

An app that facilitates relationships of doctors and patients with COPD

LOCATION: Bollullos Par del Condado, Huelva / Bollullos de la Mitación, Sevilla

DURATION: 2'01''

SUMMARY: To facilitate the adherence of treatment to the people with COPD with personalized medical monitoring in real time, this is the innovation that comes from the winning app of the Health Challenge Andalusia, the first competition for open innovation celebrated in Spain which was promoted by the Regional Government of Andalusia with the collaboration of Vodafone. The app, EPPOC, was developed by a family doctor and two nurses of the Andalusian health system that, through advice and videos, helps the people suffering from this disease pursue treatment. It also incorporates a personalized monitoring system for each patient in real time through alerts and messages. More than 40 projects participated in the challenge and 12 different apps addressing COPD have become available for download in e-stores. 10% of people over 65 suffer from this chronic lung disease that complicates breathing.

VTR:

BACKGROUND: "Do you feel breathless when you walk on flat ground?"

Inmaculada is a family doctor. Bea and Antonia are nurses. Together they have created a mobile app to help people with COPD follow their treatment. The lack of monitoring for medical prescriptions is one of the principal causes of worsening this chronic lung disease that affects 10% of the population over 65. It causes difficulty breathing and visits to the hospital often become frequent.

INMACULADA MESA
Family doctor and developer
of EPPOC

"We wanted it to be an app on one side and a server on the other. Then, from the server, from the office itself, we can monitor what each patient does in real time."

BEATRIZ SÁNCHEZ
Nurse and developer
of EPPOC

"With that we find out the necessities of our patient to be able to adapt to them."

INMACULADA MESA
Family doctor and developer
of EPPOC

"We will be able to know if in some moment there is respiratory decompensation because the app is prepared to send us alerts, it's smart"

ANTONIO SÁNCHEZ
Nurse and developer
of EPPOC

"This way, we, meaning professionals, will intervene in the most suitable way. They may call the patients and arrange an appointment..."

Including via a direct message to their cell phone.

INMACULADA MESA
Médico de familia y
desarrolladora de EPPOC

"To make a comment or say something regarding their disease, or just to congratulate them for how well they are doing."

The app, which is totally customizable and permits distinguishment between patients suitable and unsuitable for use, is centered in four aspects: food, tobacco, physical exercise, and medication. With the help of explanatory videos the patient gains autonomy. Everything is a challenge for the developers.

ANTONIO SÁNCHEZ
Nurse and developer
of EPPOC

"We created the app at home and the motivation was to see if we were capable"

BEATRIZ SÁNCHEZ
Nurse and developer
of EPPOC

"We also wanted to innovate ourselves"

ANTONIO SÁNCHEZ
Nurse and developer
of EPPOC

"And demonstrate that with little resources we have been able to do something big".

And that led them to win the first competition of open innovation in Spain: Health Challenge Andalusia. A challenge promoted by the Regional Government in collaboration with Vodafone with the goal of highlighting unrealized talent to provide solutions to common problems. In this case, COPD.

For more information or support please email info@andalusianstories.com
