

PROVIDER INSTRUCTIONAL PAMPHLET

SPINEHealthie



The healthcare team ask that you be patient whenever you encounter a technical glitch or issue and trust that we will provide support whenever needed. Disclaimer: The SPINEHealthie app is meant to record the recovery process after your endoscopic surgery. For other types of care, refer to page 9 for the appropriate contact information.

Compiled by Natalie Yap from UW Medicine Harborview Medical Center.

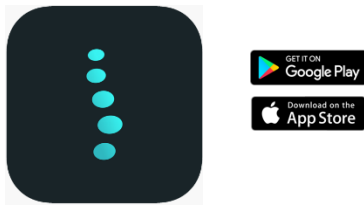
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Downloading the app

Option 1

Search for 'SpineHealthie' on your respective application store on your phone. If you use an iPhone, use the App Store. If you use an Android phone, use the Google Play Store.



Option 2

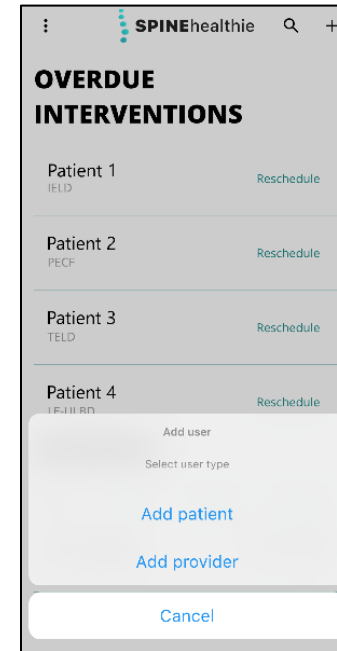
Scan the respective QR codes below using your phone's camera.



Creating a new healthcare provider profile

The research consortium must first grant access the new healthcare member to the app.

Click on the plus icon situated at the top right-hand corner of the home screen and then click on 'Add Provider'.



Fill in the required information to sign-up a healthcare team member.

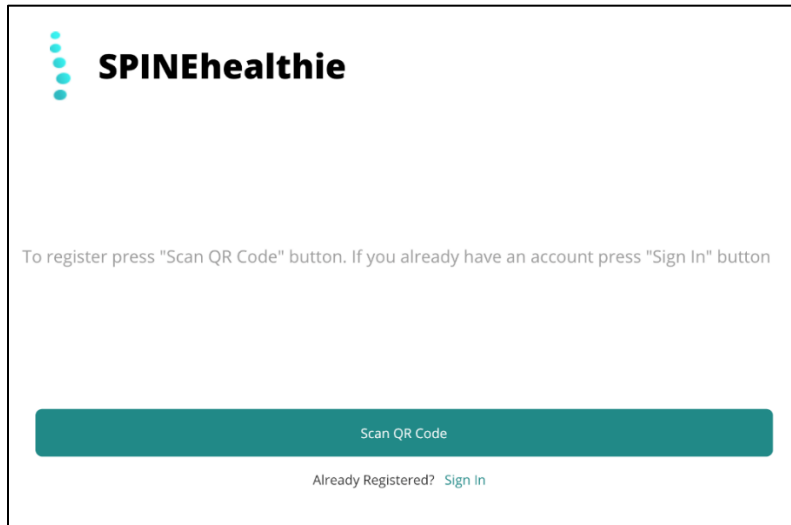
Signing-in to the app

To sign-in, your head provider should provide you with a QR code.

The **Sign in** function is currently **inactive** so you will require a **QR code** to sign-in to your profile.

Note: The above-mentioned QR code is different from the QR code shown in the previous section.

Every member of the healthcare team should have the same view of the provider's profile but only the head provider is allowed to add new healthcare members and edit or delete patient information on the app.



Logged-out of your profile?

If you were automatically locked out of your profile after a period of latency, please contact the on-site clinical research coordinator (page 16).

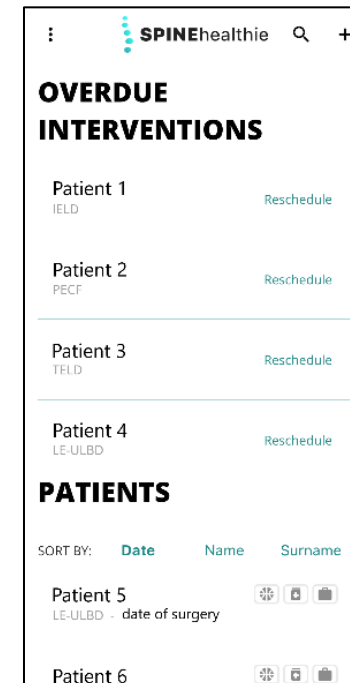
Please note that once you have been given the QR code, you will need to scan it as soon as possible as the activated code **only lasts for 1 hour.**

Homepage

There are two sections to the homepage, the **OVERDUE INTERVENTION** section, and the **PATIENTS** section.

Every patient who has been enrolled in the app will appear in the **PATIENTS** section. They can be sorted by first name, last name or surgery date.

Patients' profiles will appear in the **OVERDUE INTERVENTION** section when their surgery has passed. These profiles require immediate attention from the healthcare team to confirm the intervention. If the intervention is not confirmed, patients cannot begin their surveys.



To confirm a patient's surgery intervention, click on one of the profiles in the overdue intervention section. The app will redirect you to the patient's surgery information.

Reconfirm the type of procedure and intervention date. Include the volume (mL) of blood loss, duration of operation (min) and any additional information that was observed during surgery. Be certain that the information is correct before clicking on 'confirm intervention' because you will not be able to change these details later.

The screenshot shows a mobile application interface titled "Intervention Details". At the top left is a back arrow, and at the top right is a trash icon. The form is organized into several sections: "Procedures" with the text "IELD, L5/S1" and a "Change" link; "Intervention date" with the text "1/14/2022" and a "Change" link; "Intervention details" which includes "Blood loss" with a numeric input field containing "0" and the unit "ml", and "Duration of operation" with a numeric input field containing "0" and the unit "min"; and "Additional notes" with a text input field containing "Add notes...". At the bottom of the form is a large teal button labeled "Confirm intervention".

Adding a patient

Click on the plus sign situated at the top right-hand corner and then click on 'Add patient'.

Input the patient's surgery information as listed: type of surgery intervention, surgery intervention date, surgeon's name, if it's a revision surgery, intervention side, intervention index level, patient's first and last name.

A QR code will automatically generate once surgical information has been entered into the system. At this point, the patient can then scan the QR code to begin their sign-up process.

Or click 'Close' to continue entering the patient's health information. You can access the patient's QR code from the patient's profile later on.

Continue to input the patient's health information as listed: image of the pathology (ensure that patient's PHI is not included in the image), medical record ID, birth date, sexual orientation, current pain medication (type of medication, strength and frequency), one activity the patient hopes to resume after surgery, employment status, employment description, height (ft and inches), weight (lb), smoking status and existing comorbidities.

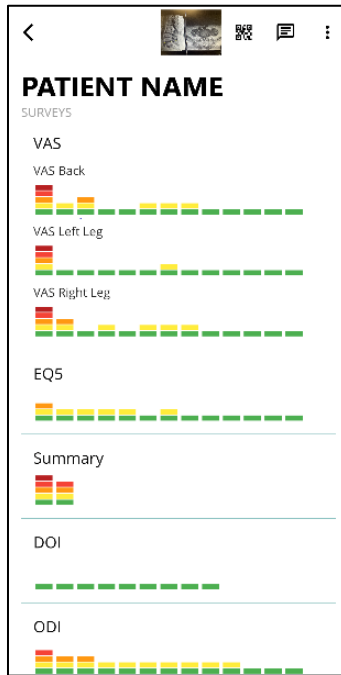
The patient profile set-up is complete, and their profile should appear in the **PATIENTS** section.

Their information can be edited by the surgeon later as well.

If a patient's profile does not immediately show up on the homepage, reload the app. Go to page 18 to learn how to reload the app.

Accessing a patient's profile

Click on a patient's tab in the provider's homepage to view a patient's comprehensive profile. You can click on the magnifying glass icon to search for the patient's name.



I. Image of pathology

Tap on the minimized CT scan of the pathology to enlarge it at the top right. Providers currently cannot add or delete images after a patient's profile has been set-up.

II. QR Code

Click on the minimized image of the QR code to enlarge it.

On occasion, patients may lose access to their profile so a QR code must be sent to them. Be aware that the QR code is only active for **1 hour** from the time it is generated. A new QR code must be sent again if patients miss this time window.

III. Chat feature

Click on the chat icon to start a conversation with the patient.

Note: Users can only reply five times to every message a provider sends.

IV. Edit, delete patients and view intervention details

For more options, tap on the **three dots** to edit and delete a patient if they decide to drop out of the study and want their data removed.

Only the head provider can edit patient's personal information.

Another way to access a patient's intervention details is by scrolling down a patient's profile and clicking on the 'intervention' section in a patient's profile.

Once their intervention details are confirmed, **no member of the healthcare can access the intervention page to change their information.**

Deducing subjective, visual and numerical data

I. Reading patients' progress bars

Each day the surveys are completed, an additional bar will be added to the respective survey sections. The colors and bar heights represent various levels of postoperative recovery. For example, back VAS pain has decreased because bar height has decreased and have turned to green/yellow from red/orange.

II. Accessing patient's numerical data

Click on any of the indexed sections to access the numerical data obtained from completed post-operative surveys.

Indexed sections include EQ5, VAS, ODI, DOI, 2-week follow-up, 3-month follow-up, 6-month follow-up, 1-year follow-up, 2-year follow-up, summary, feedback, intervention details.

	VAS	ODI	EQ5	Summary	DOI	Feedback	2W Follow-up													
vas-back	2/15/2022	3/5/2022	3/6/2022	3/7/2022	3/8/2022	3/9/2022	3/10/2022	3/11/2022	3/12/2022	3/13/2022	3/18/2022									
vas-left-leg																				
vas-right-leg																				

Once you are in the numerical view, you can toggle between tabs to look at the results for different sections.

III. Understanding color codes

Sports, Medication and Work



- **Green** – able to fully resume the activity patient hoped to resume after treatment; no intake of opioid pain medications; back to work

- **Yellow** – resumed some of the activity patient hoped to resume after treatment; reduced intake of opioid pain medications; resumed some work
- **Red** – unable to resume the activity patient hoped to resume after treatment; no change in intake of opioid pain medication compared to before surgery; cannot resume work

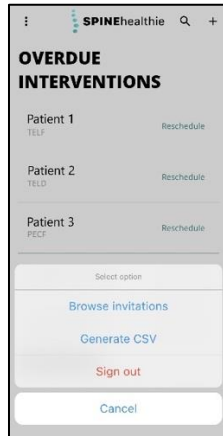
Follow-up Indication

2W | 3M | 1Y | 2Y

- **Green** – Completed
- **Yellow** – Pending
- **Red** – Overdue

More options

In the homepage, click on the **three dots** situated on the top left-hand side on the homepage. The following options will appear as browse invitations, generate CSV and sign out.



I. Browse invitations

Shows the list of provider invitees the head provider has given access to.

II. Exporting patient data

Click on 'generate CSV' to export patient data into an excel sheet which you can share with others.

The data has not been deidentified so only share the information within the team of approved healthcare members.

III. Signing-out

Clicking on sign out will log you out of the provider profile.

IV. Searching for patients

To search for patients, tap on the magnifying glass on the right-hand side of the homepage.

What do these surveys track?

I. EuroQol-5 Dimension (EQ-5D)

It evaluates a patient's current generic quality of life.

II. Visual Analog Scale (VAS) for back, right arm, left arm, right leg, left leg

It is a scale used to help patients rate the intensity of certain sensations and feelings, such as pain.

III. Neck Disability Index (NDI) & Oswestry Low Back Disability Index (ODI)

Depending on the region of the spine where the patient was operated on, they either receive an NDI or ODI survey to complete.

The NDI evaluates how much the patient's neck pain has affected their ability to manage their everyday activities.

The ODI evaluates how much the patient's lower back pain has affected their ability to manage their everyday activities.

It's crucial that the user answers every question and choose only one option. Please pick the option you most identify with.

IV. DOI (Daily Opioid Intake)

Tracks a patient's daily opioid intake after surgery.

V. 2-week Follow-up

Contains a separate set of questions regarding the surgical wound.

The user will need to provide a picture of the surgical wound at that time point.

Software updates

Please update the app by following the instructions below according to the type of smartphone you are using.

iPhone

Option 1

How to **manually** update apps on your iPhone or iPad?

1. Open the App Store.
2. Tap your profile icon at the top of the screen.
3. Scroll to see pending updates and release notes. Tap Update next to an app to update only that app, or tap Update All.

Option 2


How to turn on or turn off **automatic** updates on your iPhone or iPad?

1. Go to Settings.
2. Tap App Store.
3. Turn on or turn off App Updates.

Android



Option 1

How to update an Android app manually?

1. Open the Google Play Store app .
2. At the top right, tap the profile icon.
3. Tap **Manage apps & device**. Apps with an update available are labeled "Update available."
4. Tap **Update**.

Option 2

How to update individual Android apps automatically?

1. Open the Google Play Store app .
2. At the top right, tap the profile icon.
3. Tap **Manage apps & device**.
4. Tap **Manage**, then find the app you want to update automatically.
5. To open the app's "Details" page, tap the app.
6. On the app's "Details" page, tap More .
7. Turn on **Enable auto update**.

When updates are available, the app updates automatically. To turn off automatic updates, turn off **Enable auto update**.

After you've updated the app, you might be signed out of the app. Refer to page # for instructions.

Turn on notifications to receive pings about your surveys

iPhone

1. Go to Settings and tap Notifications.
2. Find the SpineHealthie app under Notification Style.
3. Click on the button (should be come green) next to allow notifications.
4. Click on Immediate Delivery instead of Scheduled Summary under Notification Delivery.
5. Under Alerts, choose the alert style that you want.

Android

1. Open your phone's Settings app.
2. Tap **Notifications** > App settings.
3. Under "Most recent," find apps that recently sent you notifications.
 - To find more apps, in the dropdown menu, tap **All apps**.
4. Tap the app.
5. Turn the app's notifications on or off.
 - You can turn off all notifications for a listed app.
 - To pick specific categories of notifications, tap the app's name.

Tip: If you don't see "Recently sent," you're using an older Android version. Instead, tap **App notifications** and tap an app. You can turn notifications, notification dots, and notification categories on or off. If an app has categories, you can tap a category for more options.

Reload app

If you find the app unresponsive, follow these instructions to quit and reopen the app on the:

iPhone

1. To quit the app, open the App Switcher, swipe right to find the app, then swipe up on the app.
2. To open App Switcher: swipe up from the bottom edge and pause in the center of the screen. If your iPhone has a Home button, double-click the Home button.
3. To open the app, go to the Home Screen, then tap the app.

Android

1. To quit the app, swipe up from the bottom edge and pause in the center of the screen, swipe right to find the app, then swipe up on the app.

Contact information

University of Washington (Please change it according to the site.)

- For emergencies, call 911.
- For immediate medical concerns, call the Neurological Surgery Clinic at 206-744-9300, press option 2 and then option 2 during operational hours (Monday – Friday, 8am-4pm).
- Your UW Medicine mychart profile is another alternative to get in touch with us. Visit uwmedicine.org/ecare to log-in.
- To schedule an in-person appointment, call 206-744-0430.
- Clinical Research Coordinator, email: nyky@uw.edu