Guiding principles for physicians recommending mobile health applications to patients

https://policybase.cma.ca/link/policy11521

POLICY TYPE  Policy document
DATE  2015-05-30
TOPICS  Health information and e-health
Physician practice, compensation, forms

Documents

CMA POLICY

GUIDING PRINCIPLES FOR PHYSICIANS RECOMMENDING MOBILE HEALTH APPLICATIONS TO PATIENTS

This document is designed to provide basic, non-exhaustive information about mobile health applications for physicians to consider in the management of the patient’s health, safety, and well-being.

These guiding principles are informed by the Canadian Medical Association’s CMA/CCS/RCC Guidelines for Choosing Health Technology.

Background
- Mobile health applications (apps) are becoming increasingly available to consumers for health-related purposes.
- The availability of apps can provide patients with information and tools that can help them manage their health and well-being.
- However, the use of mobile health apps can also raise concerns about the accuracy, reliability, and privacy of the information they provide.
- Physicians should be aware of these issues and consider them when recommending mobile health apps to patients.

Considerations
- The physician’s recommendation should be based on the patient’s specific needs and the intended use of the app.
- The app should be evidence-based and have undergone rigorous evaluation for safety and effectiveness.
- The patient’s privacy and confidentiality should be protected.
- The app should be user-friendly and easy to use.
- The patient should be able to provide informed consent before using the app.
- The physician should be able to monitor and provide guidance to the patient as needed.

Conclusion
- Mobile health apps can be a valuable tool for managing health and well-being, but physicians should be aware of the potential risks and benefits.
- Patients should be encouraged to use mobile health apps in conjunction with traditional healthcare services.
- Physicians should play an active role in promoting the appropriate and safe use of mobile health apps.