**Course Project Milestone 2 Template**

Directions: Carefully review Course Project Milestone 2 Guidelines and rubric requirements.

**Name:**

**Define Approved Patient Scenario**

The patient scenario in Milestone 1 assignment is about Chantal Esters, a 55-year-old black American who has been diagnosed with hypertension. As a result, she is on observation regularly, aiming to control the adverse effects of the disease. She is advised by the cardiovascular specialist to lead a healthy lifestyle to slow down the progression of the disease. Chantal gets interested in ways that can assist her to track her medical condition effectively to make proper choices and decisions regarding her health. Due to this condition, she decides to use a mobile application, SmartBP - Blood Pressure Diary, Log, Tracker, an application approved by the FDA for use as a medical device. Working in a busy office, she believes that the application will assist her to know more about her condition and monitor the levels of her blood pressure effectively for her to manage her health herself and make adjustments when necessary.

**Identify Teaching Areas**

* **Information:**
* The mHealth App, SmartBP - Blood Pressure Diary, Log, Tracker, is a simple and easy to use tool for blood pressure management (Evolve Medical Systems, LLC., 2012).
* The application’s main goal is to improve the blood pressure of the user. The SmartBP application allows the user to add their diastolic, systolic, pulse rate and the weight of the user. T
* The application calculates the BMI, MAP, and pulse rate automatically.
* The application supports international and U.S. weight and height units.
* **Safety:**
* The application does not share the patient’s information unless the patient decides to send the contents to a third party.
* This means that the patient’s information such as the name of the patient, their diastolic, systolic, pulse rate and the weight of the user will not be shared.
* **Interpretation:**
* The SmartBP application keeps track of the patient’s blood pressure but does not measure the patient’s blood pressure (Evolve Medical Systems, LLC., 2012).
* As stated earlier, the application is easy to use and also interpret.
* The patient can check his or her insights on the insight bar at the bottom of the display page of the application and track whether there is progress or not.
* From the history bar at the bottom of the display page, the patient can check his or her history, save it to the cloud for future reference, or share it with a professional through the share button at the top of the display page.
* Medical professionals may further analyze the results for further interpretation.

**Determine and Evaluate Success (3)**

* Greatest improvements while using the SmartBP application are seen in patients with a Systolic Blood Pressure >140 mm Hg and is considered as a success. “Although the greatest improvements were seen in patients with BP >140/90 mm Hg, even the subset of patients with relatively controlled BP showed significant improvements (Bengtsson et al., 2015).”
* Also, improvements are seen in patients using the SmartBP application with a Diastolic Blood Pressure >90 mm Hg (Bengtsson et al., 2015).
* When the pulse reading on the home page of the application is 72, the patient is considered to be having a normal pulse rate (Evolve Medical Systems, LLC., 2012).

**Citations and References**

Evolve Medical Systems, LLC. (2012). SmartBP(2.0.8) [Mobile App]. App Store.

https://play.google.com/store/apps/details?id=com.smartbloodpressure&hl=en\_US

Bengtsson, U., Kjellgren, K., Hallberg, I., Lindwall, M., & Taft, C. (2015). Improved blood pressure control using an interactive mobile phone support system. *The Journal of Clinical Hypertension, 18(2),* 101–108. Retrieved from https://chamberlain-on-worldcat-org.chamberlainuniversity.idm.oclc.org/oclc/5995464716