M-Health Application Overview

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Abstract: *The combination of the digital and genomic revolutions with health, health care, living and society is called as Digital Health. As we know, the technology is growing rapidly day by day, now a day we are using technology in medical fields too. We can use our mobile phone as our personal doctor. There are many mobile applications used for "health app". These health apps are growing rapidly but still we expect more in future. The health apps is used for improving the patient care and makes medical activities reliable. In these applications the patient can diagnosis his/her disease and treatment recommendation are reported. Since these health apps are the bridge between the consumers and clinicians, through which patient can diagnosis his/her disease even at home. So we have to know how these apps works. There are many apps created for the Mobile phones. We will discuss one of the health app i.e. M-health application. This paper captures the working of M-health app.*

1. INTRODUCTION

M-health app is the abbreviation of mobile health , It is the use of mobile technology and the wireless devices to improve the performance of health and health care. We all use our mobile phones daily so the health care and technology both get merge together then it will be easy to use the health app. In past If we were having fever or cold then we ignore it and take medicines from medical store and we feel better but it is not good every time. These small disease becomes a big issue for us and it's dangerous so this app of health care is very easy to diagnosis our diseases with help of our family doctor. It provides us to contact with our doctor and get prescription from our doctor.

Sometime if we are having some dangerous disease then we can't trust on the reports of one doctor so we try to contact with at least one more doctor. This app helps us to contact with one or more doctor from many countries. We just have to follow some protocols safely and carefully.

There are some gadgets available which are used to diagnosis diseases like skin disease, blood pressure, ECG, etc. by using m-health app. For example, with the help of these gadgets we can click pictures or show the live video to our doctor.

The M-health app helps us to diagnosis our disease and it bridge between time and distance between clinician and consumer. There are some issues while using M-health app like encryption of data, security while conversation between clinician and consumer.

2. WORKING

The M-health app is the abbreviation of the mobile application. The working of this app is mention below in Fig.1. M-health app is used by the consumers as well as clinicians. So this app is very user friendly.

FIG 1: Working of M-health app

We will discuss the working phases one by one as follow-

2.1 Step 1: Detect Condition

In this we have to detect our condition and choose the option then click on it. The following Fig 2. Show the screen -shot of the M-health application. This figure shows the conditions which we want to detect.
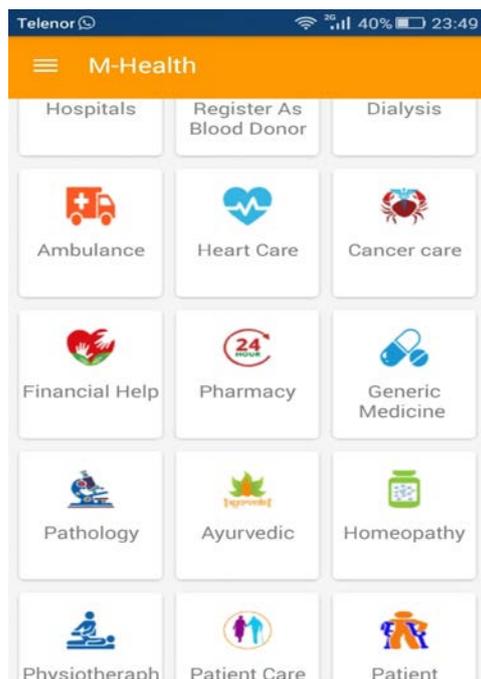
Fig 1: Detect Condition

2.2 Step 2: Find physician's or provider's :

In this step there are many physician's contacts provided by this app. So we can select the contact info of the clinician and communicate with them through this app. It is very easy to select the providers. As example, the following Fig 2. Shows the List of Providers-
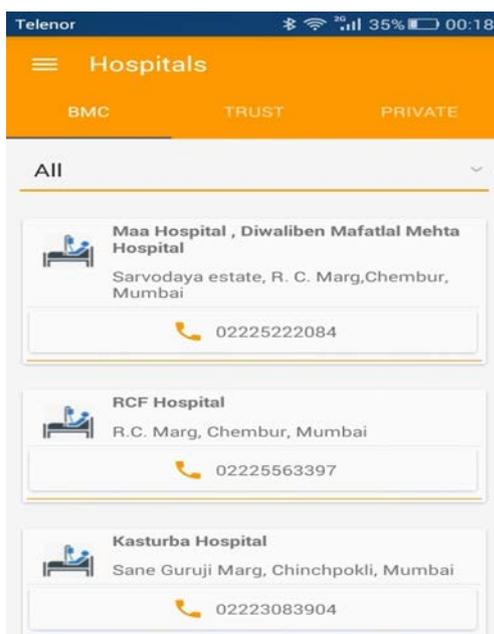

Fig 2: Find physician's or provider's

2.3 Step 3: Diagnosis

In this step we communicate with clinician who suggests us diagnosis of our disease. This is the process of recognizing disease the person is having.

2.4 Step 4: Undergo treatment

In this step if the result of the step 3 is little bit critical then the patient need treatment of 1week or 1 month or more than that. Then the treatment is carried out under the guidance of doctor.

2.5 Step 5: Monitor Condition and wellness

After the step 4, If the clinician want to check the status of the patient condition then it will be done through the video call or voice call. And some time if the patient is more critical then they have to do some tests like ECG, Blood test , Eye test ,etc. These test are also done by consumer at home with the help of medical gadgets . Some examples of gadgets are as shown below in fig –

Fig 3: Gadgets used for monitoring condition and wellness

2.6 Step 6: Manage Claims and Payments

This is the final stage, in which we have to pay for the help which we get from the physician's or providers. If we are not satisfied or we come across some problem after the treatment then we can claim on that physicians or provides.

3. Advantages of m-health app

M-health app can enable the physicians to improve the patient's health by frequently keeping

the track of their patients and improve the quality of health care. It helps doctors and patients to reach out and connect in different locations. M-health app reduces the cost of visiting doctors with its services. M-health app can store patients report and reports can accesses remotely from anywhere and anytime.

4. Disadvantages of M-health app

The main disadvantage is privacy of the patients health information. Providers also be trustworthy so security is the big issue. Not all the peoples uses the mobile phones or even computers for communicating through emails. As in this app we can communicate with many doctors so prescriptions get varies with its cost effective use.

5. Challenges in M-health app

Security of the conversation between provider and the patients is the big challenge also the hospital and providers must be aware of the DIY (do it yourself) tools into efforts to engage the patients. If there is any risk then providers have to repayment. These new tools could be a boon for providing calculable data over the flow of care to support outcomes-based repayment models.

6. Future Work

As now we are using the health app which provide the result with the help of Providers. In future we can make clinical care with such a computerized decision support which diagnosis patients diseases so that cost will effectively very less.

7. Conclusion

The use of the mobile phones is convenient and efficient result in data sharing, data collection, analysis of data as compared to the paper work. In this paper we address the working overview of the m-health application and its advantages and disadvantages. So that everyone can get aware of this app and they can use it frequently. The physicians and the caregivers can make effective use of digital technology and its tools.

8. Acknowledgment

9. Reference's

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