myAsthma

mymhealth.com

Available on the NHS Apps Library
Introducing myAsthma, from my mhealth.

myAsthma is the most comprehensive, user friendly and intuitive asthma App available on any device. Built by asthma experts, and externally peer reviewed by leading NHS asthma consultants and teams, myAsthma puts patients, and their clinical team in control like never before.

myAsthma empowers patients to manage their asthma for a lifetime. Based on best evidence and national guidelines, myAsthma provides 24-hour self-management, expert advice and support for patients with adult asthma. It is also our first product to deliver the automated annual review, which reduces the time for this to be delivered in primary care by 75%! Unlike other Asthma apps, myAsthma contains the first expert led, structured online education course for patients.

In addition, myAsthma assists patients in monitoring symptoms, lung function, using an Asthma Action plan, and understanding how to take their inhaled medication correctly.

myAsthma in clinical studies has been shown to correct between 80-98% of inhaler errors, present in over 70% of patients. It also provides patients with the latest localised pollen, air pollution and weather forecasts, providing them with the information they need to plan their day.

The myAsthma clinical software also brings patients closer to their clinicians, enhancing and enabling efficient care remotely.

At just £40 per patient, for a lifetime, myAsthma is the most cost-effective and complete digital intervention currently available for the condition, improving outcomes, and efficiency across the entire patient pathway.
Why does healthcare need myAsthma?

Self-management asthma education is considered, by current asthma guidelines and strategies, to be an essential component in the management of asthma, and is recommended with the highest level of evidence.

Evidence shows that when quality interventions are offered, self-management education results in an improvement in adherence to therapy, and in most cases, asthma outcomes.

Unfortunately, asthma education is still insufficiently provided, this is explained by many factors, including:

- Non-integration of asthma education into current practice
- The reluctance of patients to attend due to a lack of time
- Difficulty accessing this service

myAsthma not only delivers to the patient an individualised, comprehensive asthma education program, it also provides a suite of tools to enable efficient self-management, at a time and place to suit the individual. This improves patient outcomes and reduces the burden on current clinical services.

myAsthma also helps with the delivery of clinical services to patients using our clinical management software. From primary to tertiary care, services can deliver enhanced patient centred services, often remotely, to many more patients than traditional care models.

In fact, in clinical studies in primary care, myAsthma has been shown to reduce the burden delivering the annual review by 75%, because many of the process are automated e.g. disease education, inhaler/spacer instruction, assessment of symptoms using validated tools etc....
Facts about asthma.

5.4 million people in the UK have been diagnosed with Asthma. 4.3 million are adults.

There are 60,000 hospital admissions each year due to Asthma.

Treating Asthma costs the NHS almost £1 billion a year.

Inhaler device errors are present in up to 90% of patients with asthma reducing the effectiveness of the drug.

myAsthma provides an innovative enhancement to the classical face-to-face consultations, bringing together patient reported data, alongside clinical data e.g. FEV1, Spirometry - improving patient outcomes, clinician efficiency and work flows.
Why my mhealth?

my mhealth are perfectly positioned to help clinical services meet the pressing need to improve efficiencies and outcomes in the management of long term conditions.

We create Apps which empower patients through digital self-management and enable remote service delivery by clinicians at both an individual and a population scale.

Our Apps are MHRA certified and we operate under strict clinical (DCB 0129) and information governance (IGT Level 2 compliant) frameworks.

In addition, we offer our expert led Digital Transformation Team service to aid deployment and help co-design patient pathways.

We are currently working in over 100 CCGs in England, integrating Apps into patient pathways, transforming care and improving outcomes.

Who is myAsthma for?

myAsthma has been designed by clinical experts to benefit all patients over the age of 12, from the newly diagnosed, to those patients who receive care within regional severe asthma centres, the App adapts according to individual patient. myAsthma clinical software assists and supports clinical teams at all levels in the provision of services.
What does myAsthma do for Patients?

We believe that people should be supported to be as independent and healthy as possible; thereby preventing complications, and the need to go into hospital. myAsthma gives patients 24/7 access to a range of powerful tools to educate, optimise self-management, monitor symptoms, and improve both their adherence and quality of inhaler administration.

The key features are:

Inhaler technique training:

Patients learn how to take their inhalers correctly using our unique set of inhaler videos. myAsthma contains videos for every inhaler device (and spacer). Access to these has been shown to correct up to 98% of inhaler errors.

Medication assessment

The patient will have access to a medication assessment function which checks to see if there are conflicts within inhaled medication prescribed, that the prescription conforms to best evidence, and makes sure that the right spacer device is prescribed for the right inhaler.

Symptonet

myAsthma is our first app to incorporate Symptonet technology. Symptonet is our AI engine that assists patients in managing their condition. Based on their symptoms, type of asthma and health checks e.g. if the Symptonet detects a patient is using their reliever inhaler 3 or more times a week, it will send them a notification. Symptonet drives the patient annual review and other health checks, sends reminders on inhaler instruction, known triggers etc. actively managing the patient to deliver better outcomes.
Action Plan

The myAsthma action plan helps patients understand what medication to take and when. Patients who use an action plan, have been shown to have fewer asthma attacks and are 4 times less likely to be admitted to hospital with their asthma. Action plans assist patients in understanding their signs and symptoms, and how to adjust their medication accordingly.

Online peak flow and symptom tracking

The peak flow and symptoms diary assists patients to keep track of their morning and evening peak flow, alongside their day and night time symptoms. This function is useful when patients are requested to perform a peak flow diary to assess asthma control.
Weather, pollution and pollen forecasting

Weather, pollution and pollen can all impact on symptoms, patients can view the latest reports and guidance for their current location.

Lung function

myAsthma helps patients keep track of their lung function, FeNO and upload spirometry reports.

Patients with co-morbidities can access, through the same login, other Apps from the my mhealth family, e.g. if they also suffer with diabetes or heart disease.

This addresses the need to manage co-morbidities optimally to improve patients’ long term outcomes (a separate purchase is necessary for patients to access the other apps).

Symptom and assessment tracking

myAsthma collects patient daily symptoms, and every 4 weeks an Asthma Control Test™ (ACT) score. These are then stored in a report, so patients and clinicians can keep track of how well their asthma is controlled over time.
Empowerment and Education

myAsthma contains expert education on all aspects of asthma, this high-quality content has been produced in-house, and externally peer reviewed by Asthma experts to make sure patients receive the most up to date, and evidence-based education. Each patient education course is constructed based on the severity of asthma, treatment regime and symptoms. The progress through the course can be viewed by both patients and clinicians in the Asthma Checklist.

Examples of the many education topics covered include:

- What is Asthma?
- Symptoms Overview
- Medication Introduction
- Reliever & Preventer Inhalers
- Long Acting & Combination Inhalers
- SMART or MART therapy
- Leukotriene Medication
- Theophylline Medication
- Asthma Attacks
- Smoking Cessation
- Asthma Triggers
- Coping with Stress
- Weather
- Pollution
- Pollen
- Bronchial Thermoplasty
- Anti IGE Medication
### What is Asthma?
- Asthma Triggers Part 1
- Pollution
- Reliever & Preventer Inhalers

### Smoking Cessation
- Asthma Triggers Part 2
- Weather
- Long Acting & Combination Inhalers

### How to Use myAsthma App
- Symptoms Overview
- Asthma Attacks
- Medication introduction
- Pollen

### Coping with Stress
- Back
In addition to the education, self-management is achieved through a range of other tools provided in myAsthma.

**These include:**

- Medication Diary to keep track of both maintenance and reliever medication. If reliever medication is used 3 or more times per week then a notification is sent to the patient.

- The Asthma Attack tile can be used when a patient experiences an asthma attack, with all the information and tools required in a single page, just when patients need it!

- Asthma Checklist – Keeps track of the health checks the patient needs to keep them well e.g. tracks progress through education course, ACT, inhaler instruction etc.
• Mindfulness and anxiety instruction
• Hay Fever Score – monitor and track hay fever symptoms
• Allergy Alert Card
What about clinicians?

myAsthma has been developed to help you manage your individual patients and your patient population, enabling you to prioritise those patients at need. Using myAsthma enables clinicians to deliver services to many more patients than previously possible in traditional settings.

When you first login to myAsthma you will see your Asthma patient list. Unlike other systems, myAsthma allows you to prioritise patients most at need, and instantly sort patients according to symptoms, ACT™ score, reliever inhaler use etc.

The myAsthma patient checklist enables you to view which patients require certain checks to complete their annual review.

Clicking on a patient, in the patient list, brings up the patient profile page which enables you to view at a glance individual patient’s checklists, targets, medication and demographics.

From this page you can access the complete set of patient reports (ACT, symptom trends etc.) change medication, upload spirometry, view trends in lung function and even contact the patient by sending a message through notifications.
For example, changing an inhaler/device will instantly change the patient's medication diary, action plan and inhaler videos. Having access to the patient profile enables you to view their asthma control over time.
There are many more functions that facilitate care for your asthma patients for example choosing an inhaler which benefits from a spacer device, will show you which spacer devices are compatible with that inhaler device and much much more.

Send messages to individual patients, identify patient groups or broadcast health messages to your patients for free. Also, any changes you make to the patient record e.g. change of medication – will be sent automatically to your patient in their notification tile, and updates their app.

Your patients will also be sent alerts if any of their readings are off target (such as using their reliever medication 3 or more times a week), if they are overdue a health check etc. helping to drive better disease control.
Meet our Asthma expert.

Prof Tom Wilkinson
(Professor of Respiratory Medicine, University Hospital Southampton)

Prof Tom Wilkinson is a world-renowned researcher and key opinion leader in the field of Asthma and works in the Severe Asthma Service across Southampton. Tom trained in medicine at Cambridge University and was appointed as Professor of Respiratory Medicine in 2016.

Tom has won several national and international awards, and was recognised by the European Respiratory Society as the leading researcher in Europe in his field under the age of 45.

How do you get myAsthma?

For further information, please email:
info@mymhealth.com
Now available
on the Apple App Store, Google Play & the NHS App Library

my mhealth limited
First and Second Floor
8 Trinity
161 Old Christchurch Road
Bournemouth
BH1 1JU

info@mymhealth.com | 01202 299 583

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