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Developing mobile applications for and with young people with long-term conditions

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Introduction

- The use of mobile devices is commonplace among young people. 1
- There is scope to develop this technology to support the needs of those with long-term health conditions.
- Young people need support to become independent and able to self-manage their condition. The mobile app would be a valuable tool in this process.
- However, there is little reliable research on the development or evaluation of this technology that actively involves young people as partners.

Aims

- To establish a Manchester-based research team.
- To include young people with long-term conditions, parents, researchers, technologists, and healthcare professionals as equal partners.
- To develop a plan of work that focuses on the use of mobile technologies for young people with long-term conditions. 2
- To use the design and methods of our previous National Institute for Health Research, Research for Patient Benefit funded project as a platform to inform development of this work. 3

Timeline

Where we have been:

1. Preliminary review of the literature
2. Established steering group
3. Online survey with young people
4. Grant application for initial funding in development

Where we are going:

1. Complete detailed review to identify the existing evidence and examine existing apps
2. Supplement theoretical understanding with young people focus groups
3. Grant application to the National Institute for Health Research, Research for Patient Benefit (RfPB) fund
4. Design content and delivery of the app and decide how to assess effectiveness

Online Survey Results

Is there a need to develop an app?

12 out of 14 young people living with juvenile idiopathic arthritis (JIA) felt there was a need for the mobile app, and 2 were unsure.

Where would young people use the app?

- Home
- School
- Hospital
- When Shopping
- With Friends
- Somewhere Else

What do young people want from the app?

- Goal setting
- Progress reviews
- Treatment reminders
- Appointment reminders
- Data records e.g. bloods
- Frequently asked questions
- To share experiences
- Keeping track of the past
- Instruction guides
- Social Media element

References