FDA approved mobile health apps

As the mobile health industry continues to flourish with no sign of slowing down, FDA concerns about health apps have intensified as well.

Today, there are more than 40,000 health and wellness apps on the market with mobile health revenues projected to climb into the billions by 2016.

FDA apprehensions stem from the critical distinction between health apps and wellness apps. While wellness apps enhance or track the overall health of the user, health apps are categorized as mobile software that diagnose, track or treat disease.

Health apps can monitor patients outside of the hospital, track vitals or even analyze medical images for physicians.

Because many of these apps can have serious consequences on patient health, the FDA has decided to step in and mandate certification. Eventually, the FDA hopes to monitor and regulate all health apps.

According to a recent FDA testimony before the House Energy and Commerce Subcommittee on Oversight and Investigations, any apps used for diagnosing critical conditions, regulating drug delivery or monitoring critical care factors like blood oxygen levels are subject to FDA scrutiny.

“FDA believes it is important to adopt a balanced, approach to mobile medical apps that supports continued innovation, assuring appropriate patient protections,” said Christy Foreman, FDA’s Director of the Office of Device Evaluation, in her the statement.

The agency does not intend to regulate apps that track a person’s daily steps, enable patients to refill prescriptions, search medical references, provide electronic health record services or offer similar services.

Nor will they oversee mobile devices, such as iPhones and tablets, which might run medical apps.

“We believe that focusing FDA oversight on a narrow subset of mobile apps will encourage the development of new products while providing appropriate patient protections,” Foreman added.

As of now, FDA is only reviewing 20 apps a year using a similar approach to how it analyzes non-medical substances like food additives and herbal remedies.

Because the number of apps reviewed will not increase anytime soon, it’s important to know which apps are worth your precious time and money. Therefore, PYP has compiled a list of the best FDA approved health apps and devices just for you.

Mobile MIM

The first medical app ever to be included in iTunes stores, Mobile MIM is designed to share images from radiation oncology, radiology, nuclear medicine, neuroimaging and cardiac imaging. The health app is intended to enhance physician access to image scans to help them consult with peers on challenging cases, reduce image distribution delays, and share images with referring physicians, partner institutions, and patients.

AliveCor

AliveCor turns your smartphone into an electrocardiogram by snapping onto the back of any iPhone. To take cardiac measurements, the user presses the device against the skin found near the heart. The device has received much recognition for its mobility and the anticipation of its capability to catch irregular heart rhythms earlier.

Diabetes Manager by WellDoc

This device works by capturing blood-glucose information and transmitting it in real-time. WellDoc’s system analyzes the data and offers a personalized coach to help patients manage their medication and treatment. It also promotes interaction between healthcare professionals and patients by assessing where users need help most.

Welch Allyn iExaminer Adapter and Ophthalmoscope

Welch Allyn’s iExaminer app and ophthalmoscope is designed to make it easier to detect conditions like retinal detachment or glaucoma. The ophthalmoscope device plugs into most smartphones. The accompanying examiner app allows providers to store the pictures to a patient file or email and print them.

Gauss Pixel App

This app aims to provide doctors and nurses with a way to accurately measure the amount of blood loss in surgical procedures. After taking a picture of surgical sponges used during a procedure with either an iPad or iPhone, the app computes the amount of blood loss in real-time.

As it stands today, retrieving surgical sponges and assessing the blood loss in patients is something that is estimated typically by nurses, with no accurate way to retrieve the sort of information the Gauss Surgical app would provide.

AirStrip ONE

AirStrip ONE is a diagnostic aid that delivers patient data from medical devices, electronic medical records and patient monitors to clinicians – in a single view on their smartphone or iPad. Clinical data includes vital signs, allergies, medications, medical images and lab results with information generated from medical devices.

ResolutionMD

This medical viewing product provides instant access to radiology diagnostic images and reports from mobile devices. The app streams data from a variety of imaging modalities, with off-site servers preparing it for rapid visualization on a smartphone or tablet. Since most processing is done outside the mobile device, no sensitive patient information seems to be transmitted, making it a fundamentally secure process.

So there you have our recommendations for the most useful, not to mention coolest, FDA approved health apps on the market for physicians.

8 Smartphone Apps Every Doctor NeedsFebruary11

Last month, we took a look at health and wellness apps doctors should prescribe to their patients. But, by the end of the article, you were probably thinking, “Well, what about my fancy-pancy smartphone?”

Ok, maybe not the fancy-pancy part, but PYP hears you loud and clear. In this follow-up piece, we examine the best medical apps for doctors and med students.

Medscape

One of the Apple Store’s most downloaded medical apps, Medscape can retrieve news articles from 34 different health fields. It also includes a very useful clinical reference section that contains safety guidelines on drugs, videos tutorials on various procedures and education activities for students.

Price: Free

Compatibility: Android, iPhone

Medpage Today

Considered Medscape’s top competitor, MedPage is an online medical news service for physicians and healthcare professionals. Recently, Medpage’s developers partnered with Thomas-Reuters Healthcare to provide prescription drug monographs and disease pathology information to their users. Also delivers free CME/CE credits at your fingertips.

Price: Free

Compatibility: iPhone

3D4Medical

3D4Medical apps use innovative 3D technology to navigate through the body effortlessly. Users can rotate, cut, zoom and acquire superior/inferior perspectives in ways that traditional media could not. 3D4Medical also offers anatomic animations, which provide excellent resources for patient education.

Price: Apps range from Free to $19.99

Compatibility: iPhone

Muscle Trigger Point

Muscle Trigger Point is a useful app for researching muscle trigger points and tight places in the body that cause pain.

The app includes more than 100 trigger points for over 70 muscles. Once you identify a trigger point through a specific muscle or zone search, the app recommends the best course of action to take.

Price: $2.00

Compatibility: Android, iPhone

Visual DX

Logical Images’s Visual DX has developed the most comprehensive digital medical image library of more than 90,000 peer-reviewed images. All ages, skin types and disease variations, based on severity and stage, are represented. This extensive collection, which continues to grow, is the foundation for Visual DX.

Price: Free with Visual DX subscription

Compatibility: Android, iPhone

AHRQ ePSS

Designed and developed by the U.S. Department of Health & Human Services (HHS), ePSS assists primary care clinicians in identifying the screening, counseling and preventive medication services that are appropriate for their patients.

ePSS information is based on the current recommendations of the U.S. Preventive Services Task Force (USPSTF), and can be searched by specific patient characteristics, such as age, sex and selected behavioral risk factors.

Price: Free

Compatibility: Android, Blackberry, iPhone, Windows

Airstrip Cardiology

By combining wireless mobile transmission of ECGs with digital visual enhancement and touch screen capabilities as well as automatic access to historical data, AirStrip Cardiology enables more informed and timely decisions by cardiologists.

Cardiac waveform data can be viewed and analyzed — leading to a quicker diagnosis and treatment of cardiac patients.

Price: Free with Airstrip software download

Compatibility: iPhone

Skyscape Medical Resources

This app includes drug information, medical searches, medical calculators and data for more than 800 separate topics.

Free resources included with the app are Outlines in Clinical Medicine®, Archimedes™ – Medical Calculator, RxDrugs™: Drug Dosing Tool and MedAlert™.

Price: Free

Compatibility: Android, iPhone

So that’s it. There are the best medical apps for physicians. No smartphone hugging hipster can pull the hood over your eyes. We dub you an official doctor of the new millennium.