NEURO TELEHEALTH
ACADEMY OF NEUROLOGIC PHYSICAL THERAPY

STEPS FOR EVALUATING & DESIGNING THE

MOBILE APPS LIST

Start with Mobile App Search

Identify inclusion and exclusion criteria

- Search limited to neurological PT and telehealth.
- Search terms chosen from the ANPT clinical practice guidelines for interventions, assessments, and patient education.
- Included free apps only, even though some might have in-app purchases.
- Search limited to iOS operating system.
- Examples of search terms: "telehealth, 6 minutes walk test, gait training, Epley."

Evaluation of the Mobile Apps

Mobile Application Rating Scale (MARS)

- UP to two task force members assessed all apps objectively by using the MARS.
- Domains include: Engagement, Functionality, Aesthetics, Information.
- MARS is a reliable tool to evaluate the quality of mobile apps. [1,2]
- The higher score is better.

Designing the List of Mobile Apps

Using ⭐ for better visulization

- Grouped all apps into three categories: Assessment and Outcome, Intervention, and Patient Education.
- Displayed perfect MARS subscores as ★★★★★
- Compared the selected apps on key features.
- Created short videos to demonstrate how to use each app.

List of all Mobile Apps

Prior to a telehealth visit	**P&O Comet, e-DHI**
During a telehealth visit **PT evaluation**	**iWalkAssess, SPPB, P&O Comet, e-DHI, GoPT, 6WT, Timed walk, Hacaro-iTUG, Mon4t Clinic, OneStep, GaitRate, Lockhart Monitor, GOALed**
During a telehealth visit **PT intervention**	**iMVA, REhabPal, Vision Wrokout Eye Training, Instant Heart Rate, Cardiio, Heart Rate Monitor-Pulse BPM, HR Zones, Max Heart Rate Calculator for Fitness and Exercise**
After a telehealth visit **Patient education**	**EpleyManeuver, BPPV Treatment, DizzyTrack**

References

1. Stoyanov, S. R., Hides, L., Kavanagh, D. J., Zelenko, O., Tjondronegoro, D., & Mani, M. (2015). Mobile app rating scale: a new tool for assessing the quality of health mobile apps. JMIR mHealth and uHealth, 3(1), e27. https://doi.org/10.2196/mhealth.3422
2. Stoyanov, S. R., Hides, L., Kavanagh, D. J., & Wilson, H. (2016). Development and Validation of the User Version of the Mobile Application Rating Scale (uMARS). JMIR mHealth and uHealth, 4(2), e72. https://doi.org/10.2196/mhealth.5849