



Singapore Healthcare Management 2015

Improve Osteoarthritis (OA) Knee Care through KneeBuddy mobile application

Tan Jianyue¹, Rosy Tai¹, Derek Lee², Yang Mingxing³,
Dr Ang Chia Liang², Jeffrey Ng⁴, A/Prof Celia Tan¹

¹SHHQ, ²SGH, ³SHP and ⁴IHiS



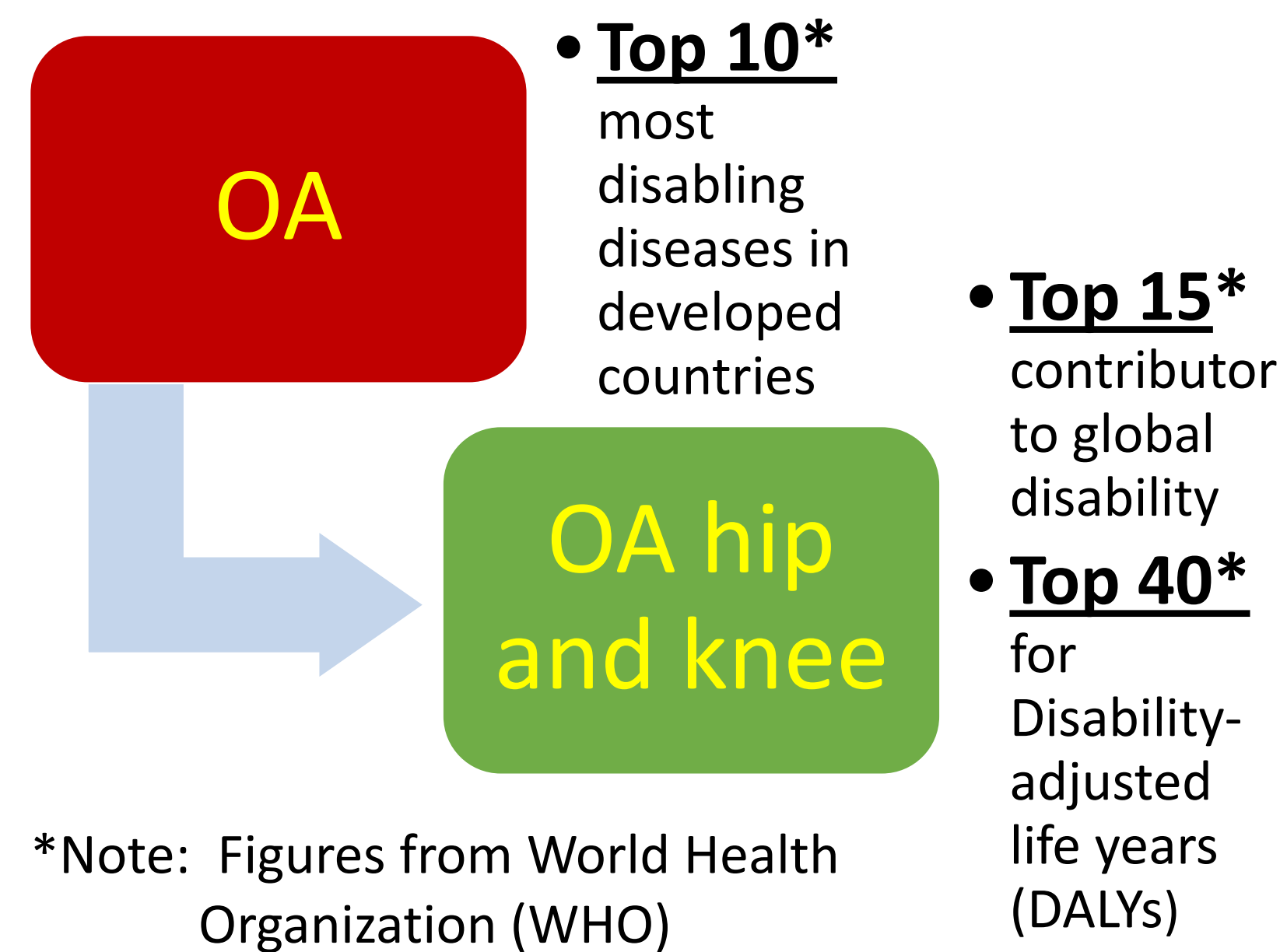
SingHealth
Defining Tomorrow's Medicine

An App for
Osteoarthritis Knee Care

1. Introduction

- Introducing **SingHealth's KneeBuddy**:
- Singapore's first mobile application with comprehensive **osteoarthritis (OA) knee care information at patients' and caregivers' fingertips.**

2. Problem

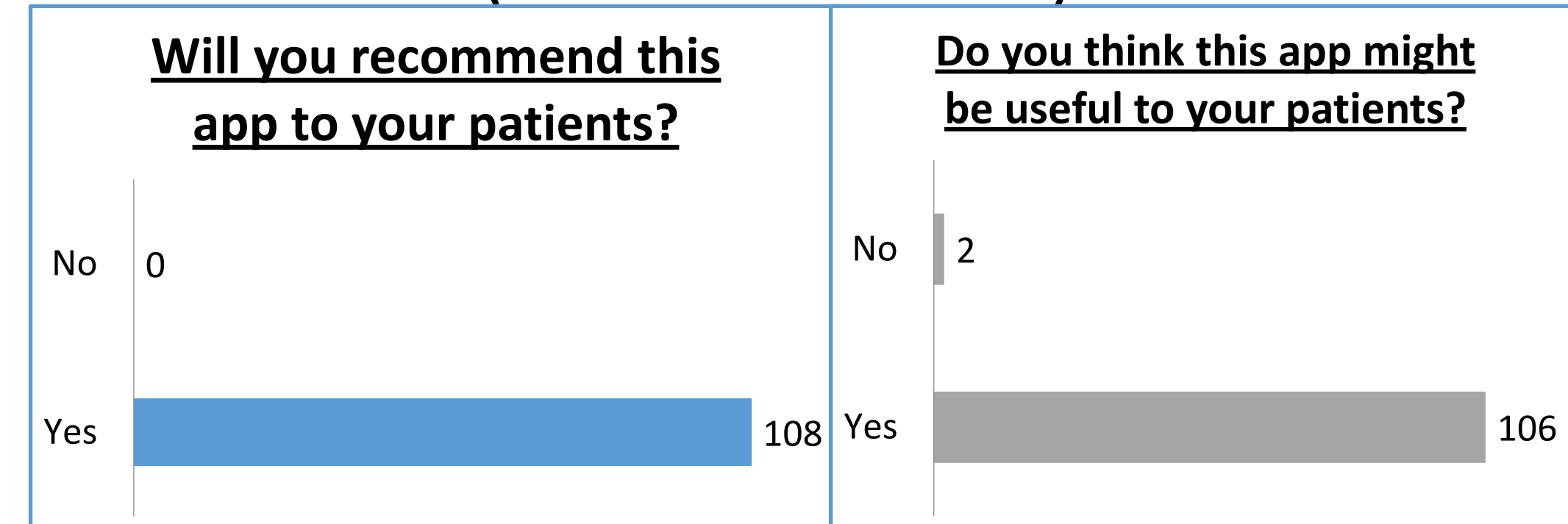


4. Results

- During the first quarter of 2015, a survey on 108 health care professionals from SingHealth was conducted to ascertain the relevance of the mobile application for OA Knee patient before it was launched officially. 95% felt that the mobile application was useful and would recommend it to their patients.

Total respondents: 108

- 81 Physiotherapists (SGH)
- 27 Nurses (SGH Ward 76 & Camden)



5. Users' feedbacks

- KneeBuddy has achieved over 2,800 downloads* and increasing, in less than 3 months since launch on 1 April 2015, with positive reviews.

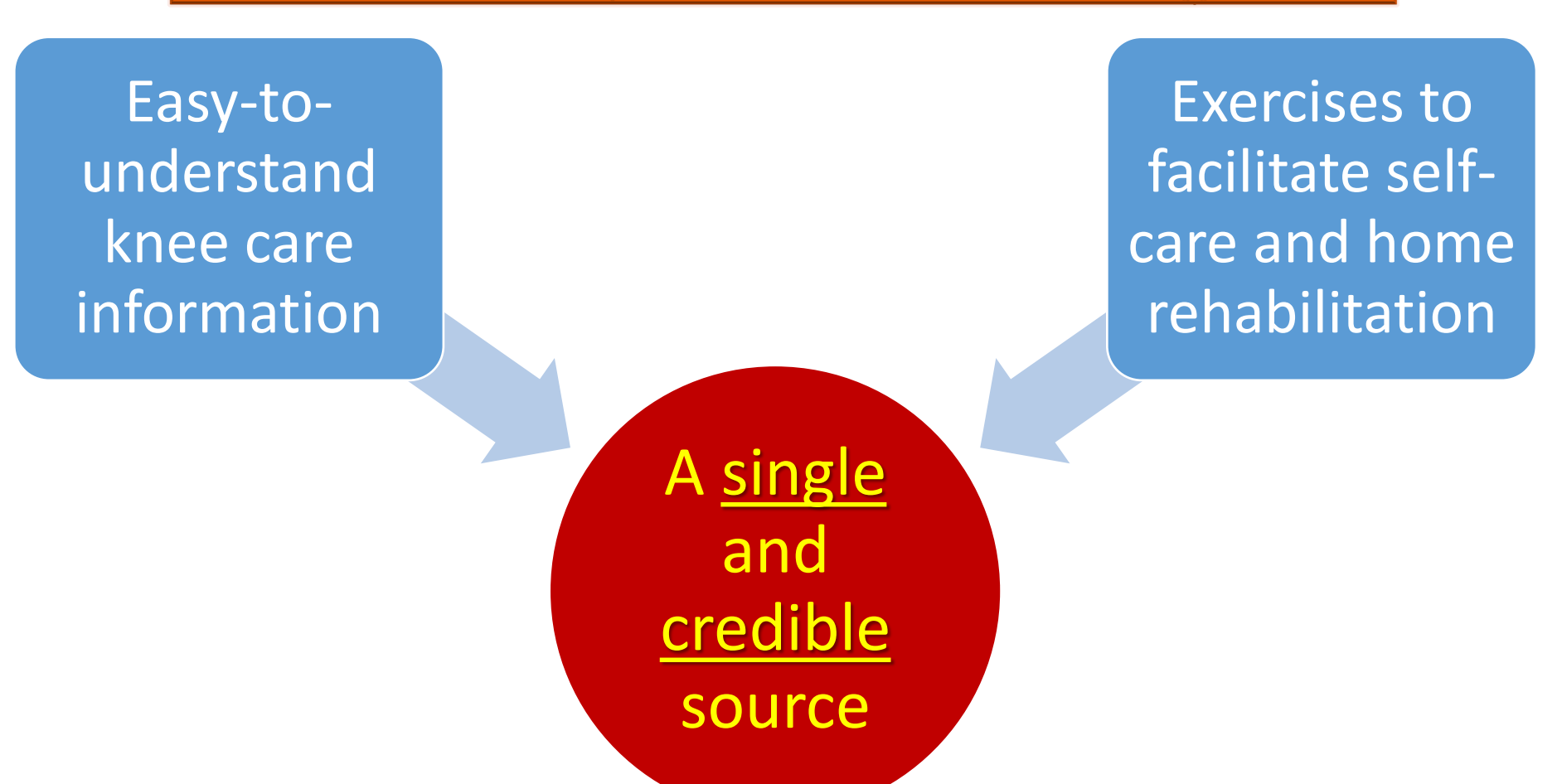


- 67.06% of downloads are from Singapore and the mean age group is between 25 to 34 years, with 5.5 % in the above 65 age group.* Hence, KneeBuddy's main users may be the caregivers as well as potential OA knee patients.
- *Note: Figures are updated as of 18 June 2015 with the use of Google Analytics

6. Conclusion

- KneeBuddy is the first inter-professional educational OA Knee mobile application for patients and caregivers in Singapore.

Benefits to patients & caregivers



- KneeBuddy is now used by all knee replacement patients in SGH as part of the treatment process to facilitate better care for patients.
- With a steadily increasing daily average downloads, this is a testament of how popular KneeBuddy has been with patients, caregivers and health care providers.

What's next for KneeBuddy?

- Increase the richness & varieties of care content – More exercises for rehabilitation
- Access to SingHealth's mobile registration to obtain queue number for SGH
- Functionalities enhancements: Reminders and notifications

Future

Current

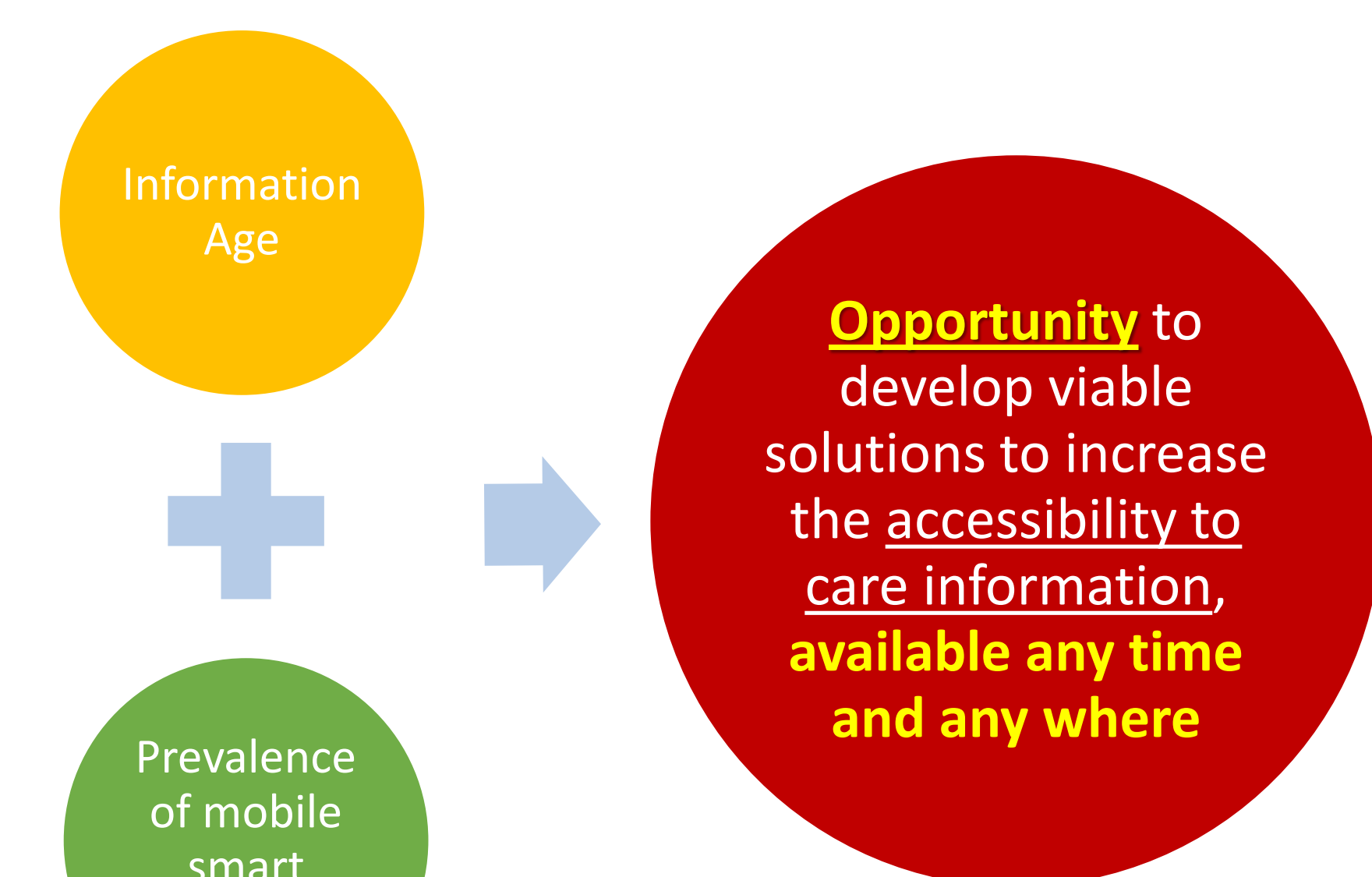
- OA Knee accounts for 1,454 knee replacement surgery done in Singapore General Hospital (SGH) in 2014, an estimated 27% increase from 2010

Key Objectives

Educating hence empowering the patients and caregivers to manage OA Knee

To help reduce deterioration and dependency on health care institutions for surgical and rehabilitation services

3. Methodology



- A cross institutional and professional project team comprising of medical and non-medical staff at SingHealth, was formed to develop an inter-professional, comprehensive, informative and interactive mobile application to provide easy access to updated OA knee care information ubiquitously.

- Over a period of 8 months, regular meetings were held to design KneeBuddy's care content to present a holistic view of knee care information for caregivers, public and patients, involving advices and care plans from prevention to rehabilitation.



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