

Two nurses in Granada design an app to improve the daily lives of patients with kidney disease

LOCATION: Granada

DURATION: 1'46"

SUMMARY: Two nurses in Granada have developed an app geared towards kidney disease in collaboration with a computer scientist. It's a mobile app that brings together all of the information that these patients need when it comes to controlling their diet, in which they must control their potassium, phosphorous and salt levels, and especially their liquid intake.

VTR:

Making sure that something as simple as choosing what to eat or drink is made easier for kidney disease patients. This is one of the aims of Dial Balance, a mobile app developed by these two nurses in Granada, which enables patients to be well-informed about what they can eat or drink and in what quantities.

Mercedes Muñoz Nurse

"Patients subjected to haemodialysis must have very strict control over the potassium, phosphorous and salt content in their food, and also restrict their intake of fluids, because most of them urinate very little or not at all."

Ruth Molina Nurse

"Lots of food types, more than 500 or 600, but we wanted to think in terms of functional food, foods that people really eat."

In Spain there are 40,000 people with this problem, and this number rises each year by 6,000 new cases, therefore it is treated as a chronic illness in which the capacity to filter blood through the kidneys has deteriorated.

Mercedes Muñoz Nurse

"They have a very poor diet, based on the 4 foods that they know do not cause damage, and they are deprived of many other foods which are necessary, because of a lack of knowledge and due to fear."

The app has the option to control the patient's liquid intake and a food guide on what they can eat and its contents, as well as a 'pillbox' to control their medication. Patients are the ones testing it.

Carmen Hoces Patient

"Ultimately, you don't have to ban foods, you have to know what to eat and in what quantities. So this is great. For me, the app is wonderful."

Claudia Delgado Patient

"After so long on dialysis, I think that this is the first time I know what foods I can eat, which ones I can't, and in what quantities."

Available for free on IOS and Android, it has been awarded with a Hinnovar Prize, a recognition of innovative hospital projects, in the hospital management category. It is geared not just towards patients, but also to carers and health workers.

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