Script

This is the video for my COMP3000 ICU Tracker App

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If we start at the beginning of the project, we can look at what problems the app is trying to solve.

So, the project is based on Liz Stuarts idea for an app to be used in the ICU in Derriford hospital, where currently patients aren’t able to perform exercises, or see their progress without a doctor present. This can lead to lower mood and lack of motivation, as well as a decrease in patient rehabilitation speed.

This is costly for not only the patient, but also the doctor’s too, as this is time that could be spent in other areas. These problems also affect the patients time as a items such as the completing of simple exercises or goals could be done independently.

Currently there are no specialised apps for these problems, with the closest being fitness apps, which revolve around specifically building muscles, rather than rehabilitation from the ground up, which most patients need.

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Firstly,

The app was developed to be used on both Android and IOS, so that no matter what device a patient is using, they should be able to install the app.

The main functions of the app includes:

Reminding them where they are, incase they become confused while in the ICU.

Tracking their progress through the ICU, in the form of their CPAX scores, which is a measurement of their overall fitness.

The ability for patients to add goals for themselves as well as view goals given to them by doctors. These also have dates so that patients can keep track of their goals.

Allows patients to add and view their achievements.

And finally, the app also gives patients the ability to view and perform exercises, with there being a variety to choose from with their own benefits and steps.

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So what benefits could a patient in ICU see from using this app?

The first benefit, is that the patients could see an increase in their mood and motivation. This is due to them being able to see how they are progressing in the ICU, and their ability to add achievements. These achievements are a good way for patients to feel like they are involved and give themselves positive affirmations.

Another benefit they could see is an increase in rehabilitation speed due to the patients being able to independently perform exercises. This is also due to the patients being able to complete goals independently too, which would normally have to be done by a doctor.

Another big benefit is that with the app, the patients are able to see their progress. This could be extremely useful to them, as again this would normally have to be shown by a doctor.

One other benefit is that unlike a lot of other fitness based apps, this one is specifically made for those in ICU. That means that it has exercises specifically for them, and has features such as hospital set goals.

The final main benefit is decreased confusion for patients in the ICU for those that might be distressed. This is due to the information page, which reminds them who they are, as well as where they are along with a picture, which is reassuring and comforting. The information also includes when they arrived.

One added benefit could be for those that are leaving the ICU, it could allow a vital way for doctors to track their progress, with hospital set goals, as well as allowing them to continue their exercises.

(ENDING)

The app i developed my opinion succeeds in creating an easy to use app that could be used to help patients overall wellbeing in the ICU.