Enhanced Recovery After Surgery App

User Manual

Team Ramblin' on FHIR -- ERAS App for Patients

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https://github.gatech.edu/gt-hit-fall2016/ERAS-App-for-Patients

I. Download the ERAS App

Download the ERAS app on your smartphone or tablet.

For iPhones and iPads:
1. Open up the Apple App store.
2. Search for "ERAS".
3. Once you find the app, click on GET to download it on your device.

For Android phones and tablets:
1. Open up the Google Play store.
2. Search for "ERAS".
3. Once you find the app, click on Install to download it on your device.

For Windows phones and tablets:
1. Open up the Microsoft app store.
2. Search for "ERAS".
3. Once you find the app, download it onto your device.

II. Setup Your Profile

When you open up the app for the first time, you are immediately taken to the page to setup your profile. You will need to enter in the following information:

First and Last Name
Birthdate
Date and Time of Surgery

Do you use a smartphone (y/n)?
Do you have someone to support you during the time of surgery (y/n)?
Are you diabetic (y/n)?

| Setup: Surgery Date		Setup: Diabetic
Please enter your Date and Time of Surgery.		Are you Diabetic?
		Yes
Date of Surgery — Dec 04, 2016		No ✓
Time of Surgery — 9:00 AM		
‹ Back Next ›		‹ Back Submit
Cancel Done		
02 2018		
Nov 03 2017		
Dec 04 2016		
05		
06		
07		

After you enter in the information on the page, press the blue NEXT button to go to the next page. When you come to the end of the setup, press the yellow SUBMIT button and you will be directed to the Main Menu.

You can always edit this setup information by clicking on your Profile from the Main Menu.

III. Main Menu
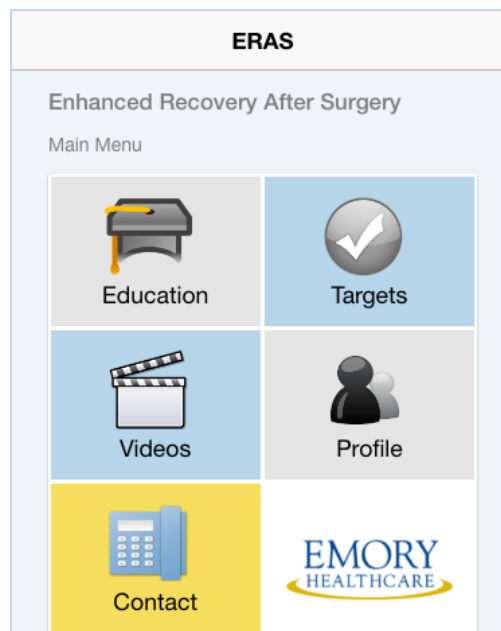
This is the ERAS Main Menu. Every time you open up the app (after your profile is complete), you will see this screen. From here you can navigate to Education, Targets, Videos, Profile and Contact.

i.   *Education.*

This contains important information you should read if you or a friend/family member is about to have bowel surgery.
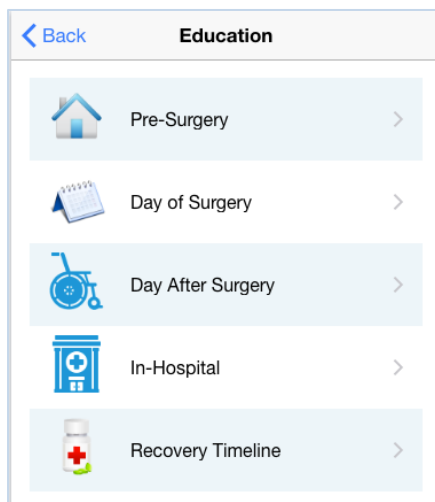
Choose from the five categories displayed in the image on the left. Each of those sections has between two and five items to read through.

Click on the items displayed on the screen to the left to read that section.

Navigate backwards by clicking the "Back" button in the upper-left corner of the screen.

ii. Targets

If you are about to have bowel surgery, there are many things you need to do prior and after surgery to ensure a healthy recovery. Depending on what stage you are at (i.e. pre-surgery, day before surgery, day after surgery, 1 week after surgery), this section will display your targets for the day. It is your job to record your results.

Once you complete a target for the day, you can click the "Hide" button so it disappears from your screen.

If you want to view your hidden targets, click on the "Unhide" button in the upper-right corner.

Your results will automatically save. Click the "Back" button in the upper-left corner to go back to the main menu.

iii. Videos

Patients and their families and friends preparing to have bowel surgery should watch the two videos located in this section.
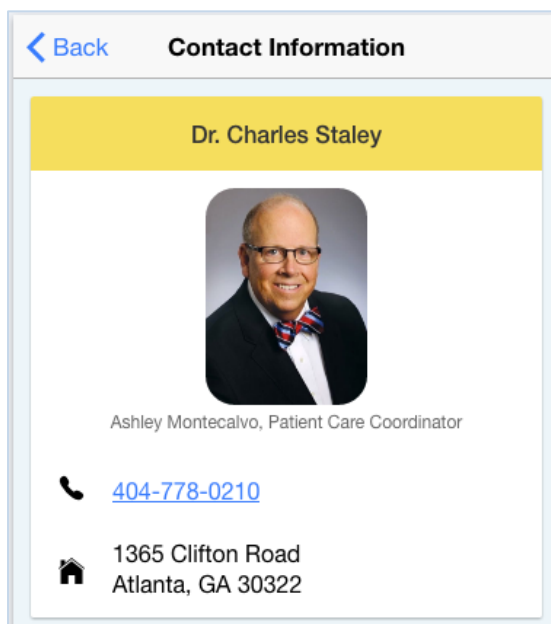
Video 1: Enhanced Recovery After Surgery for Patients

Video 2: Come Clean: Stop surgical infections before they start.

Click on the video to play it. The first video will play directly from the app. The second video will open up a new window on your device.
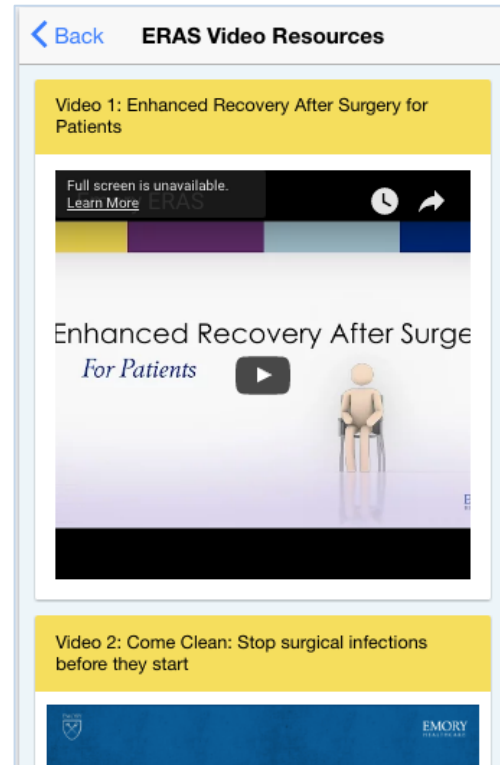
iv. Contact

The contact page shows phone numbers and addresses for the Emory Colon and Rectal Surgery Group and phone numbers for the Anesthesia Preoperative Clinic.