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y Metabólica





**Follow up applications . What can we expect**

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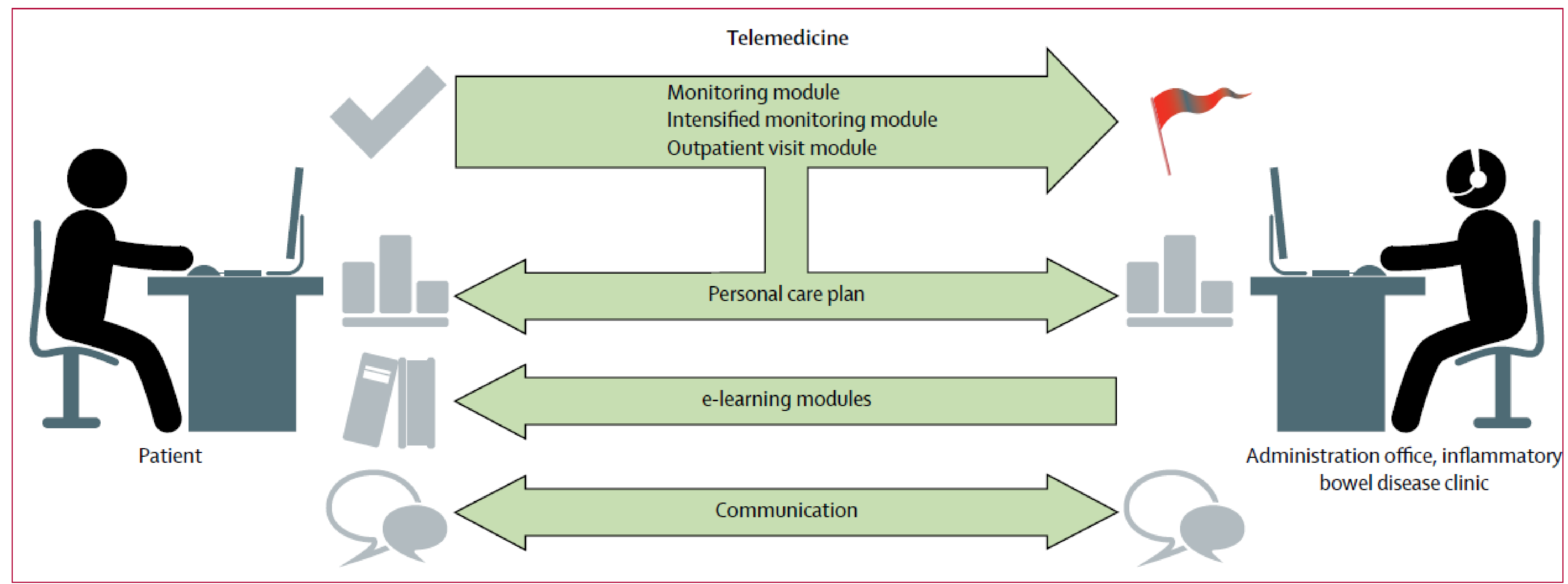


# Disclosures

- Ethicon Consultant
- Apollo Consultant
- Agucare Stocks

# MOBILE HEALTH APPLICATIONS HAVE BEEN SHOWN TO HAVE POSITIVE IMPROVEMENT FOR:

- Chronic diseases such as inflammatory bowel disease by reducing hospital admissions.
- Diabetes glycemic control.
- Medication adherence in patients living with HIV.



# Telemedicine for management of inflammatory bowel disease (myIBDcoach): a pragmatic, multicentre, randomised controlled trial

*Marin J de Jong, Andrea E van der Meulen-de Jong, Mariëlle J Romberg-Camps, Marco C Becx, Jeroen P Maljaars, Mia Cilissen, Ad A van Bodegraven, Nofel Mahmmod, Tineke Markus, Wim M Hameeteman, Gerard Dijkstra, Ad A Masclee, Annelies Boonen, Bjorn Winkens, Astrid van Tubergen, Daisy M Jonkers, Marie J Pierik*

Published Online

July 14, 2017

[http://dx.doi.org/10.1016/S0140-6736\(17\)31327-2](http://dx.doi.org/10.1016/S0140-6736(17)31327-2)

See Online/Comment

[http://dx.doi.org/10.1016/S0140-6736\(17\)31857-3](http://dx.doi.org/10.1016/S0140-6736(17)31857-3)

Randomised trial in 4 Netherlands hospitals.

Outpatients, aged 18-75 years with inflammatory bowel disease.

909 patients were randomly assigned to telemedicine system *mijnIBDcoach* (465) or standard care (444).

## RESULTS

At 12 months:

- The mean number of outpatient visits to the gastroenterologist or nurse was significantly lower in the telemedicine group than standard group.
- The mean number of hospital admissions was significantly lower in the telemedicine group than standard group.

# Effectiveness of Disease-Specific mHealth Apps in Patients With Diabetes Mellitus: Scoping Review

Claudia Eberle <sup>1</sup> ; Maxine Löhnert <sup>1</sup> ; Stefanie Stichling <sup>1</sup> 

Published on 15.2.2021 in Vol 9 , No 2 (2021) :February

27 studies comprising 2887 patients were included. 19 randomized controlled trials, 1 randomized crossover trial, 1 exploratory study, 1 observational study, and 5 pre-post design studies.

## RESULTS

- There was a clear improvement in HbA1c values in patients diagnosed with T1DM and T2DM.
- DM-specific mHealth apps improved the glycemic control by significant reducing HbA1c values in patients with T1DM and T2DM.

## CONCLUSIONS

- DM-specific mHealth apps improved the glycemic control by significant reducing HbA1c values in patients with T1DM and T2DM.
- In general, mHealth apps effectively enhanced DM management.



REVIEW



# A Contemporary Review of Smart Phone Applications in Bariatric and Metabolic Surgery: an Underdeveloped Support Service

Christophe Thomas<sup>1</sup>  · Eleanor Simmons<sup>1</sup> · Aya Musbahi<sup>1</sup> · Peter Small<sup>1</sup> · Michael Courtney<sup>1</sup>

52 apps were deemed relevant to Bariatric and Metabolic Surgery.

Mobile Operating System	Apps	Percentage
Play Store (android)	28	53.8%
Play Store and iOS Store	20	38.5%
iOS Store (iOS)	4	7.7%
Total	52	100%

REVIEW



## A Contemporary Review of Smart Phone Applications in Bariatric and Metabolic Surgery: an Underdeveloped Support Service

Target User Location	No. of apps	Linked with a Clinic
USA	27(52%)	22
Global	13(25%)	6
Australia	4(8%)	3
UK	2(4%)	1
Netherlands	1(2%)	1
Sweden	1(2%)	0
Singapore	1(2%)	1
Saudi Arabia	1(2%)	0
Egypt	1(2%)	0
India	1(2%)	1
Total	52(100%)	35(67%)



REVIEW



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## APP FUNCTION CLASSIFICATION

APP FUNCTION	COUNT OF APPS	PERCENTAGE
Clinic and patient information, support, tracking	20	38%
Education	11	21%
Patient Information, support, tracking	7	13%
Clinic and patient information	6	12%
Clinic and patient information, tracking	2	4%
Dietary Tool	2	4%
Education, social networking	2	4%
Patient information, tracking	2	4%
<b>TOTAL</b>	<b>52</b>	<b>100%</b>







REVIEW

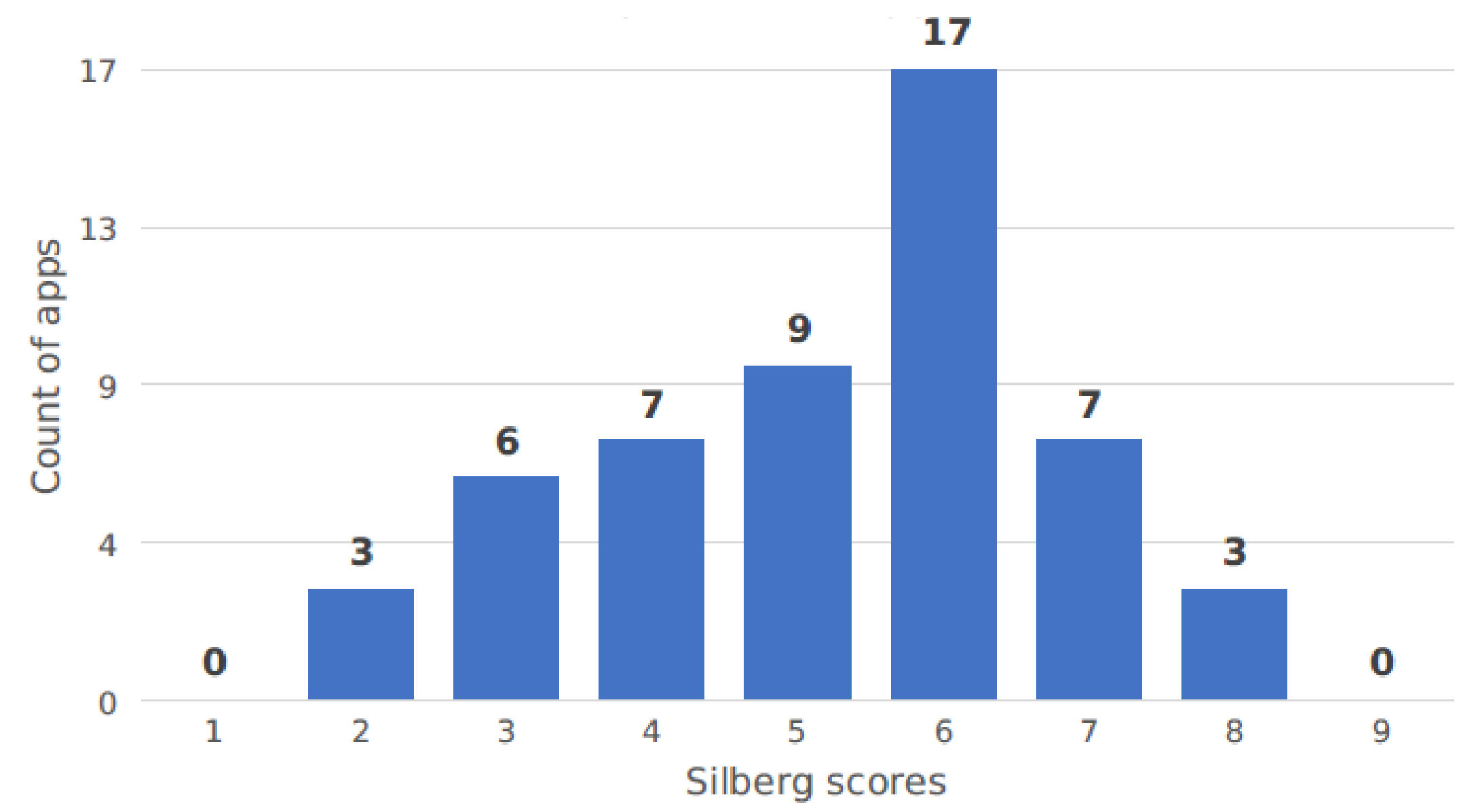


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**SILBERG SCORE SYSTEM**  
 Is a validated tool for looking at the quality of healthcare information digitally.

a. Authorship	1. Whether authors are credited 2. Affiliations of the authors 3. Credentials of the authors provided for
b. Attribution	1. Whether information sources are given 2. Whether references are given or hyperlinked
c. Disclosure	1. Whether application ownership disclosed 2. Whether sponsorship disclosed
d. Currency	1. Whether application has been modified in the previous month 2. Whether the application has specified indicated a creation or last modification date
Total score	(9 Points)







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### CONCLUSIONS

1. The availability of BMS apps has increased by 33% since the previous review, indicating a growing recognition of their potential in healthcare.
2. There has been an improvement in medical / allied health professional involvement (MAPI) in BMS apps, rising from 42.9% to 81%.
3. The mean Silberg score, which assess the quality of apps, has also increased compared to previous studies, indicating improvements in functionality and usability.
4. Limited high-quality apps are available to a broad range of users, with only a small number of free apps having MAPI.
5. Larger scale studies are needed to replicate successful outcomes reported in some studies.



# Impact of a Mobile App to Support Home Recovery of Patients Undergoing Bariatric Surgery

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Caterina Masino, MA,<sup>a</sup> Shikha Duggal, MD,<sup>a</sup>  
Timothy Jackson, MD, MPH,<sup>a,b</sup> and Allan Okrainec, MD, MHPE<sup>a,b,\*</sup>

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Article history:

Received 24 March 2020

Received in revised form

3 November 2020

Accepted 4 December 2020

Available online 12 January 2021

396 patient were enrolled in the app and compared with  
458 patients who were not enrolled in the app.

## RESULTS AND CONCLUSIONS

- The app helped them avoid phone calls to the hospital (48.5%) and Emergency Departments visits (13.0%).
- **The app may be effective in decreasing unnecessary health care utilization.**
- 94.8% of these patients reported that they would recommend the app to other patients undergoing the same surgery.
- **The app may result in high patient satisfaction.**



# Mobile health applications enhance weight loss efficacy following bariatric surgery

Christopher W. Mangieri\*, Rebekah J. Johnson, Lori B. Sweeney, Yong U. Choi, Joseph C. Wood

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*Article history:*

Received 4 September 2018

Received in revised form

14 December 2018

Accepted 14 January 2019

Single institution prospective randomized control trial.

Total patients who underwent a Sleeve Gastrectomy = 56  
 Standard post-operative monitoring: 28 patients  
 mHealth application (MyFitnessPal): 28 patients

EWL: Excess Weight Loss

EBL: Excess BMI Loss

Variable	Control Group (N=28)	mHealth Group (N=28)	p Value
%EWL 12 month	74.40	81.41	0.0468
%EWL 24 month	59.10	71.40	0.0078
%EBL 12 month	28.02	32.15	0.0007
%EBL 24 month	25.39	27.87	0.0479



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## CONCLUSION

- mHealth applications have the ability to significantly improve weight loss results and weight loss maintenance following bariatric surgery.



# Remote Follow-up with a Mobile Application Is Equal to Traditional Outpatient Follow-up After Bariatric Surgery: the BELLA Pilot Trial

Cui Yang<sup>1</sup>  · Mia Kessler<sup>1</sup> · Niki Taebi<sup>1</sup> · Michael Hetjens<sup>2</sup> · Christoph Reissfelder<sup>1</sup> · Mirko Otto<sup>1</sup> · Georgi Vassilev<sup>1</sup>

Received: 1 February 2023 / Revised: 4 April 2023 / Accepted: 5 April 2023 / Published online: 21 April 2023


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Interventional group: 44 patients  
Control group: 43 patients

- After 12 months, total weight loss (TWL), %TWL, and % of excess weight loss (%EWL) did not differ between groups.
- Bioelectrical bioimpedance analysis and quality of life did not differ between groups.
- there were no significant differences in the complication rates.



# Remote Follow-up with a Mobile Application Is Equal to Traditional Outpatient Follow-up After Bariatric Surgery: the BELLA Pilot Trial

Cui Yang<sup>1</sup>  · Mia Kessler<sup>1</sup> · Niki Taebi<sup>1</sup> · Michael Hetjens<sup>2</sup> · Christoph Reissfelder<sup>1</sup> · Mirko Otto<sup>1</sup> · Georgi Vassilev<sup>1</sup>


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Characteristics	WEIGHT LOSS AFTER 12 MONTHS		p Value
	Interventional Group	Control Group	
TWL	41.4	44.2	0.898
%TWL	31.2	32.7	0.459
%EWL	47.1	50.0	0.367
%EBMIL	70.3	71.0	0.898



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Received: 1 February 2023 / Revised: 4 April 2023 / Accepted: 5 April 2023 / Published online: 21 April 2023


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## CONCLUSIONS

- Fully remote Follow up with a smartphone application is at least as effective as traditional in-person Follow up in an outpatient clinic after bariatric surgery.
- Patients can save time and medical professionals may have more resources for patients with more severe problems.



# Smartphone application-based follow-up care of patients after bariatric surgery: A mixed-method study of usability

Cui Yang<sup>1</sup> , Mia Kessler<sup>1</sup>, Niki Taebi<sup>1</sup>, Preetha Moorthy<sup>2</sup>,  
Christoph Reissfelder<sup>1</sup>, Mirko Otto<sup>1</sup> and Georgi Vassilev<sup>1</sup>

Digital Health

Volume 8: 1-8

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DOI: [10.1177/20552076221129072](https://doi.org/10.1177/20552076221129072)


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52 patients who use smartphone application-based follow-up program completed system usability scale (SUS) questionnaire to evaluate usability of app in patients after bariatric surgery.



# Smartphone application-based follow-up care of patients after bariatric surgery: A mixed-method study of usability

Cui Yang<sup>1</sup> , Mia Kessler<sup>1</sup>, Niki Taebi<sup>1</sup>, Pre Christoph Reissfelder<sup>1</sup>, Mirko Otto<sup>1</sup> and Geo

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How much protein do you eat every day?

more than 90 grams

60-90 grams


Less than 60 grams

I don't know

next



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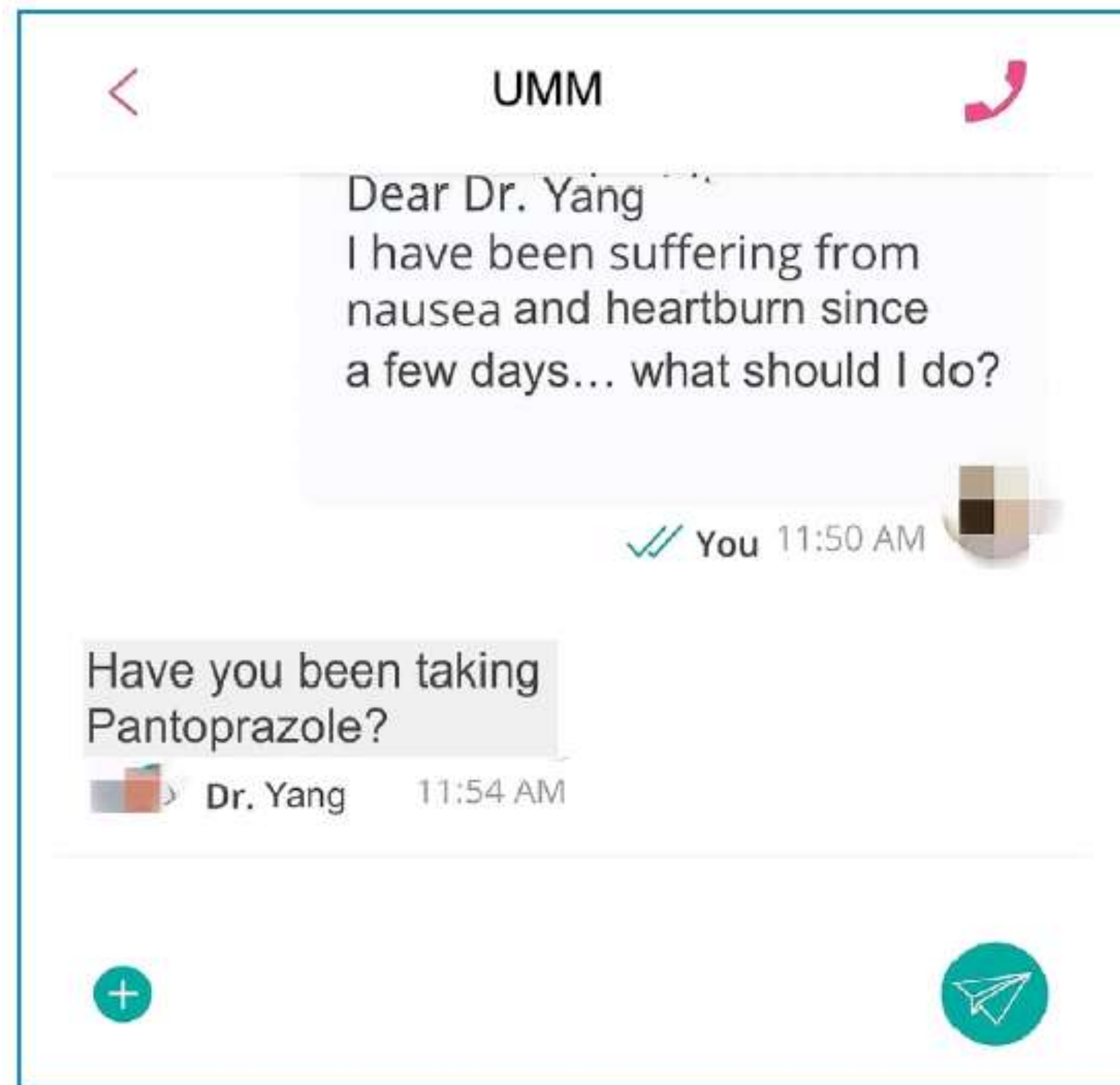
I don't know

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## Benchmarks for SUS items that correspond with overall SUS benchmarks of 80.8

Item	Score	Target for SUS $\geq$ 80.8
<b>Satisfaction:</b> I think that I would like to use this system frequently.	4.1 $\pm$ 1.4	$\geq$ 3.8
<b>Efficiency:</b> I found the system unnecessarily complex.	1.4 $\pm$ 0.9	$\leq$ 1.8
<b>Ease of use:</b> I thought the system was easy to use.	4.5 $\pm$ 1.1	$\geq$ 4.3
<b>Learnability:</b> I think that I would need the support of a technical person to be able to use this system.	1.4 $\pm$ 0.8	$\leq$ 1.5

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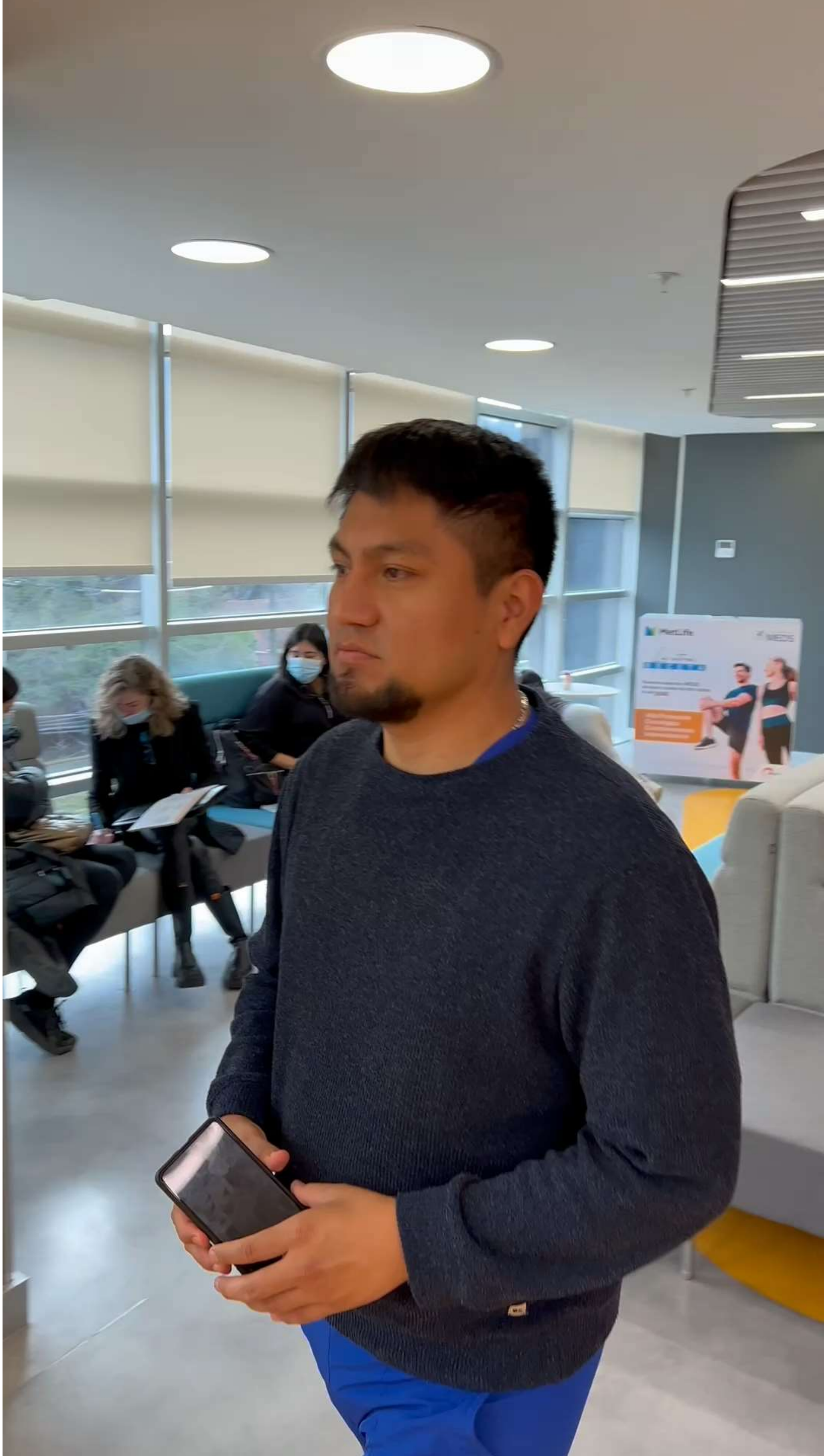


## CONCLUSIONS

- First Report on the usability of a smartphone app-based follow-up program for patients after bariatric surgery.
- Data indicate that the acceptance, satisfaction, efficiency, learnability, and ease to use were excellent in this patient population.



# Patient Flow app





# Discussion

- Mobile apps in Bariatric Surgery are increasing
- Excellent Usability
- Increasing interaction and communication with the team
- Future directions : Artificial Intelligence , Follow up, Registries



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