

Innovative mobile applications (mHealth) for HIV/STI programs and research



A PANEL SPONSORED BY :
THE BEHAVIORAL & COMMUNITY SCIENCE CORE OF THE
UAB CENTER FOR AIDS RESEARCH (CFAR)

The Edge of Chaos
February 9, 2015

Panelists

- **Ann Gakumo**, PhD, RN, Assistant Professor, School of Nursing, Robert Wood Johnson Foundation Nurse Faculty Scholar
 - Older African Americans' Perspectives on mHealth Approaches for HIV Management
- **Steve Dellinger**, Community Health Educator, AL Dept. of Public Health
 - Using mobile technology to implement ARTAS (Anti Retro-Viral Treatment and Access to Services)

Panelists

- **Bulent Turan**, PhD, Assistant Professor,
Department of Psychology
 - Examining the role of social stigma in HIV with experience sampling method: A mobile phone application
- **Robin Lanzi**, PhD, MPH, Associate Professor,
Department of Health Behavior
 - Sexually Active Adolescent Focused Education (SAAFE): A Mobile Based Game to Promote Healthy Sexual Practices

mHealth

- the practice of medicine and public health supported by mobile devices
- **NIH Consensus Group**
 - “mHealth is the use of mobile and wireless devices to improve health outcomes, healthcare services and health research.”
 - www.hrsa.gov/healthit/mhealth.html

mHealth includes:

- health call centres
- emergency toll-free telephone services
- managing emergencies and disasters
- mobile telemedicine
- Appointment reminders
- community mobilization and health promotion
- treatment compliance
- mobile patient records,
- information access
- patient monitoring
- health surveys and data collection
- surveillance
- health awareness raising
- decision support systems

mHealth technology

- Mobile phones
- Smart phones
- Tablets
- iPads
- PDAs
- Mobile apps
- Etc.



The MOTIVATE! Study in Kenya

- Mother Infant Visit Adherence and Treatment Engagement Study
- NICHD-funded study being conducted by UCD, UAB, and the Kenya Medical Research Institute (PIs: L. Abuogi and J. Turan)
- Examining the effect of mobile text messaging to promote long-term adherence and retention in HIV care for pregnant and postpartum women living with HIV in Kenya
- Will also take advantage of mobile technologies for data collection



Hi [name]!
Congratulations for
visiting clinic this week!
Please call or flash
0788100133 if you
have questions about
your pregnancy. We're
here to help you!

Hi [name], We wish
you a healthy
pregnancy and safe
delivery! If you would
like to plan your
delivery, call or flash
or send please call me
to 0788100133

Dear [name],
congratulations on the
birth of baby
[babyname]! We treasure
you both! If you have
questions about baby's
health please call or flash
0788100133

Hi [name]! This week, please
bring baby [babyname] to clinic
for important immunizations to
prevent childhood diseases and
make sure [babyname] grows up
healthy and strong. You will also
be counselled on how to keep
your baby [boy/girl] healthy

Questions for the panel members

- Who did you work with to develop your mobile platform?
- What some of the resources/people at UAB or in Birmingham where people can get assistance/support if they want to use mobile technologies for programs, interventions, and/or research?
- What are some of the benefits of using mobile technology for the work that you do?

More questions

- What are some of the challenges of using mobile technology?
- For those doing research, what are the implications for IRB, data security, etc? How is confidentiality protected?
- If you were starting over on your mHealth project, is there anything you would do differently in terms of your use of mobile technology?