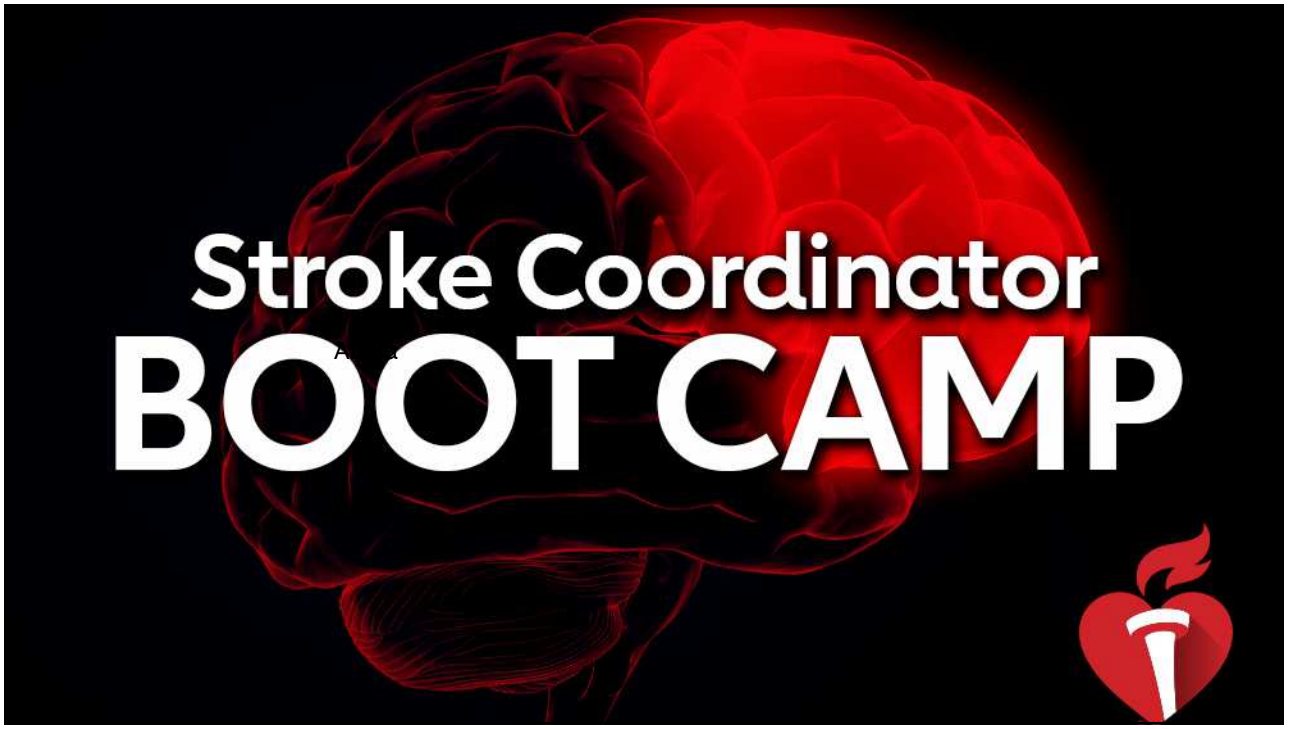


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"THERE'S AN APP FOR THAT"

BROOKE KEARINS, MSN, RN, CRNP, SCRN
JEANIE LUCIANO, MSN, RN, CNRN, SCRN, CRNP, FAHA
SASHA-FAE LOPEZ, MSN, MSN, RN
ALICIA RICHARDSON, MSN, RN, ACCNS-AG, ANVP-BC

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DISCLOSURES

BROOKE KEARINS: NONE

JEANIE LUCIANO: NONE

SASHA-FAE LOPEZ: NONE

ALICIA RICHARDSON: STRYKER NEUROVASCULAR CONSULTANT

PATIENT FOCUSED APPS



ELEVATE

iOS and Android
Free

- If you are experiencing cognitive function problems after stroke, brain-training apps provide a platform to exercise and improve the areas of the brain involved in concentration, memory, planning, reason, and problem-solving.
- Elevate is a brain-training app that is designed to enhance speaking abilities, processing speed, focus, and memory. Elevate provides a personalized training program that adapts in difficulty over time to ensure you are always challenged.
- Elevate features more than 40 games aimed at improving your skills, plus a workout calendar that tracks your streaks to keep you motivated. Users who train with Elevate at least three times each week have reported considerable gains in abilities and increased confidence.

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Glasses

iOS
Free

- Glasses is a digital magnifier and mirror that can help you to view fine print and objects with up to 12x magnification.
- If your vision is impaired after stroke or you have simply forgotten your glasses, the app can zoom in on labels and nutritional information in a grocery store and menus in dark restaurants as well as help you see how much to pay on the bill after eating out.
- Glasses is simple to use. Double tapping quickly zooms in or out by 6x, while swiping uses a slow and continuous zoom method. If you have shaky hands, you can tap and hold to freeze the image on screen.

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COZI

iOS and Android
Free

Cozi is a family organizer designed to keep track of multiple schedules.

- The app can help caregivers to manage their schedules and is ideal if the person recovering from a stroke has several caregivers.
- Keep track of schedules with a shared color-coded calendar and set reminders for yourself or other family members so that medical appointments and medications are not missed.
- Shopping and to-do lists can also be shared with everyone in the family to ensure that you have everything you need from the grocery store. All items added to lists are viewable instantly in real-time.

Medisafe

iOS and Android
Free

- Medisafe is the must-have pill reminder that makes sure that you never miss a dose of your medication or mistakenly double up due to not tracking your medications ever again.
- According to the app, mistakes with medicine use and dosage tracking result in 50 percent of individuals not taking medication as prescribed, 700,000 hospital visits, 125,000 deaths each year, and 44 in every 100 prescriptions not being collected from the pharmacy.
- Whether you are taking one drug dose or multiple doses each day, it can be challenging to remember to take the right pill at the right time. Medisafe takes the stress out of having to remember if you or your loved one took their medications correctly.



Stop, Breathe & Think

iOS and Android

Free

- Research has shown that increased activity in a brain region called the amygdala, which is involved in stress, is tied to a greater risk of stroke. Therefore, reducing stress while in recovery from stroke could reduce the risk of future strokes.
- Stop, Breathe & Think is a meditation and mindfulness app that helps to decrease stress and anxiety. The app provides guided meditations, breathing exercises, and yoga and acupressure videos to help you check in with your emotions.
- Stop, Breathe & Think says that taking a few minutes every day to feel calm is just as important as getting frequent exercise and will reduce stress and promote peace of mind.

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7 MINUTE WORKOUT CHALLENGE

iOS and Android

$2.99

- Working out three to five times per week reduces the likelihood of recurrent stroke by fivefold, according to a study published in the journal *Neurology*.
- If you are unsure of how to start an exercise routine after stroke, the 7 Minute Workout Challenge app could be the perfect app for you. The 7-minute workout is a research-backed exercise program that has become a hit internationally.
- Scientists have put together 12 exercises to perform for 30 seconds each with a rest period of 10 seconds in-between. The exercise sequences are easy to do, require no equipment, and can be done anywhere.

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Peak

iOS and Android

Free

- The Peak app includes 40 unique brain-training games developed by neuroscientists to challenge and build your cognitive skills.
- Peak features a personal brain trainer, known as Coach, who selects the perfect workouts for you at the correct time. Choose your training exercises from Coach's recommendations to challenge yourself and stay motivated by tracking your progress with in-depth insights.
- Free games challenge your attention, memory, problem-solving skills, mental agility, coordination, emotional control, language, and creativity. Upgrade to Pro for additional features.

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Language Therapy 4-in-1

iOS and Android

$59.99

- After stroke, it is common to experience a condition called aphasia, which affects your ability to understand what people are saying, find the right words, and read and write. Aphasia is often a symptom of the brain damage caused by stroke.
- Language Therapy 4-in-1 is a scientifically proven speech therapy app that aims to improve speaking, listening, reading, and writing in those with aphasia. Get started by giving their free version, Language Therapy Lite, a try.
- Research led by the University of Cambridge in the United Kingdom found that using the app for 20 minutes each day for 4 weeks showed improvements in all study participants with chronic aphasia.

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Constant Therapy

iOS and Android

Free trial

- Constant Therapy is a cognitive and speech therapy app designed for individuals who are recovering from stroke, brain injury, and aphasia. The app is free for 15 days and then offers users the chance to continue with a monthly or annual subscription.
- With more than 65 task categories, 100,000 exercises, and 10 levels of difficulty, Constant Therapy can help to improve cognition, memory, speech, language, reading, and comprehension skills.
- Constant Therapy was developed by scientists at Boston University in Massachusetts and is recommended by neurologists, speech language pathologists, and occupational therapists. Research published in the journal *Frontiers in Human Neuroscience* showed a significant improvement in standardized tests for stroke survivors after using Constant Therapy.

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VocalEyes

iOS

Free

- Stroke can sometimes cause damage to brain areas that receive, process, and interpret information sent from the eyes. This damage may result in losing part of your field of vision or causing double vision.
- VocalEyes is computer vision for the visually impaired. The app uses machine learning to help people with vision problems identify objects in their everyday lives. Take a photo, and the app will tell you what the camera sees.
- VocalEyes's audio response describes scenes and environments, identifies objects, label logos, and brands, reads text, detects faces, classifies emotions, recognizes ages, and distinguishes currency denominations.

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HEALTHCARE PROFESSIONAL APPS

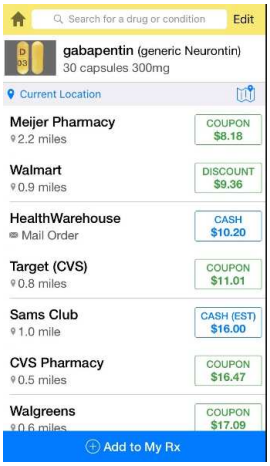
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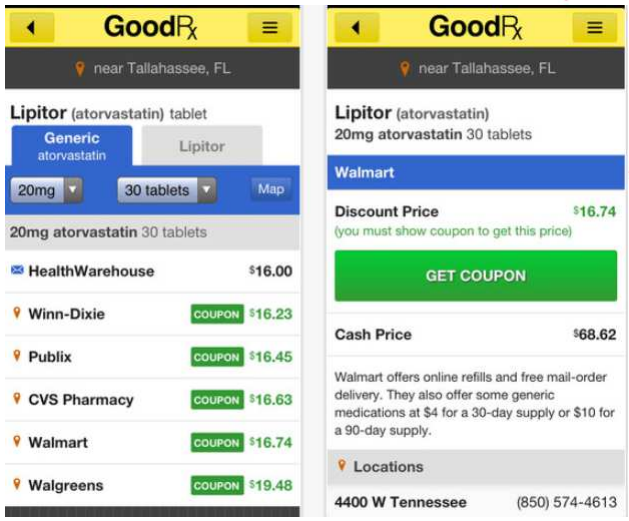
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GoodRx

iOS and Android

Free





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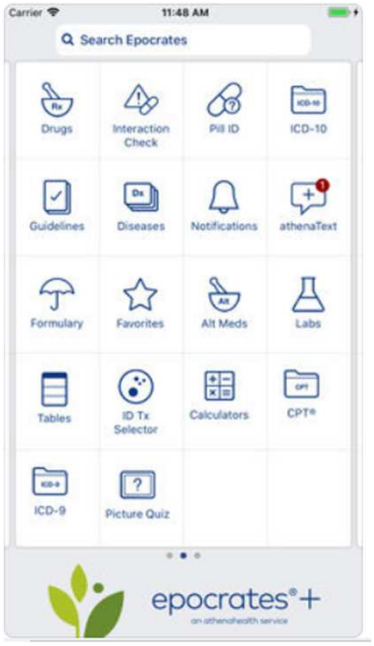
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Epocrates

iOS and Android

$160-175 annual fee

- Drugs
- Interaction check
- Dosage calculators
- Guidelines
- Pill ID
- Notifications of changes in practice



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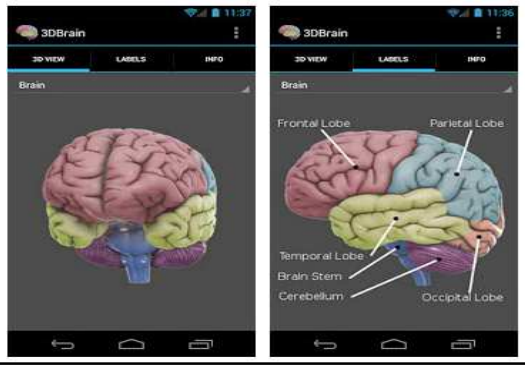
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3D Brain

iOS and Android

Free

- Allows users to rotate and zoom around 29 interactive brain structures using the touch screen.
- Provides information on brain structure and function, disorders, brain damage, mental illness, case studies, and links to research



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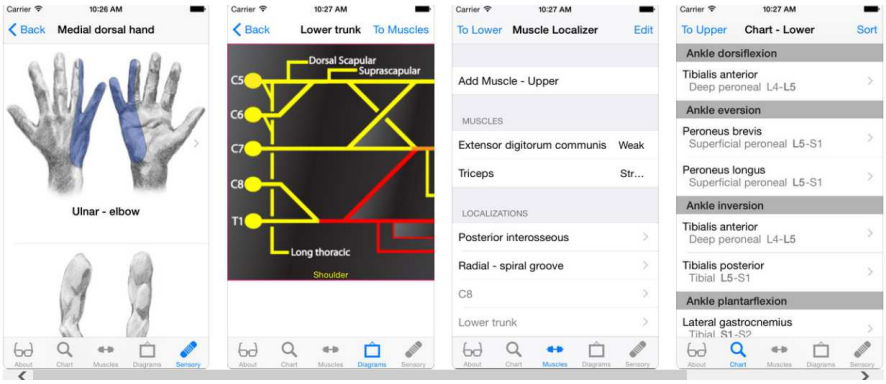
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Nerve Whiz
iOS and Android
Free

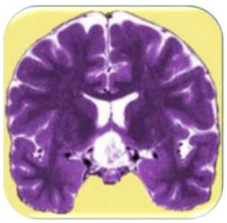
- Provides anatomical information about the peripheral nervous system, how to interpret clinical exams, muscles and sensory localizers, and recommendations for which muscles to test
- Includes nerve and muscle charts with pictures and diagrams



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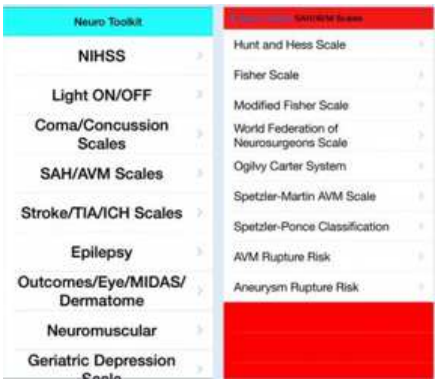
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Neuro Toolkit
iOS
$4.99

•Written by a vascular neurologist

•Commonly Used Neurology/Neurosurgery Grading Scales in One Place-Many with Prognosis



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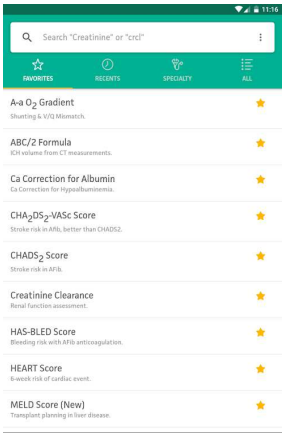
The Stroke Scales for EMS
iOS and Android
Free

- **The Stroke Scales for EMS mobile app is a tool to help first responders and EMS personnel assess a patient's stroke severity.**
- By measuring, for example, the patient's ability to squeeze and release a hand or make facial expressions—physical indicators of an emergent large vessel occlusion—the scales help first responders determine the best course of action for the patient. With this information, the app then recommends the type of facility where the patient can receive appropriate treatment.

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MD CALC
MDCalc Medical Calculator Clinical Decision Support
iOS and Android
Free

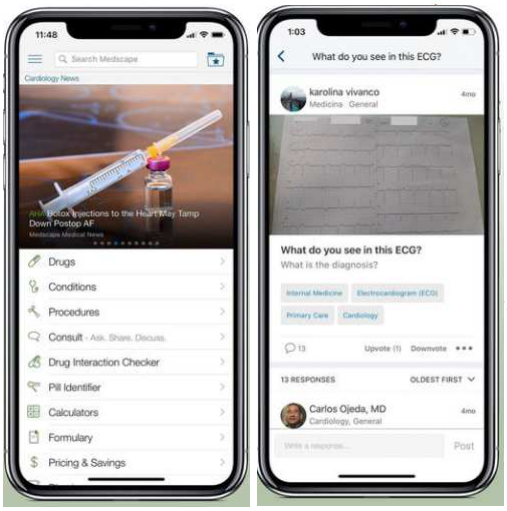
- MDCalc clinical decision tools support 50+ specialties including cardiology, critical care/ICU, emergency medicine, endocrinology, gastroenterology, hematology, hepatology, infectious disease, internal medicine, nephrology, neurology, obstetrics, oncology, orthopedics, and more.



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MedScape
iOS and Android
FREE for most application
However annual fee for advance uses

- Receive the latest news on:
  - *FDA Approvals
  - *Clinical trials
  - *Safety concerns
- Look up drug monographs
- Detailed videos on essential procedures
- CME/CE credit, including pharmacology
- Consult field experts



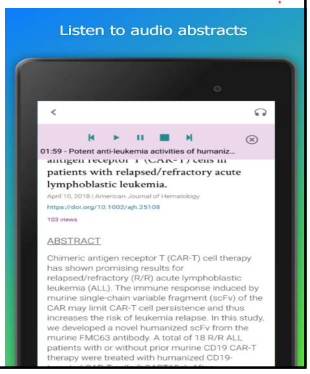
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CASE
iOS and Android
Free

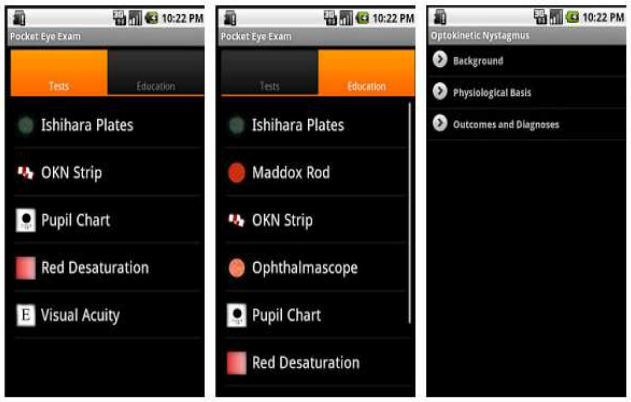
- Case is a medical journal app for providers and researchers with a recommendation engine powered by a machine learning algorithm. Case makes it easy to read medical journal articles on your phone. Case currently supports 81 medical specialties.
- Case works kind of like Netflix, and surfaces journal articles based on what you enjoyed reading in the past. Its algorithm, based on Google Tensorflow, combines your behavior with external factors such as journal impact factor, number of views, shares, and likes, and time spent reading to learn what you like to read. It boasts a 20-minute average session time on desktop (5 minutes on mobile).



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Pocket Eye Exam
iOS and Android
$1.99

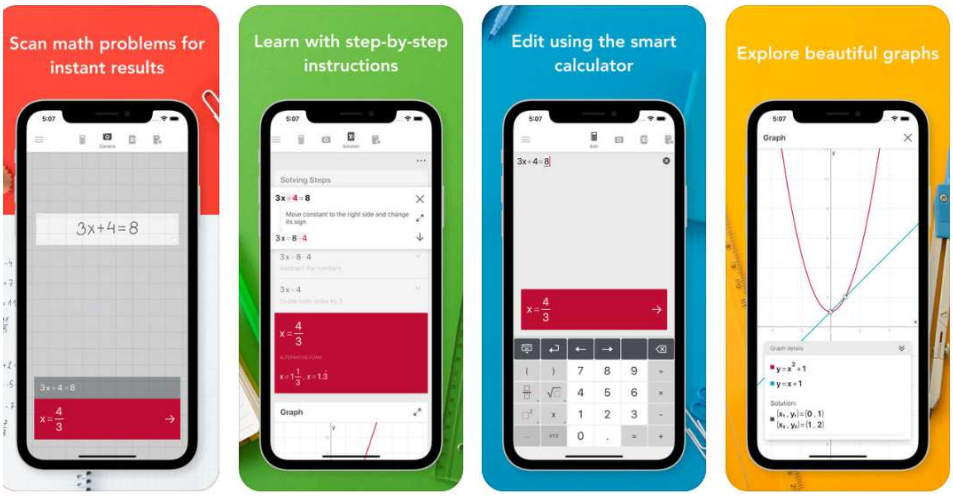


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Photo Math
iOS and Android
Free

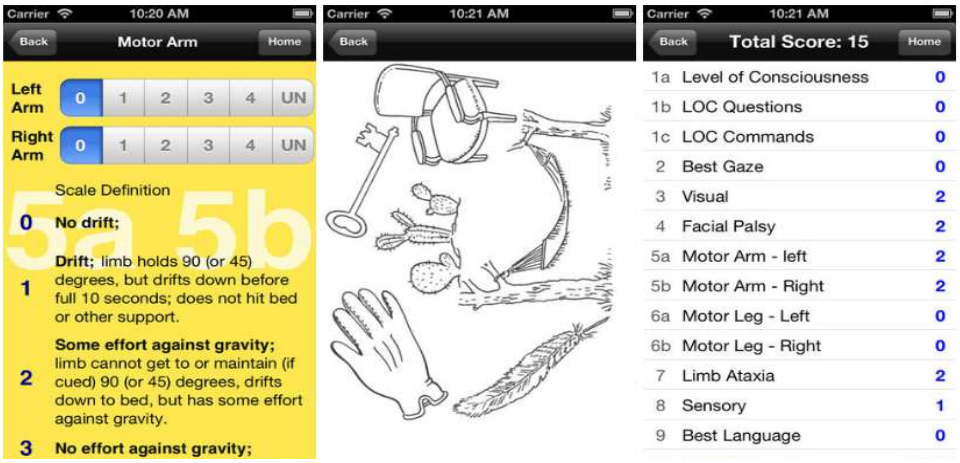


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STAT NIH Stroke Scale
iOS
Free

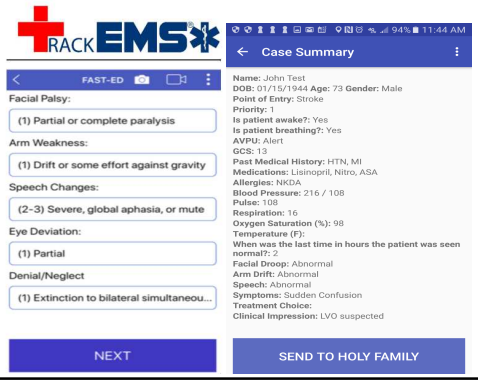


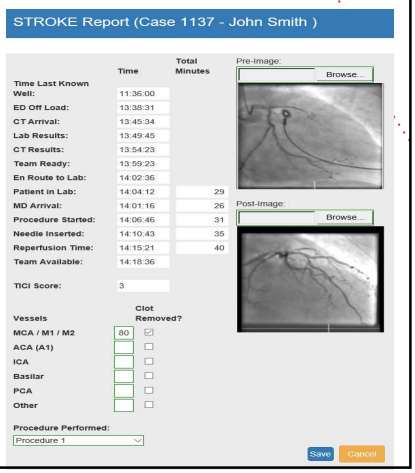
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Track EMS
iOS and Android
Paid

- **EMS to Hospital** Mobile Communication App
- **Provides secure** and **efficient communication** with the ED and notifies team members
- **Eliminates radio** communication
- **Transfer** of EMS information in EHR
- Provides **immediate** electronic feedback to EMS

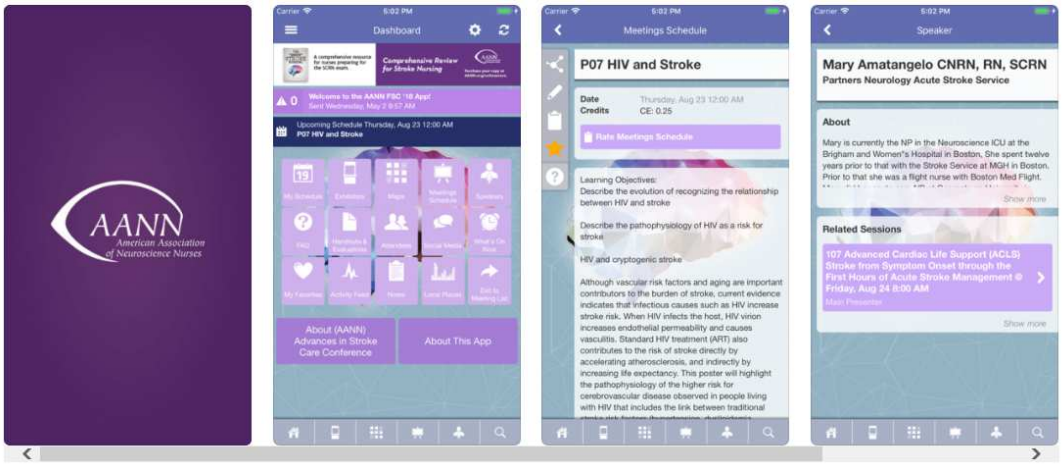




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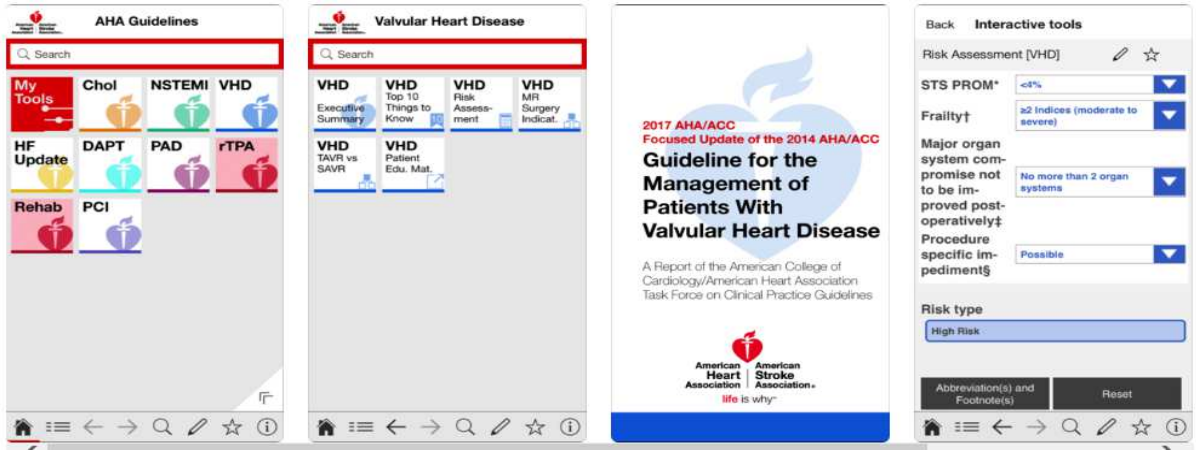
AANN
iOS and Android
Free



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AHA Guidelines On-the-Go
iOS and Android
Free



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