Top 5 Apps for Primary Care
Using technology as an extension of your brain

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Faculty/Presenter Disclosure

• Faculty: Dr. Sharon Domb

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  – Speakers Bureau/Honoraria: none
  – Consulting Fees: none
  – Other: none
Disclosure of Commercial Support

- This program has not received external financial support
- This program has not received in-kind support
- Potential for conflict(s) of interest: none
Mitigating Potential Bias

- The information presented in this CME program is based on personal opinions of the presenter as well as other app users.
Objectives: how can we use apps to...

- Manage the deluge of incoming information (from emails, physical paper, meeting notes)?
- Keep important information from different sources organized in one place, so that it is easy to find what we want later?
- Access information we care about that others have already collected and organized?
Top 5 Apps

1. Microsoft OneNote
2. Evernote
3. Scannable
4. UptoDate
5. RxTx Mobile
1. What is your organizational style?

2. How is this related to apps?!?
Minimalist

- Don’t keep anything on your devices, prefer to look it up again if you need the info
- Deal with all emails and then move or delete them (i.e. empty inbox)
- No files to purge, everything on the computer
Organizer

- Articles and important notes filed in very organized way
- Emails all organized neatly in folders so you can find them when you need them
- Regular purging of files
Collector

- If you dug through a pile you could probably find the article you set aside last year on new hypertension guidelines
- You are very thankful for the search function or you would never find specific emails
- Never purge, might need files some day
Disaster

- Journals? Who has time for that?
- Colleagues know you won’t respond to emails because you rarely look at them
# Organizational Style

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**Disaster**
- Journals? Who has time for that?
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Information comes at us in many different ways

- Email
- Paper
- Meeting/lecture notes
- Journals
- Newspaper
- Websites
Triaging email: start with a workflow

1. Email received
2. Worth reading?
   - Yes: Read email now
   - No: Worth keeping?
     - Yes: Read flagged or unread emails
     - No: Flag or mark as unread
3. Yes, but no time now
4. Delete it
5. Yes: Read email later
6. No: Delete it

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when it matters
MOST
Need to store them somewhere you can subsequently find them
Need to keep email: but where?

● The ideal place to store information received via email would be:
  o Easy to move information into
  o Easily searchable
  o Accessible from anywhere
  o Allow you to annotate the information
● Your inbox (or even a subfolder) may not be the best place!
● Several apps that I use instead:
  o Evernote
  o GoodReader (attachments only)
  o OneNote
The best “medical” apps are those that enable us to keep medical information at our fingertips in a way that allows us to access it when we need it.
<table>
<thead>
<tr>
<th>Platforms</th>
<th>OneNote</th>
<th>Evernote</th>
<th>Goodreader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple (Mac, iPad, iPhone, watch)</td>
<td>Apple (Mac, iPad, iPhone, watch)</td>
<td>Apple (iPad, iPhone)</td>
<td></td>
</tr>
<tr>
<td>Windows (desktop, tablet, phone)</td>
<td>Windows (desktop, tablet, phone)</td>
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<td>Android (tablet, phone)</td>
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<td>Web (all devices, chromebook)</td>
<td>Web</td>
<td>Blackberry</td>
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<td></td>
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<td>Google Wave</td>
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</tbody>
</table>
OneNote

- Stores files in multiple formats (PDF, Word, Pages, Powerpoint, Excel, pictures, web links, audio, etc.)
- Easy to organize into notebooks with tabs
- Notebooks can be locked if required
- Syncs across multiple devices
- Share notebooks with others
- Create new notes within OneNote
- Forward emails to me@onenote.com, they go directly to your OneNote app (but need to be filed appropriately)
- Open attachments within OneNote and put them directly into a specific notebook
Evernote

- Sync across multiple devices including computer
- Stores files in multiple formats (PDF, Word, Pages, Powerpoint, Excel, pictures, etc)
- Create new notes within Evernote
- Easily searchable, but not as organized as Goodreader or OneNote
- Can't annotate PDFs
- Need premium version for additional features (ie. offline access to notes on mobile devices)
- Can create joint workbook with others to facilitate collaboration
- Forward emails to unique Evernote email address, can forward into a specific folder
**GoodReader**

- Stores files in multiple formats (PDF, Word, Pages, Powerpoint, Excel, pictures, etc)
- Easy to organize into folders and subfolders, which can be locked if required
- Connects to multiple cloud servers (iCloud, Dropbox, Box, etc.)
- Can annotate PDFs and then email them to others (e.g. highlight an article or add your signature to a form)
- Use to unzip large files or PDF portfolios
- No need to pay for additional features
Cost

OneNote
No charge

Evernote
3 versions:
1. Free
2. Plus
   ($47 US/year)
3. Premium
   ($90 US/year)

Goodreader
$6.99 one-time charge
Information comes at us in many different ways

- Email
- Paper
- Meeting/lecture notes
- Journals
- Newspaper
- Websites
Dealing with information that comes in via paper

● Handouts at meetings or talks, student evaluations, business receipts, documents in the mail, scribbled Post-It notes, etc.

● Use technology to prevent this information from overloading your brain by scanning it:
  o Keeps it in the same place as all your other information
  o Attach your own descriptive information to make it easier to find later (titles, tags, notebooks)
  o Make it easier to search through scanned documents using OCR (optical character recognition)
  o Carry the information with you everywhere

● Smartphones remove the biggest barrier to scanning because they are always with you, and they are fast
Scannable

- Just focus your camera on the paper, it will find the borders automatically
- Choose how to save the scan (PDF or picture)
- Annotate and add extra descriptive information to what you have scanned in the title, so you can search for it easily
- Send it directly to Evernote, email it to OneNote or elsewhere
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Old habits die hard, and that’s OK: use technology to enhance your current method rather than feeling you must learn a new way

- Written notes can be scanned in, and apps like Evernote will attempt to OCR them so it is easier to search later
- If you already type notes, putting them in Evernote will allow you to add descriptive data (notebooks, tags) so that they are easier to find later
Information comes at us in many different ways

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Journals, Newspapers, Websites

Journals and newspapers

● Read electronically
● Save PDFs to Goodreader, then annotate; or OneNote
● Scan relevant pages of paper materials

Websites

● On iOS devices save to home page
● Evernote Web Clipper or add link within OneNote
Bottom line… find a system that works for you and use it!
UptoDate

- Single resource for medical information
- Evidence-based, updated regularly
- Web-based and available for download to desktop and mobile device (Apple, Android)
- Expensive
  - 1 year subscription is $519 US (discount available through CMA = $439 US)
  - Additional $49 US per year for desktop and mobile options (discount available through CMA = $30 US)
RxTx Mobile

• Current source for drug information
  – Updated weekly
  – Includes Health Canada advisories
  – Dosing, adverse reactions, drug interactions, etc.

• Canadian

• Web-based and mobile options

• Free through CMA

• Includes CPS online
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Maslow’s Hierarchy of Needs

- Physiological: Breathing, food, water, sex, sleep, homeostasis, excretion
- Safety: Security of body, of employment, of resources, of morality, of the family, of faith, of property
- Love/belonging: Friendship, family, sexual intimacy
- Esteem: Self-esteem, confidence, achievement, respect of others, respect by others
- Self-actualization: Morality, creativity, spontaneity, problem solving, lack of prejudice, acceptance of facts

The diagram includes a drawing of a red WiFi symbol at the bottom.
Questions?