



Digitized Medicine: There's an App for That!

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The 20th Annual UCLA Health Care Symposium

David Geffen School of Medicine at UCLA

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Background

The Health Care Symposium is an annual conference organized by students at the UCLA David Geffen School of Medicine for their fellow students, the broader UCLA community and the general public, with the intent of exploring a topic of importance to modern health care. For the 20th Annual UCLA Health Care Symposium, we explored the issues the field of medicine, doctors and patients face in the increasingly digitized world in which we live.

Objectives

- Provide a forum where students of every level and field—including undergraduates, medical students, and graduate students in various domains—can learn from established experts about the role of technology and smartphone applications in the delivery of healthcare.
- Understand the wide range of applications of the smartphone and other technological advances in healthcare, and demonstrate how this knowledge can inform policy, consumer decision-making and personal lifestyle choices.
- Contribute a medical perspective to the valuable conversation about healthy living begun at UCLA.
- Bring together students, faculty and community members from diverse backgrounds to engage in a multidisciplinary conversation about technological and smartphone innovations and health.

Aims

In order to measure the impact of the Symposium on attendees' opinions, we asked participants to respond to a short survey both before and after the event.

Methods

- Using Google Forms, we created a short pre- and post-survey that would allow us to analyze the impact of the event on attendees' perspectives on Digitized Medicine and the use of smartphone applications in health care.
- Attendees RSVP'd for our event via EventBrite. We used the "email respondents" tool to send the survey link to everyone who had responded.

Pre-Survey:

- Have you ever used a smartphone app to manage your health? (yes/no)
- Have you ever used sensor technology (ex. FitBit, Apple watch, blood pressure cuff) to manage your health? (yes/no)
- What is your view on smartphone apps or sensor technology for health care management? (1-5 rating scale)
- Has your doctor ever talked to you about apps or sensor technology for managing your health? (yes/no)

Post-Survey:

- After the symposium, how likely are you to use a smartphone application to manage your health? (1-5 rating scale)
- After the symposium, how likely are you to use sensor technology to manage your health? (1-5 rating scale)
- What is your view on the use of smartphone apps or sensor technology for health management? (1-5 rating scale)
- How did your opinion of the use of smartphone apps or sensor technology for health management change due to the symposium? (1-5 rating scale)
- After the symposium, will you talk to your doctor about using smartphone apps or sensor technology to manage your health? (yes/no/more likely)

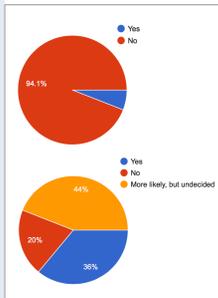
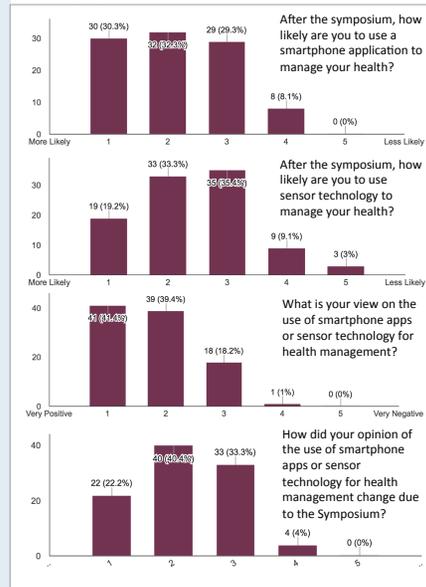


Figure 1. Top: Pre-survey responses to the question, "Has your doctor ever talked to you about apps or sensor technology for managing your health?" Bottom: Post-survey responses to the question, "After the symposium, will you talk to your doctor about using smartphone apps or sensor technology to manage your health?"

Results

- **Pre-Survey:** 170 responses
 - 56.2% of the respondents had *ever used a smartphone app* for their health.
 - 50.6% of respondents had *ever used sensor technology* for their health.
 - Only 6.6% of respondents had a *negative opinion* of smartphone apps and sensor technology as used for health care.
- **Post-Survey:** 100 responses
 - 62.6% of respondents were *likely to use smartphone applications* to manage their health.
 - 52.5% of respondents were *likely to use sensor technology* to manage their health.
 - 80.8% of respondents had a *positive view* of smartphone apps or sensor technology, and 62.2% had a *more positive view* compared to before the symposium.



Conclusions

- The majority of respondents have a positive view of the use of smartphone technologies in the management of health care.
- The UCLA Health Care Symposium offers a unique opportunity for the educational, medical and lay communities to come together and discuss a controversy at the forefront of medicine.
- Things to improve for next year: day-of-event volunteer coordination, estimating percentage-attendance, and videography/sound services.

Quotes

- Was an excellent conference, very impressed by organization of event and the speakers chosen were FABULOUS. well done!
- Terrific seminar. We bought the digital doctor and 5 other books on this topic. We are working toward integrating these technologies into our very busy medical practice.
- This symposium was well managed and very well planned. Kudos to 2nd year medical student for their diligence to detail and being very well organized. Good luck in all your endeavors. One thought that stayed with me after the symposium is that devices are good to have in life but do not forget about human touch, compassion, and empathy it is very precious. Doctors of future please keep these items in mind when you start your profession. Like a good neighbor doctor of mine said remember that around that organ there is a person who needs to be treated with respect and dignity.

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