NEW MOBILE DEVICE APPLICATION FOR VOIDING MANAGEMENT AND TREATMENT: EDUMICC

Hypothesis / aims of study
Mobile applications are emerging as important tools of telerehabilitation by being able to facilitate engagement in the therapeutic process by patients and health professionals, as well as interaction between them. Aim of this study is to report the creation of a multi-platform mobile application that allows simple and practical access to the filling out of a voiding diary in addition to providing educational immediate information, and mediated by health professionals.

Study design, materials and methods
Based on the Scrum methodology, the project was carried out from August to October 2014. The mobile application EduMicc was designed to be available in Portuguese and English, developed for the Android operating system and published in the Google Play Store. Its iOS version is being developed. A web-base platform was created for physicians to follow instantaneously the records made by his patients in the mobile application.

Results
The EduMicc mobile application was developed through the association between the key information of a voiding diary and important educational guidance for the patient. Besides the recording of intake and output information, it is possible to record and get clarification of the most appropriate position to urinate, as well as the color and sound of urine. The main difference is that, in addition to the application, a web-based platform that allows the physician to access the records of the patient carried out in the application in real time. Furthermore, through this platform and the information provided, the physician can set voiding alarms in the mobile application so that the patient remember urination or fluid intake through the day.

Interpretation of results
The EduMicc mobile application was developed through the association between the key information of a voiding diary and important educational guidance for the patient. Besides the recording of intake and output information, it is possible to record and get clarification of the most appropriate position to urinate, as well as the color and sound of urine. The main difference is that, in addition to the application, a web-based platform that allows the physician to access the records of the patient carried out in the application in real time. Furthermore, through this platform and the information provided, the physician can set voiding alarms in the mobile application so that the patient remember urination or fluid intake through the day.

Concluding message
The mobile application EduMicc is the only one in the market that brings the possibility of therapist-patient interaction via web in a personal and customized way. This tool is really simple to use, it facilitates the access to patients and it can contribute to the evaluation, monitoring and treatment of long-distance patients.
References

Disclosures
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