

## **An app helps patients to prepare their appointment at the doctor's reducing unnecessary visits**

LOCATION: Fuengirola (Málaga)

DURATION: 1'15"

**SUMMARY:** An app designed for mobile phones allows patients preparing in advance the questions they intend to ask to the doctor. It permit the patient taking note of the questions they think off as well as adding them form a suggestions list. This is a useful tool for the more than 170.000 non-professional caregivers existing in Spain, as it permits them preparing the visit to the doctor from home, when doubts arouse regarding the care of the patient. This tool has been developed by the sevilian company S-Dos for the Andalusian Health Service.

### **VTR:**

Rosario is one of the more than 170 people in Spain who takes care of a dependant relative. But today her visit to the doctor will be different; her mobile phone is going to remind the questions regarding the care of her father that she forgot to ask in previous appointments.

#### **SALVADOR TORRE** Family doctor

*"Many times has happened that the patient has an important question and when he comes to the office he forgets about asking it due to nerves, what makes the patient having to make a new appointment."*

'Ask your doctor' is an app developed by the Andalusian Health Service and the sevilian company S.Dos. This tool offers an extra help to non-professional caregivers, permitting them to plan the visit to the doctor at home.

#### **SALVADOR TORRE** Family doctor

*"The advantages of this app regarding caregivers would be also approaching the patient with disabilities to the health centre. I addition, this app also suggests caregivers a series of questions that maybe they wouldn't have thought of asking to the doctor by themselves."*

#### **ROSARIO GAVILÁN** Caregiver

*"As a patient it gives me the tranquillity that I am not going to forget anything, nothing important, and I have all written down, for not having any type of confusion."*

Technology and health together to make medical assistance more efficient helping reducing the number of unnecessary visits to the health centre.