MediNest - Mobile Health Management App

Name: Nana Kwaku Afriyie Ampadu-Boateng
Course: Computer Science
Email: kwabaoat048@gmail.com
Phone: +233551127363. **Project Repository:** https://github.com/kboat10/MediNest.git

1. App Description

MediNest is a comprehensive mobile health management application designed to help users manage their medications, track health routines, and stay on top of medical appointments. The app addresses critical healthcare challenges by providing a personalized, user-friendly platform for medication adherence and health monitoring.

Key Objectives

- Improve medication adherence through reminders and tracking
- Provide condition-specific health monitoring (hypertension, diabetes, asthma, sickle cell)
- Enable comprehensive health logging and symptom tracking
- Facilitate appointment management with notifications
- Offer health education through daily tips and condition-specific information

Target Users

- Patients with chronic conditions requiring medication management
- Individuals seeking to improve their health tracking habits
- Healthcare providers who want to monitor patient adherence
- Caregivers managing medication schedules for dependents

2. Feature List

Authentication & User Management

- Firebase Authentication (sign up, sign in, sign out)
- User profile management with health condition selection
- Onboarding flow for new users
- Secure data access and user session management

Medication Management

- Add, edit, delete medications with dosage information
- Set medication schedules and reminder times
- Daily medication adherence tracking (taken/missed)
- Medication streak tracking (current and longest streaks)

- Medication history and analytics

Health Tracking & Monitoring

- Condition-specific vitals tracking (BP, blood sugar, peak flow)
- Pain level monitoring with visual slider
- Water intake tracking with hydration reminders
- Daily feelings and symptoms logging
- Comprehensive health summary dashboard

Appointment Management

- Add, edit, delete medical appointments
- Appointment notifications (1 hour before)
- View past and upcoming appointments
- Appointment details with location and notes

Notifications & Reminders

- Local notifications for medication reminders
- Appointment notifications
- Notification permissions handling
- Test notification functionality
- Toggle notifications on/off

Data Management & Export

- PDF export of comprehensive health data
- Local data backup and restore
- Cloud sync functionality (Firebase)
- Data management with diagnostics
- Offline-first functionality

User Interface & Experience

- Dark mode support with theme switching
- Responsive design with proper navigation
- Loading states and error handling
- User-friendly forms and validation
- Health tips and educational content

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3. Screenshots

The app contains 10 comprehensive screens:

1. **Auth Screen** - Login/Signup interface
2. **Onboarding Screen** - User setup and medication configuration
3. **Home Screen** - Dashboard with health summary
4. **Schedule Screen** - Medication management and scheduling
5. **Logs Screen** - Daily health tracking and vitals monitoring
6. **Appointments Screen** - Medical appointment management
7. **Health Tips Screen** - Health education and daily tips
8. **Profile Screen** - User profile and settings
9. **Settings Screen** - App configuration and preferences
10. **Data Management Screen** - Backup, restore, and export

Note: Screenshots would be included here showing the actual app interface, navigation flow, and key features in action.

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4. Widget Tree Diagram for Each Screen

Home Screen Widget Tree

```
Scaffold
  ├── AppBar
  ├── Consumer<HealthDataProvider>
  │   └── Column
  │       ├── Dashboard Cards (Grid)
  │       │   ├── Medication Card
  │       │   ├── Streak Card
  │       │   ├── Appointments Card
  │       │   └── Health Tips Card
  │       └── Quick Actions
  └── BottomNavigationBar
```

Logs Screen Widget Tree

```
Scaffold
  ├── AppBar
  ├── Consumer2<HealthDataProvider, UserPreferencesProvider>
  │   └── Column
  │       ├── Date Selector
  │       ├── Health Input Forms
  │       │   ├── Feelings & Symptoms
  │       │   ├── Condition-specific Vitals
  │       │   └── Pain Level Slider
  │       ├── Medication Checklist
  │       └── Daily Summary
```

Schedule Screen Widget Tree

```
Scaffold
├── AppBar
├── Consumer<HealthDataProvider>
│   └── Column
│       ├── Add Medication Button
│       └── ListView.builder
│           └── Medication Cards
│               ├── Medication Info
│               ├── Schedule Details
│               └── Action Buttons
```

Appointments Screen Widget Tree

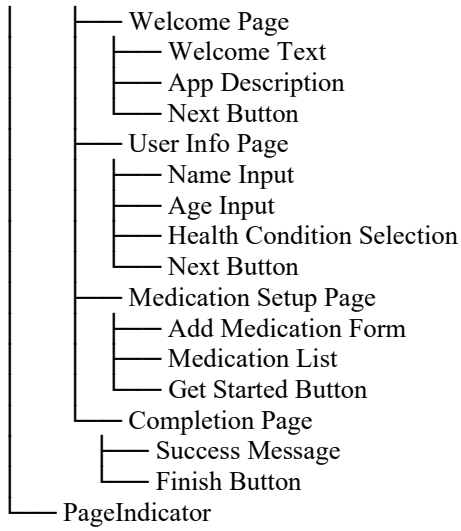
```
Scaffold
├── AppBar
├── Consumer<HealthDataProvider>
│   └── Column
│       ├── Add Appointment Button
│       ├── TabBar (Upcoming/Past)
│       └── TabBarView
│           └── ListView.builder
│               └── Appointment Cards
│                   ├── Appointment Details
│                   └── Action Buttons
```

Auth Screen (Sign Up/Sign In) Widget Tree

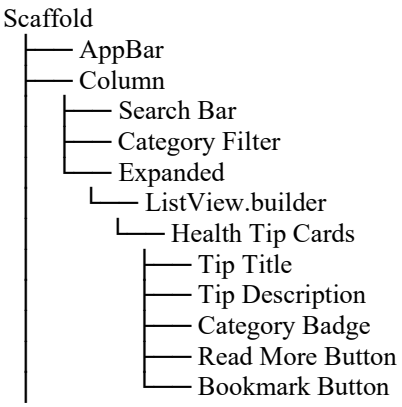
```
Scaffold
├── AppBar
├── SingleChildScrollView
│   └── Padding
│       └── Column
│           ├── Logo/Title Section
│           ├── TabBar (Sign In/Sign Up)
│           ├── TabBarView
│           │   ├── Sign In Form
│           │   │   ├── Email TextField
│           │   │   ├── Password TextField
│           │   │   ├── Forgot Password Link
│           │   │   └── Sign In Button
│           │   └── Sign Up Form
│           │       ├── Name TextField
│           │       ├── Email TextField
│           │       ├── Password TextField
│           │       └── Sign Up Button
│           └── Social Login Options
```

Onboarding Screen Widget Tree

```
Scaffold
├── AppBar
├── PageView.builder
│   └── Onboarding Pages
```



Health Tips Screen Widget Tree



NB: SCREENSHOTS IN APPENDIX

5. Lessons Learned

Throughout this project, I faced numerous challenges that taught me valuable lessons about mobile app development, problem-solving, and persistence. Here's my journey and the key lessons I learned:

Firebase Integration Challenges

- **Initial Setup Issues:** I struggled with Firebase configuration and getting authentication to work properly. The Firebase console setup was confusing at first, but I learned to follow the documentation step-by-step.
- **Firestore Connectivity Problems:** The biggest challenge was when Firestore operations started hanging and timing out. I spent days debugging this issue, trying different approaches before implementing a hybrid solution.

- **Solution:** I learned to implement offline-first functionality using SharedPreferences as a fallback when Firestore is unavailable. This taught me the importance of having backup systems and graceful degradation.
- **Authentication Persistence:** Users were being logged out unexpectedly. I fixed this by properly managing authentication state and implementing proper session handling.

Data Management & State Issues

- **State Management Complexity:** Managing state across multiple screens was initially overwhelming. I learned to use Provider pattern effectively and organize my data providers properly.
- **Data Persistence Problems:** User data wasn't persisting between app sessions. I implemented comprehensive SharedPreferences save/load methods and learned about data serialization.
- **Navigation State Issues:** The app was taking users to onboarding even when they hadn't signed out. I debugged the AuthWrapper logic and fixed the sign-out detection.
- **Solution:** I created a robust data management system with proper error handling, loading states, and fallback mechanisms.

UI/UX Development Challenges

- **Widget Tree Complexity:** Building complex UI layouts with proper widget trees was challenging. I learned to break down complex screens into smaller, manageable components.
- **Responsive Design Issues:** The app looked different on various screen sizes. I implemented proper responsive design using MediaQuery and flexible layouts.
- **Loading States:** Users were seeing blank screens during data loading. I added proper loading indicators and error states throughout the app.
- **Navigation Flow:** The bottom navigation and screen transitions needed refinement. I learned about proper navigation patterns and user flow design.

Feature Implementation Challenges

- **Medication Tracking Logic:** Implementing medication adherence tracking with proper time-based logic was complex. I had to handle edge cases like timezone changes and missed doses.
- **Notification System:** Setting up local notifications for medication reminders required understanding platform-specific implementations and permission handling.
- **PDF Generation:** Creating comprehensive PDF reports with proper formatting was initially overwhelming. I learned to use the pdf package effectively and structure data properly.
- **Health Data Validation:** Implementing proper validation for health data inputs (blood pressure, blood sugar, etc.) required understanding medical data ranges and user input patterns.

Specific Technical Problems I Solved

- **Onboarding Navigation Bug:** Users were stuck on onboarding screen after signup. I fixed the AuthWrapper logic by properly managing onboarding completion flags and user state transitions.
- **Medication Status Not Updating:** The UI wasn't reflecting medication status changes. I wrapped the medication checklist in a Consumer widget and ensured proper notifyListeners() calls.
- **Data Clearing on Sign Out:** Previous user data was persisting after sign out. I implemented comprehensive data clearing in the AuthService and HealthDataProvider.
- **Condition-Specific Vitals Not Logging:** Patient feelings and vitals weren't being saved. I added debug logging and fixed the data saving methods in the HealthDataProvider.
- **PDF Export Issues:** The PDF wasn't including all health data. I enhanced the export functionality to include comprehensive data from all sources.

Personal Growth & Learning

- **Problem-Solving Skills:** I learned to systematically debug complex issues by adding logging, testing hypotheses, and implementing incremental fixes.
- **Persistence:** When Firebase issues seemed insurmountable, I didn't give up. Instead, I found alternative solutions and implemented a robust fallback system.
- **Documentation Importance:** I realized how crucial proper documentation is when I had to revisit code I wrote weeks earlier. I learned to write clear comments and maintain good code organization.
- **User-Centric Thinking:** I learned to think from the user's perspective, especially when implementing error handling and loading states.
- **Version Control Best Practices:** I learned the importance of regular commits and proper Git workflow, especially when debugging complex issues.

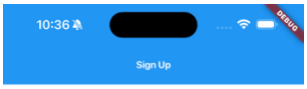
What I Would Do Differently

- **Start with Local Storage:** I would have implemented local storage first, then added cloud sync later, rather than trying to do both simultaneously.
- **More Testing:** I would have implemented more comprehensive testing from the beginning to catch issues earlier.
- **Better Error Handling:** I would have implemented error boundaries and better error recovery mechanisms from the start.
- **Documentation First:** I would have documented my API and data structures before implementing features.

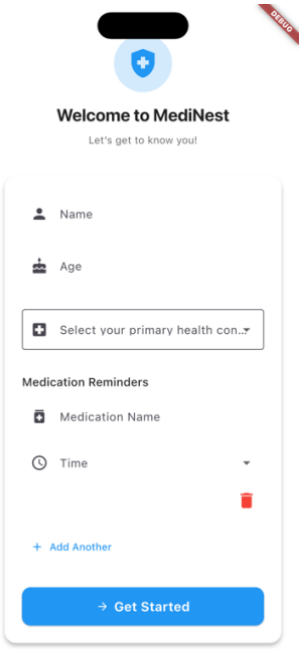
Future Improvements

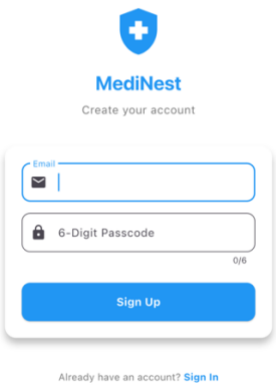
- **Advanced Analytics:** Implement more sophisticated health analytics and insights
- **Integration:** Connect with healthcare providers and electronic health records
- **AI Features:** Add machine learning for personalized health recommendations
- **Multi-platform:** Extend to iOS and web platforms for broader accessibility
- **Real-time Sync:** Implement real-time data synchronization when Firestore connectivity improves

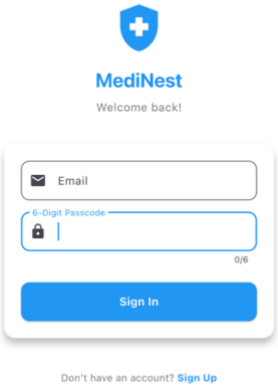
Appendix

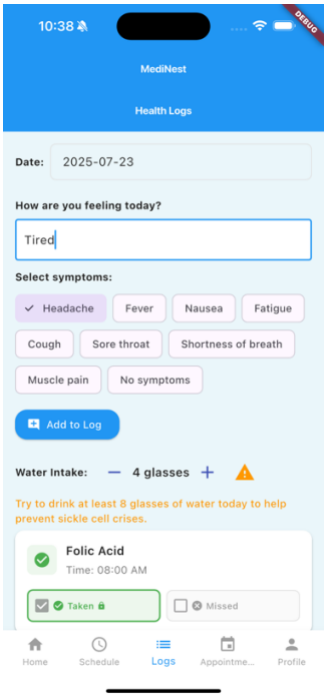

10:36
Sign Up

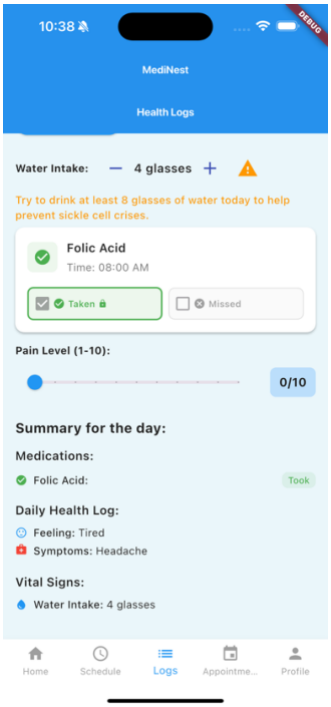

10:36
Sign In

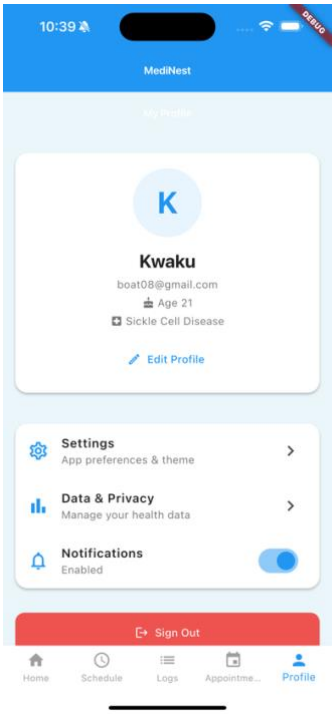

Welcome to MediNest
Let's get to know you!
Name
Age
Select your primary health con...
Medication Reminders
Medication Name
Time
Add Another
Get Started

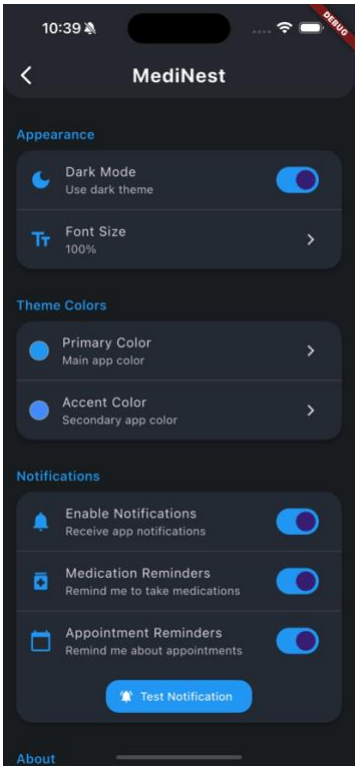

MediNest
Create your account
Email
6-Digit Passcode
0/6
Sign Up
Already have an account? Sign In

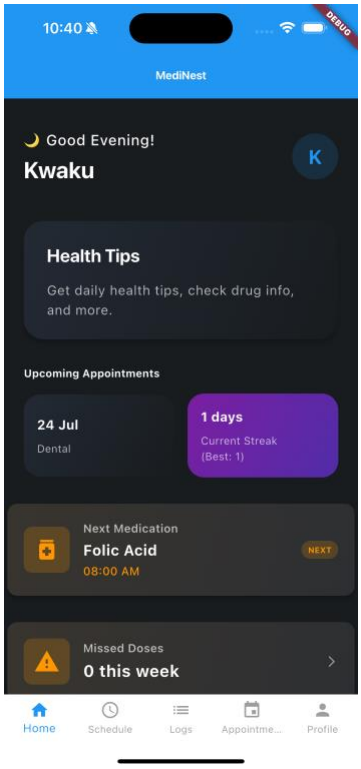

MediNest
Welcome back!
Email
6-Digit Passcode
0/6
Sign In
Don't have an account? Sign Up

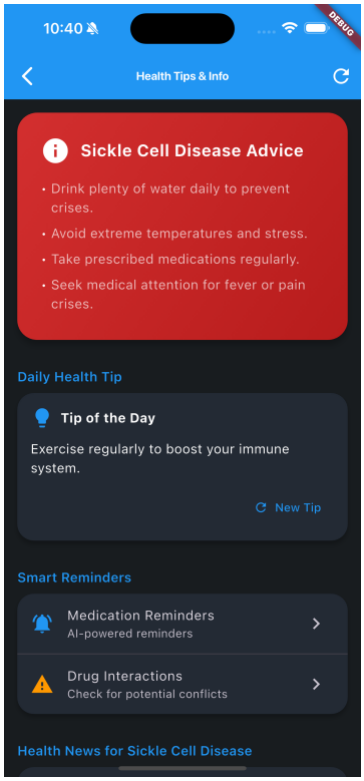

10:38
MediNest
Health Logs
Date: 2025-07-23
How are you feeling today?
Tired
Select symptoms:
Headache
Fever
Nausea
Fatigue
Cough
Sore throat
Shortness of breath
Muscle pain
No symptoms
Add to Log
Water Intake: 4 glasses
Try to drink at least 8 glasses of water today to help prevent sickle cell crises.
Folic Acid
Time: 08:00 AM
Taken
Missed
Home
Schedule
Logs
Appointme...
Profile

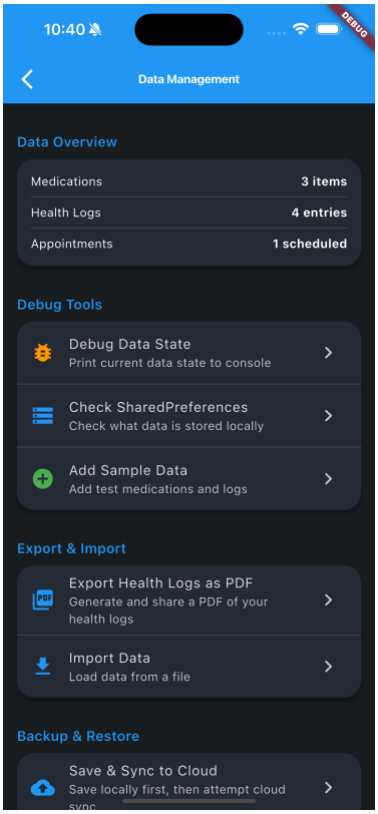

10:38
MediNest
Health Logs
Water Intake: 4 glasses
Try to drink at least 8 glasses of water today to help prevent sickle cell crises.
Folic Acid
Time: 08:00 AM
Taken
Missed
Pain Level (1-10):
0/10
Summary for the day:
Medications:
Folic Acid:
Took
Daily Health Log:
Feeling: Tired
Symptoms: Headache
Vital Signs:
Water Intake: 4 glasses
Home
Schedule
Logs
Appointme...
Profile


10:39
MediNest
K
Kwaku
boat08@gmail.com
Age 21
Sickle Cell Disease
Edit Profile
Settings
App preferences & theme
Data & Privacy
Manage your health data
Notifications
Enabled
Sign Out
Home
Schedule
Logs
Appointme...
Profile


10:39
MediNest
Appearance
Dark Mode
Use dark theme
Font Size
100%
Theme Colors
Primary Color
Main app color
Accent Color
Secondary app color
Notifications
Enable Notifications
Receive app notifications
Medication Reminders
Remind me to take medications
Appointment Reminders
Remind me about appointments
Test Notification
About


10:40
MediNest
Good Evening!
Kwaku
K
Health Tips
Get daily health tips, check drug info, and more.
Upcoming Appointments
24 Jul
Dental
1 days
Current Streak
(Best: 1)
Next Medication
Folic Acid
08:00 AM
NEXT
Missed Doses
0 this week
Home
Schedule
Logs
Appointme...
Profile


10:40
Health Tips & Info
Sickle Cell Disease Advice
Drink plenty of water daily to prevent crises.
Avoid extreme temperatures and stress.
Take prescribed medications regularly.
Seek medical attention for fever or pain crises.
Daily Health Tip
Tip of the Day
Exercise regularly to boost your immune system.
New Tip
Smart Reminders
Medication Reminders
AI-powered reminders
Drug Interactions
Check for potential conflicts
Health News for Sickle Cell Disease


10:40
Data Management
Data Overview
Medications
3 items
Health Logs
4 entries
Appointments
1 scheduled
Debug Tools
Debug Data State
Print current data state to console
Check SharedPreferences
Check what data is stored locally
Add Sample Data
Add test medications and logs
Export & Import
Export Health Logs as PDF
Generate and share a PDF of your health logs
Import Data
Load data from a file
Backup & Restore
Save & Sync to Cloud
Save locally first, then attempt cloud