

Researchers develop an app for rheumatoid arthritis

07 November 2017 | News

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A group of researchers at multiple institutions in China have collaborated to develop the Smart System of Disease Management (SSDM), a series of applications based on clinical data working in conjunction with a system that includes online consultation through a mobile app to improve care management among rheumatic disease patients.

Previous research indicates that rheumatoid arthritis patients trained to use SSDM were able to perform self-management afterward, including disease activity scoring of 28 joints and health assessment questionnaire evaluations and medication and lab test data entry. The aim of the study was to evaluate the economic feasibility and medical benefits of using SSDM for online consultation with a rheumatologist.

The patient's tech toolbox includes self-assessment, medication management, adverse events management and laboratory records. Patients enter the data and then submit it to their authorized doctor. Rheumatologists then may accept the request from their follow-up patients and consult via text or voice through SSDM.

The findings highlight opportunities for both reducing expenses and opening new revenue opportunities for doctors and hospitals.