

## Home rehabilitation for urinary incontinence with the help of your cell phone

**LOCATION:** Virgen de las Nieves Hospital (Granada) and the Bonadea Clinic (Granada)

**DURATION:** 1'56"

**SUMMARY:** Moving rehabilitation for urinary incontinence from the hospital to the home; this is what Birdi Solutions, a device developed in Granada, has achieved. It allows patients to accomplish their exercises using their phone and without needing to go to the hospital center, and with 2 million women in Spain suffering from this problem, this can help many people.

### VTR:

Transferring the rehabilitation treatment for urinary incontinence from the hospital to the cell phone. This is what Birdi Solutions has achieved. In the kit is a catheter that is inserted into the vagina to register the muscles' movements, and is connected to a device that sends information to a smartphone.

### **LUIS CARLOS FERNÁNDEZ** Birdi Solutions

*"We transfer the hospital equipment to the phone. And the idea came to us of converting the smartphone into a virtual team that helps with the urinary incontinence rehabilitation treatment. We decided to bring the hospital home."*

This device has been developed in collaboration with the rehabilitation service of the Virgen de las Nieves Hospital. The incontinence is a social problem that owes itself to a dysfunction in the pelvic floor, consists of involuntary urine loss, and chiefly affects women. 50% of women who have had children suffer from this. In Spain it affects 2 million women, and in the world, 50 million.

### **INMACULADA GARCÍA** Virgen de las Nieves Hospital

*"Treatment is principally based in teaching the woman to identify that musculature and how to contract and strengthen them. The effectiveness and efficiency of the exercises, if they do it, is very high."*

The consistency of these exercises is very important, and being able to do them at home produces a higher adherence to the treatment and a greater comfort for the patients, because they don't have to go to the hospital or the clinic.

### **INMACULADA GARCÍA** Virgen de las Nieves Hospital

*"To give them the option of doing it at home once they have learned how to do it marks a turning point in the treatment of this condition."*

In addition, the device includes the daily monitoring of the patients on the part of specialists such as Lola.

### **LOLA BUSTAMANTE** Bonadea Clinic Physical Therapist

*"Every day they do their exercise that is programmed into their cell phone, so the results arrive automatically as soon as they do them. It's a perfect supplement and I have noticed, well, that they have progressed better."*

### **LUIS CARLOS FERNÁNDEZ** Birdi Solutions

*"It's one of the first real tele-medicine systems on the market."*

These characteristics also allow them to control the patient's progress from Granada, even if they are in, for example, the United States.