
KOASK

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ALBERTA BONE AND JOINT HEALTH INSTITUTE



- ▷ Partnering with University of Calgary, CIHR, and Alberta Health Services
- ▷ Goal of the project is to assist KOA patients with the management of their disease
- ▷ Through increased engagement in the care process
- ▷ Development of a risk management and resource tool

KNEE OSTEOARTHRITIS



- ▷ Osteoarthritis is a condition where cartilage wears away
- ▷ More than 27 million people in the U.S. have it
- ▷ Occurs in 10% of men and in 13% of women aged 60 years or older

RESEARCH



- ▷ Risk model and projections
- ▷ Three dimensions of KOA severity
 - ▶ Structural
 - ▶ Pain
 - ▶ Functional
- ▷ Exercise can alleviate symptoms and improve your condition

OUR ROLE

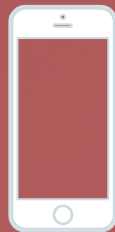


- ▷ Develop an app with a self-management planning module
 - ▶ Information gathering
 - ▶ Risk calculation and visualization
 - ▶ Recommend and track activities

KOASK

Be one step ahead of your knee osteoarthritis





KOASK

A self-management and knowledge
app for those suffering from knee
osteoarthritis (KOA).



GOING FORWARD



- ▷ Using the symptom scores to generate customized activity recommendations
- ▷ Improving surveys to make them more engaging and easier to take
- ▷ Implement further analytics to motivate users and provide more useful feedback



Symptom Tracking

Tracks pain, functionality, and stiffness to get a comprehensive picture of the condition



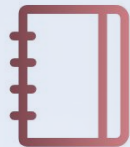
Risk Calculation

Calculates the current severity and stage of the knee osteoarthritis



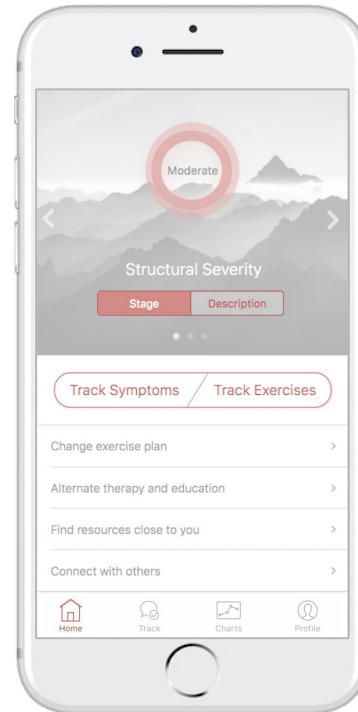
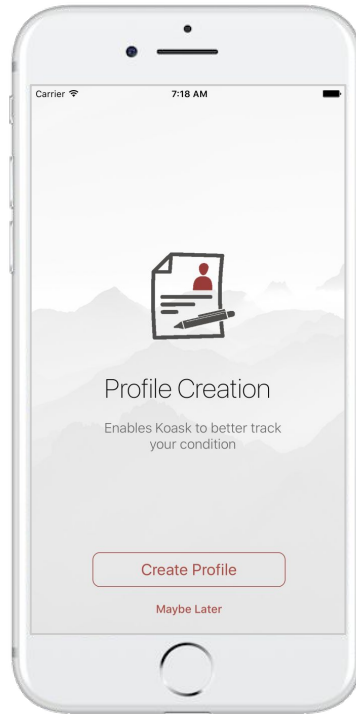
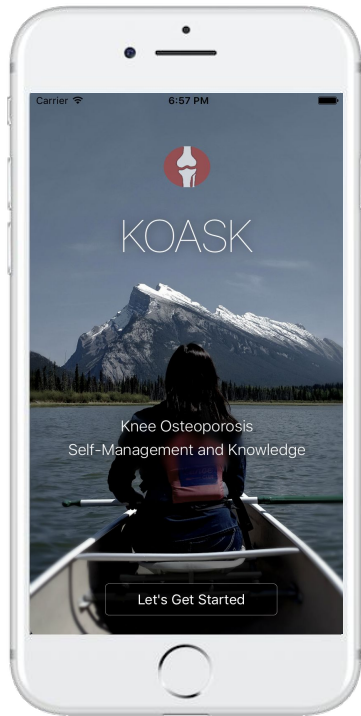
7-Year Prediction

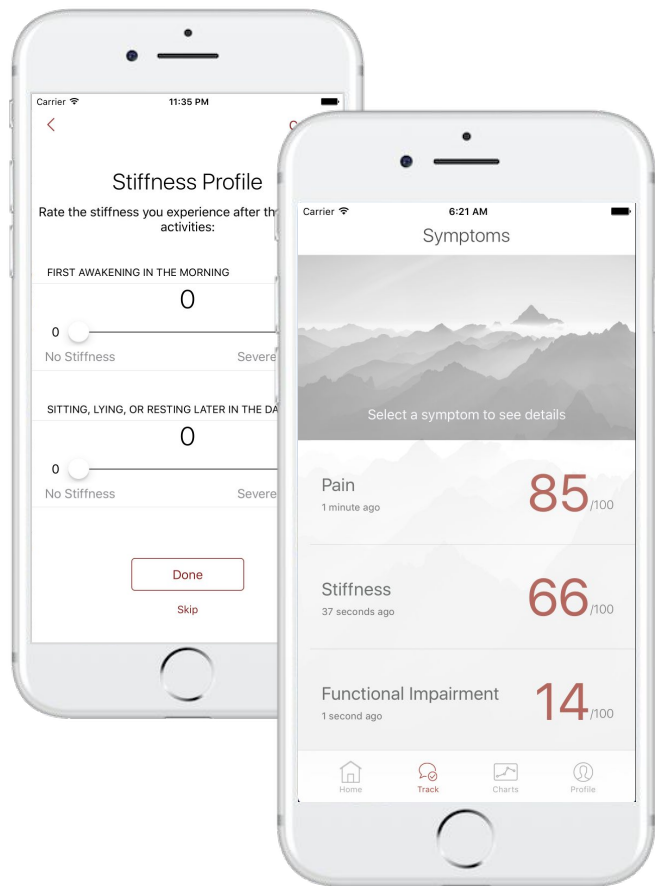
Get a glimpse into the future with a projected severity estimate



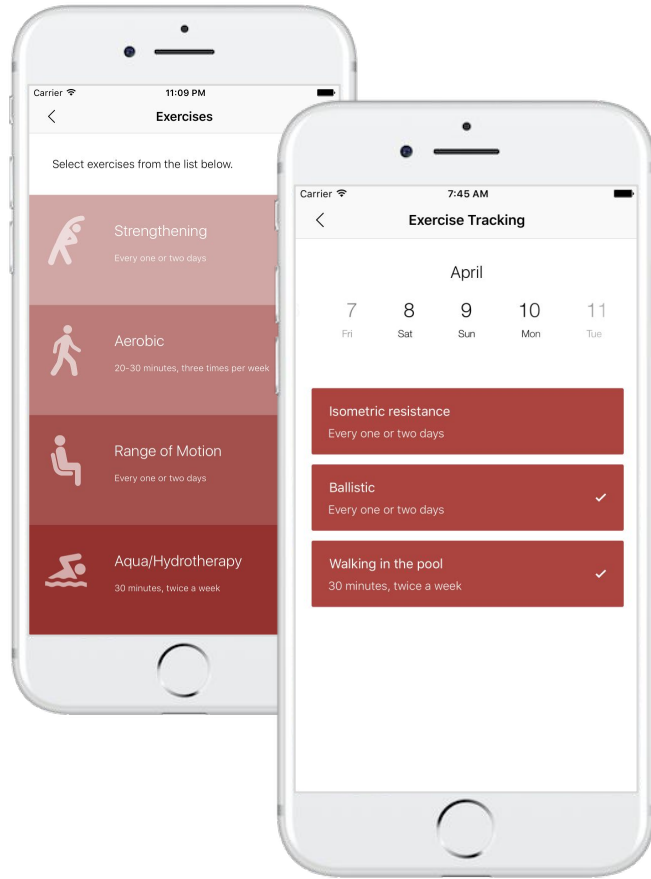
Exercise Planning

Provides a customizable exercise plan from a set of recommended activities

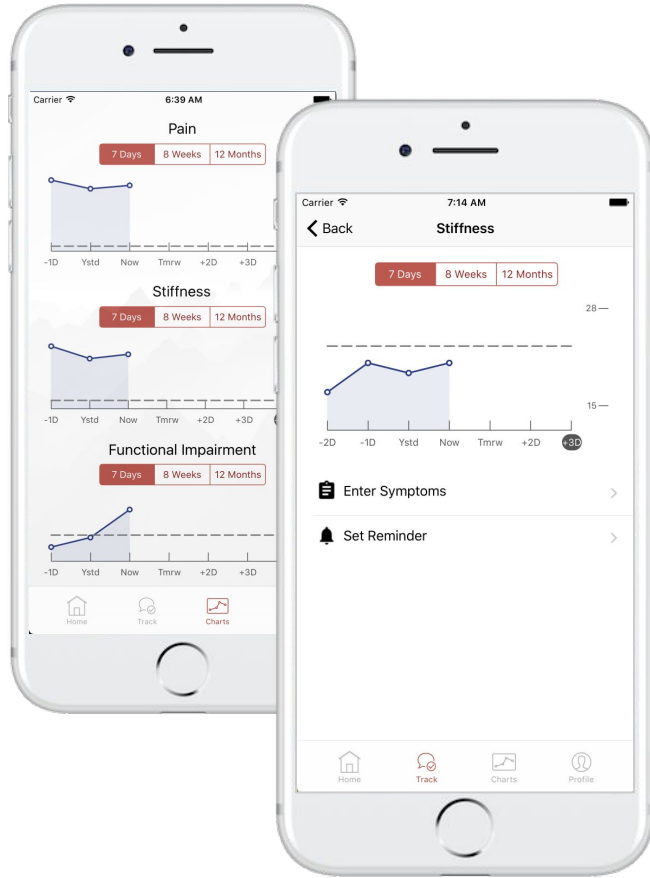




Symptom Tracking



Exercise Tracking



Risk Visualization

DEMO



Thank you!

Any questions?