Development of an innovative mHealth app to support self-management strategies for people living with HIV


@darrenabrown  @ChelWestFT  @BeYouPlus

Abstract 04

#RehabHIV- 1st International Workshop on Healthy Living for People Living with HIV, Barcelona, 2-3rd September 2016
Content

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1. Introduction to the need for mHealth for PLWH

2. Self management and mHealth for PLWH

3. Development of BeYou+, a HIV specific mHealth app to support self-management

4. Current evaluation of experience of using BeYou+
Introduction

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Disability
These related consequences can result in physical, cognitive, mental and social health challenges; that can be conceptualised as disability.

Episodic
HIV is now considered a chronic & Episodic condition, whereby many individuals are living longer & ageing with adverse effects of treatment & multi-morbidity.

Self-Management
Self-management strategies, such as exercise, to address these challenges can optimise health and well-being for people living with HIV.

mHealth
Using technology such as mobile devices for health (mHealth) provides opportunities to engage key populations.
75 Billion Apps Downloaded 2015

75% Worldwide Access to mobile phones (2012)

The World Bank
mHealth and HIV
@BeYouPlus

mHealth is widely reported as an effective tool for long-term care

But no apps have been developed to support self-management strategies

What is Self Management?

1) A portfolio of techniques & tools to help patients choose healthy behaviours

2) A fundamental transformation of the patient-caregiver relationship into a collaborative partnership

mHealth could be an effective tool with the potential to reach many PLWH, however no apps have been developed that provide reliable, accessible and specific information for PLWH to support self-management strategies, healthy lifestyles and goal attainment.

The Solution

@BeYouPlus

Be You+
Be Inspired. Be Healthy. Be Well.

Reliable Info
Accessible & Convenient
Informed Choices
Personal Goals
Innovation Network
@BeYouPlus

>60 contributors

CW+ The Art + Science of Patient Care
Chelsea + Westminster Health Charity
@cwpluscharity

Chelsea and Westminster Hospital
NHS Foundation Trust

@ChelwestFT

26 Months
March 2014

imagineear

@imagineear
Innovation Network

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Goals
Content
Structure
Animations

Clinical Governance

x2 Independent Editors

Chelsea and Westminster Hospital
NHS Foundation Trust
BeYou+
Be Inspired. Be Healthy. Be Well.
The app for people living with HIV

- Over 40 sections providing the latest information, support and advice from leading NHS HIV experts
- Password protected for your confidentiality
- Sync your medical appointments with your calendar
- Organise and record your medication and healthcare professionals
- Track your Viral Load and CD4 count with graphs
- Set your health goals and receive rewards

Download Now
Search for “BeYou+ HIV”

Find out more about BeYou+ here:
- vimeo.com/162059872
- cwplus.org.uk/beyouplus
- BeYouPlusApp
- @BeYouPlus

Developed in partnership with Chelsea and Westminster Hospital NHS Foundation Trust and its charity CW+
82% downloads

15 countries
**Conclusion**

@BeYouPlus

1. BeYou+ is an innovative mHealth app for people living with HIV, to support self management strategies.

2. BeYou+ is available on Apple and Android devices providing specific, reliable and accessible information and goal setting.

3. BeYou+ has been downloaded in 13 different countries over 160 times.

4. We are currently conducting an evaluation to understand the impact on self-management and quality of life, to support improved design.

Find out more about BeYou+ here:
- vimeo.com/162059872
- cwplus.org.uk/beyouplus
- /BeYouPlusApp
- @BeYouPlus

Search for: **“BeYou+ HIV”**
THANK YOU

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