

DESIGNING AND DEVELOPING A MOBILE HEALTH APPLICATION TO SUPPORT COMMUNITY-BASED STROKE REHABILITATION: MY STROKE TEAM (MYST)

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Aging, Community and Health
RESEARCH UNIT

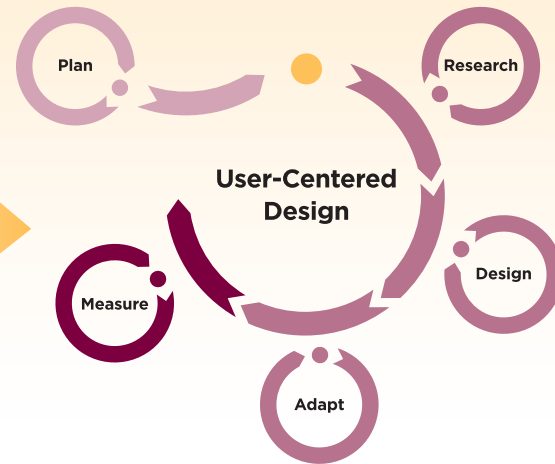


AGING, COMMUNITY AND HEALTH RESEARCH UNIT (ACHRU), McMASTER UNIVERSITY

THE GOAL:

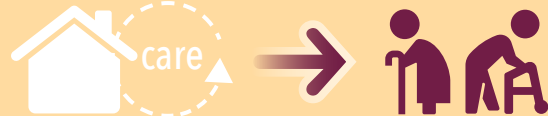
To collaboratively design and build a mobile application to support community-based stroke rehabilitation

THE PROCESS: User-Centred Design



[IDENTIFY THE PROBLEM]

Aging population and limited resources highlights the need for more efficient and effective home care delivery to stroke survivors with multiple chronic conditions.



[RESEARCH]

Understand the user, review stroke best practices and current trends in the mobile health technology

WE GAINED INSIGHTS FROM:

- 1] **23 KEY STAKEHOLDERS:** those involved in policy and practice of stroke rehabilitation in Canada, including those from community care access centres, community organizations and healthcare provider organizations
- 2] **41 HEALTH CARE PROVIDERS,** including Homecare Coordinators, Registered Nurses, Occupational Therapists, Speech-Language Pathologists, and Personal Support Workers

THEY IDENTIFIED 4 CHALLENGES:

- 1] No consistent means for communicating within the homecare team
- 2] Inconsistent tracking of patient progress
- 3] Limited point-of-care access to resources
- 4] Increased potential for safety risks

[DESIGN]

Together we designed and built MYST: A web based portal to support home care providers and stroke survivors by enabling:

- 1] Real-time, secure communication within the full circle of care including the patient and their family.
- 2] Tools to record evidence-informed safety assessments.
- 3] Online mobile access to community resources and best practice guidelines for stroke care.
- 4] Alerts to healthcare providers regarding client status change.

[ADAPT]

Usability testing was performed iteratively with end-users to improve the intuitive design and functionality of the navigation

[MEASURE]

NEXT STEP: MYST will be evaluated in an upcoming pilot study to evaluate its acceptability, feasibility and usability as part of a 6-month community navigation and rehabilitation intervention for stroke survivors with multiple chronic conditions using home care services.