

Fundació

La Marató



23rd SOCIAL RETURN OF THE RESEARCH
Strokes and traumatic spinal cord and brain injury

SMARTPHONE APPLICATION TO ENCOURAGE HEALTHY MODIFICATION OF LIFESTYLE AND MONITORING OF THERAPEUTIC COMPLIANCE IN THE SECONDARY PREVENTION OF STROKES IN MULTIPLE CENTRES IN CATALONIA

Dr Marc Ribó Jacobi

Institut de Recerca Hospital Universitari Vall d'Hebron – VHIR

FARMALARM is an application designed to optimize the control of risk factors, increase adherence to medical treatment, encourage healthy lifestyle habits, and increase knowledge of the disease through visual alerts about medication, chat communication with medical staff, periodic sending of information, and monitoring of vascular risk factors.

1. Methods

Patients with stroke destined for home discharge, previously familiar with the use of smartphones, who agree to participate in the study will be divided into two groups according to the center of origin: local vs. remote. Local patients will be randomized into two groups: FARMALARM program vs. standard tracking. The included patients will follow the program for 4 weeks and the impact of the intervention will be evaluated after 90 days.

Patient recruitment: Recruitment began in July 2018 with the following distribution: local FARMALARM (Vall d'Hebron hospital): n=100, control FARMALARM (Vall d'Hebron hospital): n=100, remote FARMALARM (11 hospitals): n=70
Control at 3 months: n=240

2. Summary of results

The results showed that Farmalarm is a communication tool that makes it possible to assist patients who have had a stroke, regardless of where they are and without having to travel, improving their level of knowledge about the disease, adherence to prescribed medication, improving control of vascular risk factors and early identification of the most frequent complications.

3. Conclusion

The use of Farmalarm centrally in a network of hospitals could reduce recurrences and anticipate the appearance or treatment of complications.