/oFvjhZ>

Cost:

Free

Developer:

Intuary [USA-based app developer]



VisionSim by Braille Institute

Android: –

Apple: <http://bit.ly/NBxktn>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/vQigGt>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Uses the camera in the phone, along with digital filters, to allow a user to experience the symptoms of eye disease, and to see the world through the simulated eyes of a person experiencing one of nine degenerative eye conditions (cataracts, Charles Bonnet syndrome, diabetic retinopathy, glaucoma, haemonymous hemianopia, retinitis pigmentosa, macular degeneration, macular hemorrhage, and retinal detachment). The app also provides information about these eye diseases, including associated visual phenomenon, causes, symptoms, and treatments.

Reviews:

“This app of ours was designed to foster understanding and compassion for the millions of people affected by these eye conditions.”

Braille Institute of America, USA

Source: PatientView survey, July-August 2012

“It helps people realise how visually-impaired people (with problems such as cataracts) see.”

Patient group specialising in learning disorders, UK

Source: PatientView survey, July-August 2012

Recommended by the Accessible Technology Coalition, USA

Source: <http://bit.ly/NOVZrP>

Cost:

Free

Developer:

Braille Institute of America [USA-based patient group specialising in visual impairment]



VizWiz

Android: –

Apple: <http://bit.ly/zmRYmi>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/c6jKeN>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Allows a visually-impaired user to put specific questions to sighted people, and then receive spoken answers from them in nearly realtime (sometimes in less than 30 seconds). The sight-impaired user takes a picture with their phone, speaks a short question to the ‘human cloud’ on social networks, and then, hopefully, receives answers from sighted individuals (some of them volunteers). The user can also try sending the photo to an IQ engine, which attempts to recognise the content of photos (automatic image processing), or post the picture and question on Twitter.

Reviews:

“We at the RNIB heard from someone who’s been using ‘VizWiz’ for a while: “I was very excited when I first heard about this app, particularly the bit about getting answers to questions from web workers, and from people on my Twitter account. This meant that I could ask a wide variety of questions, not just the usual “What’s this?” I’ve used the app quite a few times now. At times, I did get a ropery Internet connection, which meant that I couldn’t get any answers. However, once I got the connection, then I only had to wait about a minute for the answers to

my questions. I think, to be honest, this app would work better with an iPhone 4, as it has a better camera and a flash—which means that you get better quality pictures. So, say for asking questions about colours, the picture would be a more accurate representation of the colour. However, I have used the app successfully for many things, including finding out how many slices of cold meat I had in a packet—which you probably couldn’t find out if you used something such as ‘oMoby’. So, I’d definitely recommend this app to anyone wanting to find information””

Royal National Institute of Blind People (RNIB), UK

Source: <http://bit.ly/yuRkNi>

“The ‘secret ingredient’ which makes ‘VizWiz’ stand out from the crowd is its ability to get results from a fully-sighted human. Let me tell you, it’s an incredible experience to have someone respond to a question in under 45 seconds. This is a solid, capable solution that I’ve been excited to put through its paces. If you need any more proof that this app is not only stellar, but a huge asset to the blindness community, you need to download it, and put it to the test. It’s free, so you have no excuse not to give it a shot. I do know that with creative solutions like this, the blindness community will continue to forge greater independence, and push technology to a fuller potential. The idea of harnessing the ‘human cloud’ strikes home, and is an idea far outside ‘the box.’”

No Eyes Needed, USA

Source: <http://bit.ly/lqcD3S>

Cost:

Free

Developer:

ROC HCI [USA-based university]



Vlieg App [Fly App]

Android: <http://bit.ly/OyXKdx>

Apple: <http://bit.ly/Q11DJm>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/mWOIKf> and
<http://bit.ly/P6yNme>

Languages: Dutch [Other languages: 'App
Paura di Volare?' (IT); 'Fear of Flying App' (ENG);
'Medo de Voar App' (PT)]

Number of languages: 1

Countries of use: Netherlands

Summary:

Aims to help the user overcome fear of flying. Provides information and tips about what to do to reduce the levels of fear before and during a trip. Gives factual details about what happens during take-off, cruising and landing, and discusses in-flight turbulence. An audio version of a relaxation exercise is included, and a 'Panic button' supplies therapy techniques. Can be used during a flight with the phone in 'airplane' mode. An Internet connection is not needed after initial download of the app.

Reviews:

"The Dutch 'Fear of Flying' app, 'Vlieg App', is, like the English-language version, based on a scientifically-proved treatment method. The app is not a treatment, but it will help those who have a light-to-mild form of fear of flying. 1%-5% of the people with whom we are familiar have used a test version of the app."

VALK Foundation, Netherlands

Source: PatientView survey, July-August 2012

Cost:

£3.17 [approximately €4.02] on Android;
€3.99 on Apple

Developer:

VALK Foundation [*Netherlands-based multi-healthcare-stakeholder alliance specialising in flight phobia*]
Zyrcadia BV [*Netherlands-based app developer*]



WebMD

Android: <http://bit.ly/H4yyuh>

Apple: <http://bit.ly/OS0yii>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Reviews:

“You can look up health-related information, and find information that is helpful. But there is not a lot on natural or alternative remedies.”

National Alliance on Mental Illness (NAMI) Lane County, USA

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

WebMD LLC [*USA-headquartered medical information company*]

Summary:

Contains informational tools that can guide a user in making decisions about personal health. A symptom checker aids in identifying potential conditions or health issues. Medically-reviewed information about conditions is available. Contains a database on drugs, supplements, and vitamins, with details about usage, side effects, warnings, etc. A pill identifier helps the user recognise prescription and over-the-counter (OTC) medicines by colour, imprint, and pill shape. Custom lists of drugs and conditions can be created. One of the app's facilities is only of value to European users if they visit the United States: the app lists healthcare providers in that country (doctors, hospitals, and pharmacies, etc).



Wheel of Portion

Android: –

Apple: <http://bit.ly/aR0rob>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/aieAOI>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

A guide to help a user incorporate five portions of fruit and vegetables a day into the daily diet, live a healthy lifestyle, and reduce the risk of developing cancer. Contains nutritional information, preparation guides, and portion sizes for 45 fruits and vegetables, plus 60 healthy recipes. Also has a body-mass index (BMI) checker, to help measure body fat.

Reviews:

“We are pleased to announce our first app. The ‘Wheel of Portion’ is the ultimate pocket resource for helping you eat your ‘five a day’, and live a healthy lifestyle. This app is a user-friendly guideline to help you incorporate fruit and vegetables into your daily diet. WCRF UK recommends eating a balanced diet that contains plenty of plant foods to help reduce your cancer risk. Eating at least five portions of fruit and vegetables a day is a great place to start.”

World Cancer Research Fund (WCRF UK), UK

Source: <http://bit.ly/aieAOI>

Cost:

£1.49 [approximately €1.90]

Developer:

World Cancer Research Fund (WCRF UK)
[UK-based charity specialising in cancer]
IT MakeSense *[UK-based app developer]*



Wheelmap

Android: <http://bit.ly/Pjj6fW>

Apple: <http://bit.ly/bOk3Rv>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/M621Wx>

Languages: English, German, Japanese

Number of languages: 3

Countries of use: Any in which the user is familiar with one of these languages

Summary:

Shows ramps and other disability-friendly access facilities on an 'OpenStreetMap'. Updates its information through 'crowdsourcing' technology, in which numerous users contribute data (users must register with 'Wheelmap.org' and 'OpenStreetMap' if they wish to add updated details to maps). Intended for people with a wheelchair or a walking frame (and also for parents with pushchairs).

Reviews:

"An app that gives you a list of wheelchair-accessible locations and amenities in your area. It uses location data to pinpoint where you are, and, using 'OpenStreet' data, it tells you what local amenities are accessible nearby. Where appropriate, the listings have contact details from the businesses. You can view the search results in list form, or on a map, depending on what suits you. And, if you set up an account, you can contribute to the app's database by adding new locations yourself."

Spinal News, Summer 2012, page 31, Spinal Injuries Ireland

Source: <http://bit.ly/QAFwck>

Recommended by AGE Platform Europe (AGE) and by the European Disability Forum (EDF) as part of the 2011 Vodafone Foundation's 'Smart Accessibility' competition

Source: <http://bit.ly/OWoFOo>

Cost:

Free

Developer:

Sozialhelden eV [Germany-based voluntary association specialising in disability]



Wheelmate

Android: –

Apple: <http://bit.ly/Q4qbOi>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, French, German

Number of languages: 3

Countries of use: Worldwide

Summary:

Lets wheelchair users around the world locate lavatories that are accessible to people who use a wheelchair. Also indicates parking spaces. The lavatories might be public facilities, or situated in bars, restaurants, shops, etc. Locations listed have been uploaded by people with a wheelchair who use the app. Information is kept up to date by users' ratings of entries. Android version planned.

Reviews:

Recommended by Spinal Injuries Ireland

Source: PatientView survey, July-August 2012

“An estimated 65 million people across the world need a wheelchair. Finding an accessible toilet makes even simple day trips to unfamiliar places a major planning issue. This app aims to offer a quick and simple way to find wheelchair-accessible toilets.”

Bladder and Bowel Foundation, UK [quoting developer's press release]

Source: <http://bit.ly/LNOxyF>

Cost:

Free

Developer:

Coloplast International A/S [Denmark-based medical device company]



World Child Cancer

Android: –

Apple: <http://bit.ly/knoD9W>

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/MUBAm6>

Languages: English, Basque, Chinese, Dutch, French, German, Japanese, Korean, Vietnamese

Number of languages: 9

Countries of use: Any in which the user is familiar with one of these languages

Summary:

Allows the user to follow the progress of World Child Cancer projects around the world, and to find out more about how cancer is faced by children in the developing world.

Reviews:

“We are now in version three of the app, with better graphics, more information, more photos and videos, and updated content.”

World Child Cancer, UK

Source: <http://bit.ly/MUBAm6>

“Information on the work of World Child Cancer. Raising awareness of its work, and of childhood cancer in general.”

Patient group specialising in cancer, UK

Source: PatientView survey, July-August 2012

Cost:

Free

Developer:

World Child Cancer [*UK-based charity specialising in children's cancer in the developing world*]

SanGen Systems [*UK-headquartered app developer*]



Yoga Poses

Android: <http://bit.ly/MUYk7s>

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: –

Languages: English, Swedish

Number of languages: 2

Countries of use: Any in which the user is familiar with either of these two languages

Reviews:

Recommended by Roger Gunnarsson, Sweden-based Director of the Board, GAMIAN-Europe (Global Alliance of Mental Illness Advocacy Networks-Europe), Belgium

Source: PatientView survey, July-August 2012

Cost:

£2.99 [approximately €3.76]

Developer:

PFW Apps [*app developer*]

Summary:

A collection of videos showing how to carry out yoga poses. The 24 poses listed include the 'Extended prayer' pose; the 'Dog' pose; the 'Headstand' pose; the 'Tree' pose; and the 'Warrior' pose).



Zoom Plus Video Magnifier

Android: <http://bit.ly/MCZb8p>

Apple: –

Blackberry: –

Nokia: –

Windows Phone: –

Other weblinks: <http://bit.ly/OWoFOo>

Languages: English

Number of languages: 1

Countries of use: Any in which the user is familiar with English

Summary:

Video magnifier. Intended to make text easier to read by zooming in with the phone's camera. Allows the colours and the contrast of both the text and the background to be changed—helpful for people with colour blindness, dyslexia, or reduced visual capacity. The quality of the results will depend on the quality of the camera and processor in the user's phone (the higher the quality of each, the sharper the final images, and the faster they can be processed). No advertising on the app.

Reviews:

Recommended by AGE Platform Europe (AGE) and by the European Disability Forum (EDF) as part of the 2011 Vodafone Foundation's 'Smart Accessibility' competition

Source: <http://bit.ly/OWoFOo>

“Offers in a free app many of the features shared by expensive, commercial video magnifiers.”

Royal London Society for Blind People (RLSB), UK

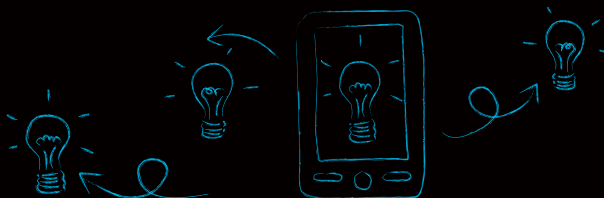
Source: <http://bit.ly/MhK4zT>

Cost:

Free

Developer:

232 Studios [*UK-based app developer*]



E-INCLUSION: CREATING A MOBILE INTERNET FOR ALL

VODAFONE'S VISION

52 million Vodafone customers across Europe are using the mobile internet and benefitting from services as diverse as keeping a fitness schedule or managing a bank account, whenever and wherever they want.

However, we don't see the mobile internet as being the privilege of the *few*. We believe that **the real power of the smartphone lies in its ability to transform lives** and we are committed to tackling barriers of cost, geography and access to take the benefits of the mobile internet to all.

The first wave of innovation in mobile telecommunication services opened up new ways to communicate for persons who are deaf and/or hard of hearing—via text and mobile email—and to people with limited manual dexterity, through voice-activated dialling and speakerphone functions.

We are now seeing a second wave of innovation as smartphone platforms enable low-cost and widespread distribution of services which facilitate free movement for all.

THE SMART ACCESSIBILITY AWARDS

As part of our drive to make the mobile internet fully inclusive, we are very proud to have partnered again this year with the **European Disability Forum (EDF)**, and with **AGE Platform Europe** to run the second EU-wide Vodafone Foundation Smart Accessibility Awards, a competition to **create mobile applications specifically targeted at older people and persons with disabilities**.

Launched last June in Brussels, the competition will award the best smartphone application in each of four categories: social participation; independent living; mobility and wellbeing. The competition is open until 15th October 2012.

Qualifying entries will be evaluated in November 2012 by a jury consisting of representatives from AGE Platform Europe, European Disability Forum and the Vodafone Foundation. Twelve shortlisted finalists will be invited to present their application to the judges at the final in early December, when the four overall winners will be chosen.

- For **more information on this year's competition** visit:
<http://developer.vodafone.com/smartaccess2012>
- To **discover the apps which won the 2011 edition**, look for the following entries in the index of this directory: BIG Launcher, HelpTalk, WheelMap, Zoom Plus.

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