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Subject area: Nursing

Education Level: Undergraduate/College

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Referencing style: APA

Preferred English: US English

Spacing Option: Double

School: Chamberlain University

Course Project Milestone 2 Template

Name: _____

Define Approved Patient Scenario

The patient scenario for use is that of Camille, a 17-year-old Hispanic girl from Brooklyn who is obese, noting a body mass index (BMI) of 29.4. BMI implies that she is overweight and on the verge of obesity. The patient's vitals, including her body temperature, blood pressure, heart rate, respiratory rate, oxygen saturation, and cholesterol levels, were all within acceptable limits, despite her high risk of developing diabetes. A high heart rate of 92 beats per minute is near to the adult maximum limit of 100 beats per minute, indicating that her obesity is likely to create additional health issues, such as hypertension (O'Brien et al., 2022). However, all of the other diagnoses revealed levels within acceptable ranges. Healthy food choices are an important part of treating the patient's primary health issue. Her general health will improve if she increases her physical activity, which she may do by increasing the amount of time she spends exercising. MyFitnessPal, a mHealth App, will be very useful in helping her implement the adjustments she needs to make (Myfitnesspal, 2021). Additionally, the app will offer her with the information she needs, such as the diet and activity adjustments she should implement, the nutritional worth of food items she may purchase at the grocery store, and other important details (Myfitnesspal, 2021).

Identify Teaching Areas related to the mHealth app

- **Information**

Find healthy food selections and recipes; the patient education and orientation on using the mHealth app will reveal the greatest and most helpful source for nutritional information. mHealth is a mobile health application. The patient's path toward improved health and fitness may be supported by the application's log meals feature, which grants access to a database of 14 million food items, more than 500 recipes, and expert-guided meal planning (Myfitnesspal, 2021).

Workout routines – the primary focus will be on the most effective method to keep track of repetitions, sets of a particular exercise, and weights while utilizing the library of multi-exercise routines that have been modified to meet the specific requirements of each individual customer's desired level of physical activity (Myfitnesspal, 2021). In addition, the patient has the option of gaining access to information on strength-training activities.

Using the mHealth application to access vital information on health, dietary, and wellness tips such as cooking tips, tips to stop overeating, and finding a diet and physical exercise regime that works for you is the third focus area. This is accomplished by using the phrase "health and wellness tips" (Myfitnesspal, 2021).

In conclusion, gaining access to communities and support groups will also be a primary priority in conjunction with the application.

- **Safety features/guidelines provided by the mHealth app:**

a) Share, only helpful, supportive, and non-offensive posts for viewing by other application users.

b) The content shared is reviewed by moderators and posts that violate any of the safety guidelines are reported, and action is taken (Neuhouser, 2019).

c) All group communication outside the typical channels must adhere to the MyFitnessPal community guidelines.

d) Treat other users with dignity, respect, and compassion at all times.

e) Never promote unsafe and unproven weight-loss techniques and dietary methods.

These and other rules on ethical and courteous use apply to all members and users.

- **Interpret and act on the information in the mHealth app:**

The dietary and nutritional information that is readily accessible on the application, as well as the support of a community of people who share similar objectives, will be essential in leading the weight loss, health, and fitness journey that is begun.

People who want to lose weight and lead a better life will find that the information on the application pertaining to workouts and exercises will be of great assistance to them in the process of picking exercise routines that work wonderfully for them. For instance, if the patient exercises more, they will shed a significant amount of body fat, which will be very important for the voyage.

The patient will find the health and wellness advice supplied by the application and other members of the community to be quite helpful in directing them toward the healthy lifestyle choices they should make and the resources they should utilize while they are on their path.

Determine and Evaluate Success (3)

- During the appointment with Camille, she expressed excitement about using the program and went through the different information sections, which revealed significant promise that it would be useful to her on her goal to lose weight.
- The mHealth application is simple to use, and the patient had no trouble navigating through all of the accessible pages and resources. This is an extremely important factor that will play a role in determining whether or not the patient continues to use the program.
- Thirdly, Camille's family, particularly her younger sister, was incredibly helpful in guiding her through the application process by providing hints and suggestions. As a consequence of this, she felt certain that the guidance and support of her family would be very beneficial to her during her trip (Neuhouser, 2019).
- Lastly, the patient found that the application's reminders and logs feature was essential to her weight loss and lifestyle change journey. This is because the function would guide and encourage the patient along her journey.

References

MyFitnessPal (2020-2021), MyFitnessPal Calorie Counter & Diet Tracker (Version 21.18.0)

[Mobile App]. App Store.

<https://apps.apple.com/us/app/myfitnesspal/id341232718>

Neuhouser, M. L. (2019). The importance of healthy dietary patterns in chronic disease prevention. *Nutrition Research*, 70, 3-6.

O'Brien, J., Wallmann, H. W., Karaffa, J., Kleilein, M., Prewitt, K., Schreiber, H., & Zimmerman, H. (2022). Self-reported Vital Sign Assessment Practices of Neurologic Physical Therapists. *Cardiopulmonary Physical Therapy Journal*, 10-1097.