

BreathEasy

A smartphone PHR
for patients with asthma

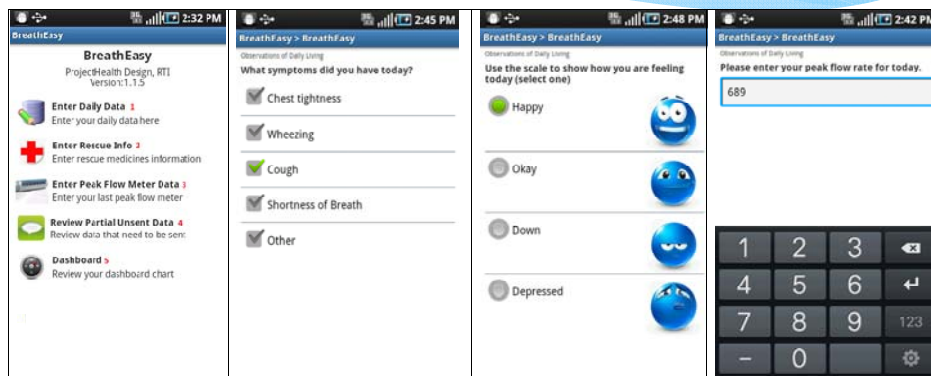
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Patient enters their ODL data through
BreathEasy app on Android Smartphone





Clinicians view the ODL data through BreathEasy Clinician Dashboard

BreathEasy Clinician Dashboard



Setting, participants, & procedures

Field testing preceded by user centered design process

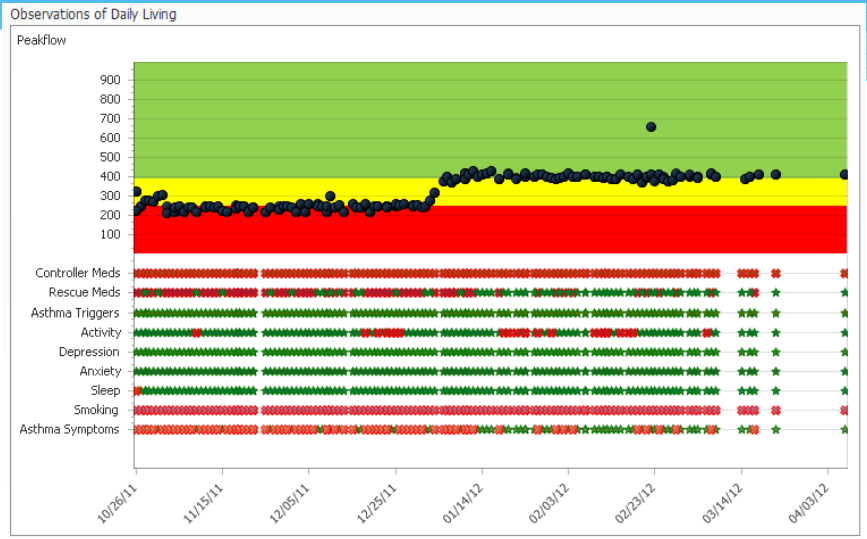
Patients

- * Thirty patients with moderate to severe asthma
- * Predominantly black women
- * 24 with household income of \$30,000 or less
- * 18 with high school degree or less educational attainment
- * Entered ODL data at time of day of their choice
- * Each given smartphone and 6 months phone/data service

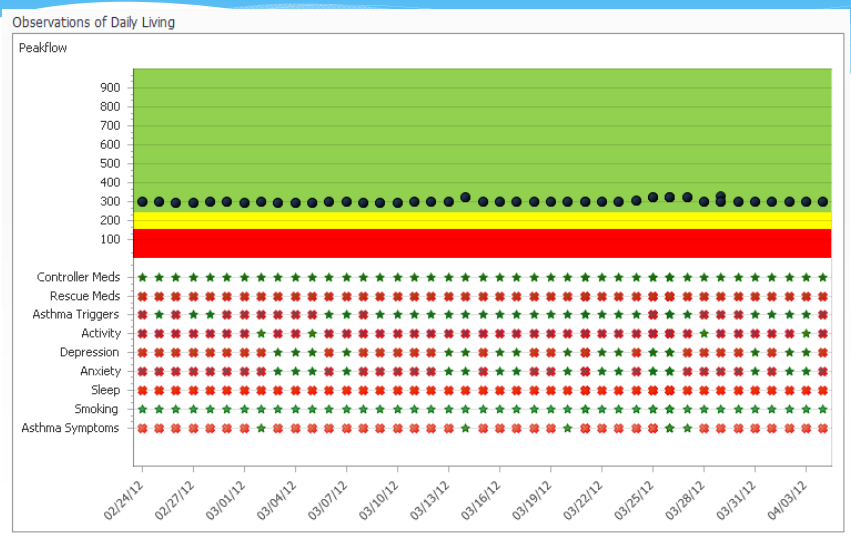
Practices

- * Two inner-city practices in Richmond, VA
- * 13 family physicians
- * 7 nurses
- * Practice in doc/nurse teams
- * Nurses used protocol to assess dashboard data and escalate to clinicians when appropriate
- * Practices paid \$500 to monitor each patient for 6 months

Example 1: Significant improvement after a controller medication was started without an office visit (early 30's, smoker, no other significant health issues)



Example 2: Different diagnosis suspected, escalated to specialist care, immunotherapy planned (early 50's with comorbid hypertension, depression, chronic pain, and lupus erythematosus)



Impact

- * Patients:

- * Easy to use
- * Enjoyed collecting and viewing ODLs
- * Understood their asthma control and triggers better

- * Clinicians:

- * Not overwhelming
- * Provided clinically useful information
 - * Patient education opportunities
 - * Therapy escalated
 - * Diagnoses changed