

PARADIGM
OUTCOMES

Paradigm Network Services Summit

Shepherd Center, Atlanta GA
October 9-11, 2011



Shepherd Center



PARADIGM
OUTCOMES

Smartphone Apps for Injured Workers and Case Management

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Shepherd Center



Rehabilitation Engineering Research Center for Wireless Technologies (Wireless RERC)

- Funded by the U.S. Department of Education
- National Institute for Disability and Rehabilitation Research
- Mission:
 - Promote equitable access to wireless technology
 - Promote Universal Design in future generations of wireless technology
- 5-year funding cycle
- Just renewed for our 3rd cycle of funding
- Multiple research, development and training projects, including an Apps Factory



At the conclusion of this training, participants will be able to:

- Know how to download and install smartphone applications.
- Name three wireless applications that are available in each of the following categories to assist either the case manager or injured worker and his /her family:
 - a. Patient/family education
 - b. Patient self management and independent living
 - Including: Patient security and emergency lifelines
 - c. Cognitive training
- Identify at least one application they feel can be of value in their case management activities.



- Patient & Family Education, Reference
- Patient Self Management and Independent Living
 - Pill Identifiers
 - GPS/Location
 - Organization/Notes
 - Emergency/Security
- Cognitive Training, Games





Brain, skeletal and nervous system

■ Brain

- FINR Brain Atlas
- Brain Tutor 3D
- 3D Brain

558 Mb, All, \$1.99

1.4 Mb, All, Free

49.6 Mb, All, Free

■ Nervous system

- Nervous System iPhone Edition
- MiniAtlas Central Nervous System

36.5 Mb, All, \$2.99

132 Mb, All, \$9.99

■ Skeletal system

- Skeleton System Pro II (Nova Series)
- mLumbar Anatomy

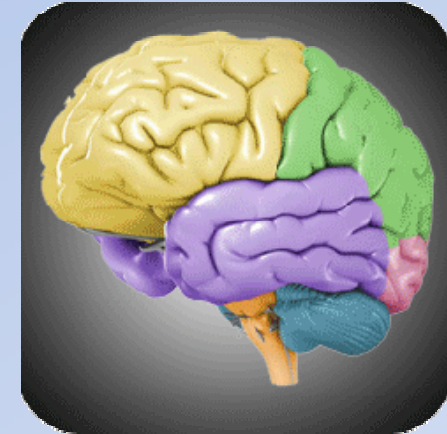
372 Mb, All, \$9.99

64.2 Mb, All, \$3.99



FINR Brain Atlas

- Publisher: Florida Inst. for Neurologic Rehab
- Size: 558 Mb
- Cost: \$1.99
- Platforms: iPhone, iPod Touch, iPad;
- Version: iOS 3.2 or later



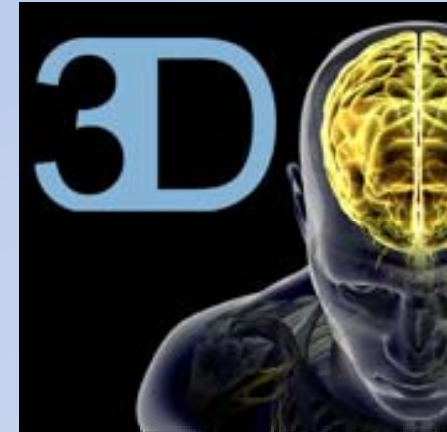
Description

- “Explore the anatomy of the brain and common brain injuries in a 3D model. Injury illustrations include: aneurysm, anoxic/hypoxic encephalopathy, cerebral contusion, cerebral infarction/stroke, diffuse axonal injury, intraventricular hemorrhage, penetrating head wound, subarachnoid hemorrhage, and subdural hematoma.”
- Notes:
 - Lots of views of the brain (rotations, cutaways), with useful text
 - Very large file size, navigation can be complex



Nervous System iPhone Edition

- Publisher: 3D4Medical.com
- Size: 36.5 Mb
- Cost: \$2.99
- Platforms: iPhone, iPod Touch, iPad;
- Version: iOS 4.0 or later



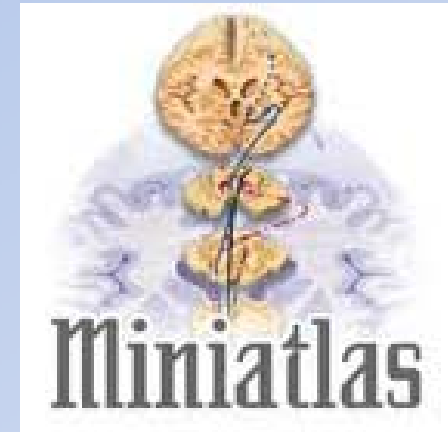
Description

- “Explore the anatomy of the brain and common brain injuries in a 3D model. Injury illustrations include: aneurysm, anoxic/hypoxic encephalopathy, cerebral contusion, cerebral infarction/stroke, diffuse axonal injury, intraventricular hemorrhage, penetrating head wound, subarachnoid hemorrhage, and subdural hematoma.”
- Notes:
 - Lots of views of the brain (rotations, cutaways), with useful text
 - Intuitive navigation



Miniatlas Central Nervous System

- Publisher: Licitelco
- Size: 132 Mb
- Cost: \$9.99
- Platforms: iPhone, iPod Touch; iPad in future
- Version: iOS 4.0



Description

- Detailed images of nervous system, with explanation in Eng/Spanish
- Zoom with fingers, and email any image or section of image
- Images of: Central, peripheral, and autonomic nervous systems; senses and principal routes of nerve conduction; nervous system diseases; and pain
- Notes:



mLumbar Anatomy

Publisher: Anatomate-apps,

Size: 64.2 Mb

Cost: \$3.99

Platforms: iPhone, iPod Touch, iPad; iOS 3.0 or later

Description

- “Series of 3D animation movies with English voice-over that introduce the anatomy of the lumbar spine using easy to understand 3D anatomically accurate animated movies. ...Designed to be used by anyone seeking to understand of lumbar spine anatomy.”
- Notes:
 - Nice interface
 - Simple, limited information



Skeletal Systems Pro II (NOVA Edition)

- Publisher: 3D4Medical.com
- Size: 372 Mb
- Cost: \$9.99
- Platforms: iPhone, iPod Touch, iPad;
- Version: iOS 4.0 or later



Description

- “The Skeletal System Pro II - (NOVA Series) is a cutting edge app built on our NOVA technology. This is the most in depth 3D skeleton ever developed, the ability to rotate, cut and get superior/inferior views all with the simple stroke of the finger.”
- Notes:
 - Lots of views of the skeleton (rotations, cutaways), useful text
 - Extremely large file size, navigation intuitive, customizable





Pill Identifiers/Managers/Reference

- | | |
|-------------------------------------|---------------------|
| ▪ Pill Identifier Lite by Drugs.com | 7.8 Mb, All, \$0.99 |
| ▪ iPharmacy, Sigmaphone | 7.8 Mb, All, Free |
| ▪ Pocket Pharmacist, Danike Inc. | 1.8 Mb, All, \$1.99 |
| ▪ Pillboxie, Jared Sinclair | 31.2 Mb, All, Free |
| ▪ iMed Reminder, John Jaimovich | 0.8 Mb, All, \$0.99 |

Also:

- MobilePDR Prescribers Edition
 - available only to MDs, DOs, Residents, NPs and Pas



Pill Boxie

- Publisher: Jared Sinclair
- Size: 31.2 Mb
- Cost: Free
- Platforms: iPhone, iPod Touch, iPad;
- Version: iOS 4.0 or later



Description

- “Pillboxie is the easy way to remember your meds. Other med reminder apps are either too complicated or just downright boring. Pillboxie is easy because it lets you *visually* manage your meds. Scheduling a reminder is as easy as dropping a pill into a pillbox.”
- Notes:
 - Simple and intuitive
 - Not a drug reference, no database of existing drugs
 - Just shapes, colors, and ability to attach labels and notes





GPS / Location

- | | |
|--------------------|-------------------|
| ■ FourSquare | 6.3 Mb, All, Free |
| ■ Google Latitude | 8.9 Mb, All, Free |
| ■ Find my iPhone | 5.3 Mb, All, Free |
| ■ Parking Mobility | 3.9 Mb, All, Free |
| ■ CitiRoller | 0.4 Mb, All, Free |



foursquare

Publisher: Naveen Selvadurai

Size: 6.3 Mb

Cost: Free

Platforms: iPhone, iPod Touch, iPad; iOS 3.0 or later

Languages: Multiple



Description

- “While on the go you can easily tell friends where you are, share pictures, get their comments, get insider tips.”
- Notes:
 - Can be used by patient and caregiver to keep track of each other
 - Many downloads, high user ratings



Google Latitude

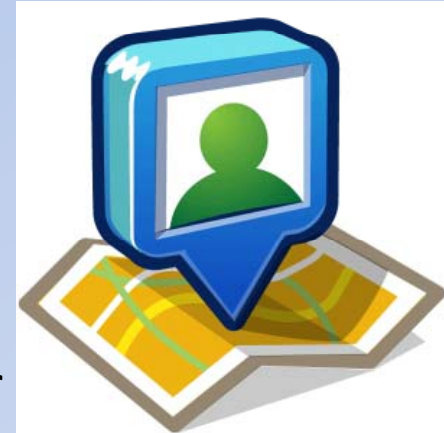
Publisher: Google Mobile

Size: 8.9 Mb

Cost: Free

Platforms: iPhone, iPod Touch, iPad; iOS 4.0 or later

Languages: Multiple



Description

- “Lets you stay in touch with your friends and family by making it easy to share where you are, and see each other on a map.
- Notes:
 - Can be used by patient and caregiver to keep track of each other
 - Multiple languages
 - Some reviews mentioned drain on battery was excessive



Parking Mobility

Publisher: Coal Harbour Group

Size: 3.9 Mb

Cost: Free

Platforms: iPhone, iPod Touch, iPad; iOS 3.1.3 or later



Description

- Parking Mobility is a community-based non-profit effort to bring citizens and their cities together to address disabled parking abuse.
- Take a picture of the violating vehicle parked in an accessible parking spot, and a picture of the license plate and send to Parking Mobility.
- Parking Mobility sends violating vehicle's pictures to the appropriate city who then ticket violator.

Notes: Lets user community build and update database of accessible parking anywhere in the world; crowdsourcing



CitiRoller

Publisher: PapaProcut, LLC

Size: 0.4 Mb

Cost: Free

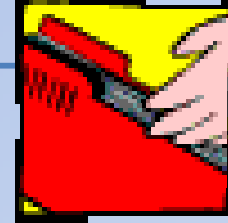
Platforms: iPhone, iPod Touch, iPad; iOS 3.1 or later



Description

- CitiRoller is a tool to help people in wheelchairs locate:
 - Accessible public transportation
 - Accessible restrooms
 - Accessible restaurants, cafes
 - Wheelchair supply and repair shops
- Only available for New York City and Boston
- Developed with support from the Christopher and Dana Reeve Foundation





Organization / Notes

- Remember the Milk 10.3 Mb, All, Free
- Evernote 12.9 Mb, All, Free
- Corkulous 18.2 Mb, iPad, \$4.99



Remember the Milk

- Publisher: Remember the Milk Pty Ltd.
- Size: 10.3 Mb
- Cost: Free, may be periodically upgraded
- Platforms: iPhone, iPod Touch, iPad; iOS 3.1 or later



Description

- RTM connects with popular online service of the same name
- Syncs with Outlook, iCal, Google Calendar, Gmail, Twitter, etc.
- Organize by priorities, due dates, time estimates, repeating, lists, tags and more



Evernote

- Publisher: Evernote
- Size: 12.9 Mb
- Cost: Free, may be periodically upgraded
- Platforms: iPhone, iPod Touch, iPad; iOS 3.0 or later



Description

- **Capture Anything** - Save your ideas, things you like, things you hear, and things you see.
- **Access Anywhere** - Evernote works with nearly every computer, phone and mobile device out there.
- **Find Things Fast** - Search by keyword, tag or even printed and handwritten text inside images.
- **Notes:**
 - Can record audio notes, many downloads, high user ratings



Corkulous

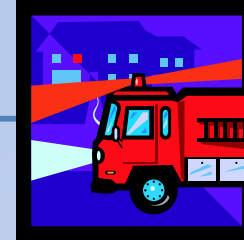
- Publisher: Appigo, Inc.
- Size: 18.2 Mb
- Cost: \$4.99, may be periodically upgraded
- Platforms: iPad; iOS 3.2 or later



Description

- Corkulous follows the metaphor of a cork board where users can arrange notes, labels, tasks, contacts, and photos to visualize ideas.
- Related ideas can be easily placed together and aligned using automatic guides.
- As ideas grow, users can create new boards and group related ideas in separate virtual spaces.





Emergency / Safety

- Close Calls 0.3 Mb, All, Free
- SmartICE 3.5 Mb, All, \$1.99
- iSOS! - GPS emergency locator. 0.3 Mb, All, \$0.99
- Silent Bodyguard 1.7 Mb, All, \$9.99
- American Red Cross Shelter View 0.2 Mb, All, Free



iSOS – GPS Emergency Locater

Publisher: Zorilla de San Martin Juan

Size: 0.8 Mb

Cost: Free

Platforms: iPhone, iPod Touch, iPad; iOS 3.0 or later



Description

- Car crash? Kidnapped? Heart attack? Earthquake? iSOS! reports your position to police, medical services, family and others (firemen, friends, etc.).
- E-mails sent with your personal pre-configured data (name, age, document number, mobile number) and a link to Google Maps with your GPS position.



Silent Bodyguard

Publisher: Fun at Work

Size: 1.7 Mb

Cost: Free, with \$9.99 upgrade

Platforms: iPhone, iPod Touch, iPad; iOS 3.0 or later



Description

- “A secret panic button/location tracker that sends a silent SOS with your location to your emergency contacts – without alerting the onlooker or attacker.”
- Standard alert features are free, with an one-time charge to upgrade.
- Notes:



American Red Cross: Shelter View

Publisher: VisionLink, Inc

Size: 0.2 Mb

Cost: Free

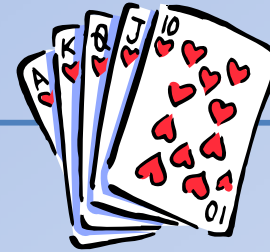
Platforms: iPhone, iPod Touch, iPad; iOS 3.0 or later



Description

- Be Prepared – When disaster strikes know when and where shelters have been opened to provide assistance.
- Map View – View shelter details: the agency managing the shelter, capacity of the shelter and current population, shelter address and location, and the associated disaster event.
- Notes:
 - Regularly updated - shelter information is updated every 30 minutes. Current populations updated every noon and midnight.





Memory building games

- | | |
|----------------|--------------------|
| ■ Unblock me | 17.0 Mb, All, Free |
| ■ Rush Hour | 6.8 Mb, All, Free |
| ■ Braintrainer | 3.9 Mb, All, Free |
| ■ MemoryBlock | 5.6 Mb, All, Free |



Unblock Me

Publisher: Kirakorn Chimkool

Size: 17 Mb

Cost: Free, can be upgraded

Platforms: iPhone, iPod Touch, iPad; iOS 3.0 or later



Description

- “A simple and addictive puzzle game. The goal is to get the red block out of the board by sliding other blocks out of the way.”
- 4 difficulty levels ranging from Beginner to Expert. 4200 puzzles.
- Two modes: Relax Mode and Challenge Mode
- Hint system to guide you through the puzzle.
- Notes:
 - Many downloads, high user ratings



MemoryBlock

Publisher: Category 5 Games

Size: 5.6 Mb

Cost: Free for Lite ver., \$0.99 for Pro ver.

Platforms: iPhone, iPod Touch, iPad; iOS 3.0 or later



Description

- Train your brain by keeping track of the sequence of 5 lights on the screen, then match it sequence for sequence by tapping the appropriate lights.
- Test and improve your reflexes with the new Speed Mode!
- Watch and listen as the computer shouts out colors for you to tap.





Thank You!

Questions?

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