App for people with psoriasis

Group project as a part of the hackathon
MedHack: psoriasis under control,
organized in November-December 2019
by the Incubator of the University of Warsaw
and then continued with my teammates:
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and Krystian Pakuła.
This presentation was created just by myself.

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The background

The researches based on the topic shows the scale of the problem.

Almost 1,2 mln people in Poland are struggling with that disease. It is 3% of polish society.

After the interviews and current solutions analysis, we found there is no available digital solution about psoriasis in Poland.

The app would be promising discovery in the envinronment of people suffering from psoriasis and dermatologists.

The research method

During the research interviews and surveys methods was used.

At the beginning meetings with psoriatic people took place. That was a big source of knowledge about the treatment proces struggles of people with psoriasis. We could also meet with doctors that allows us to see the problem from their point of view.

The next step was a survey in order to deepen the topic of specific problems.

Then survey for arrangement the interview date was created. During the interview meeting psoriatic people had enough time to tell about the background of the problem and their highest expectations and needs.

The scale of the problem

- The treatment path is difficult and time-consuming.

- Psoriatic people feel lonely and socially excluded.

- There is lack of a reliable source of knowledge about the disease and treatment.

The users needs

- Ongoing disease monitoring

- Specific knowledge form the case perspective that allows to the mental comfort

- Need of freguency in compliance with medical recommendations

- Reliable source of knowledge about disease, drugs, cosmetics, doctor possibilities and available treatment paths

- Support and exchange of experiences

# *Problems and their solutions*

What problem the app could solve?	How?
Forgetting about taking drugs, body lubrication, visits, water drinking	Reminders in the app
Chaotic visits with a doctor, patient's misinformation	Patients treatment base with history of the disease
Lack of reliable source of knowledge about psoriasis	Encyclopedia
Lack of reliable source of drugs, cosmetics, doctors opinions	Authentic opinions by users and maps
Social exclusion, stress	Psychological suport
Uncertainty if you someone has psoriasis	Psoriasis test in the app and e-diagnosis
Lack of information about psoriatic events	Calendar with supporting events
Long time waiting for a visit	E-prescriptions

Competition analysis

There are many apps with the similar aim, but any of them was available in polish. Moreover, the English apps are quite expensive.

The app will be complementing to a telemedicine and will contains innovative e-Diagnosis.

The most important thing is the individual approach to the patient, reliable sources of knowledge and honest user opinions in the app.
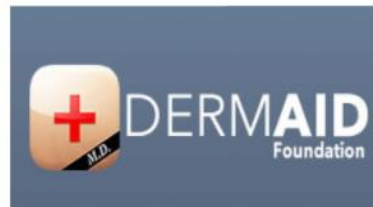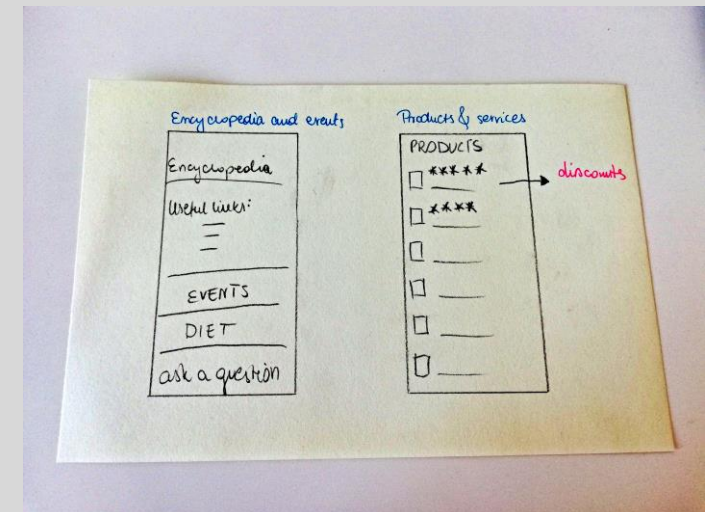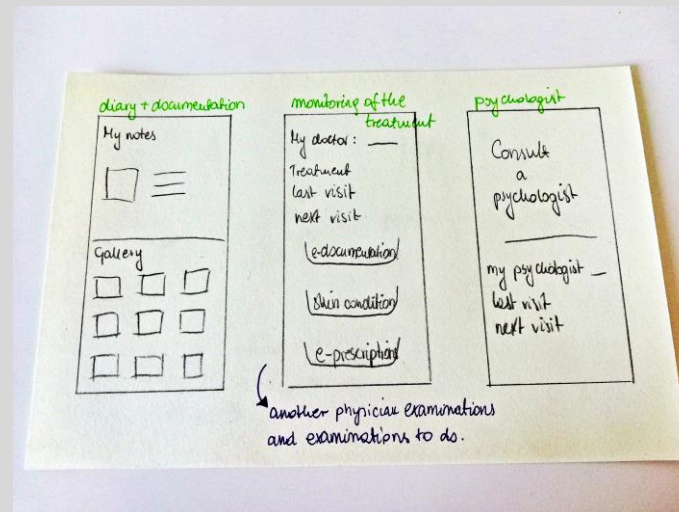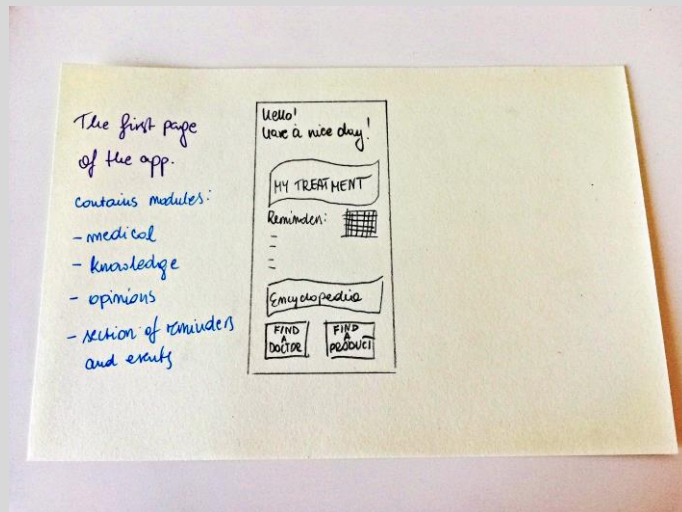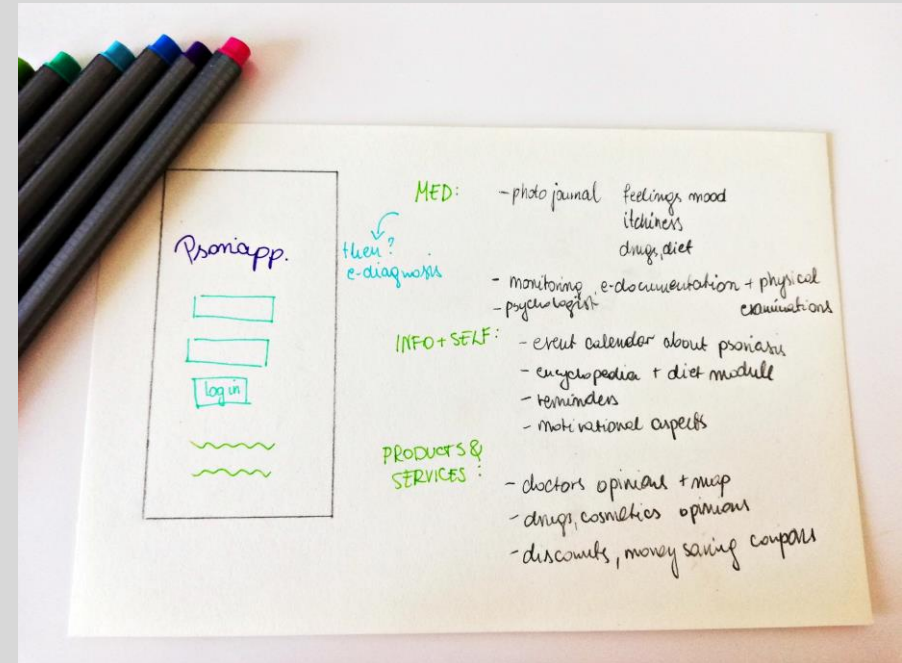
Sketches of the app

The pictures show the first visual outline of the app.
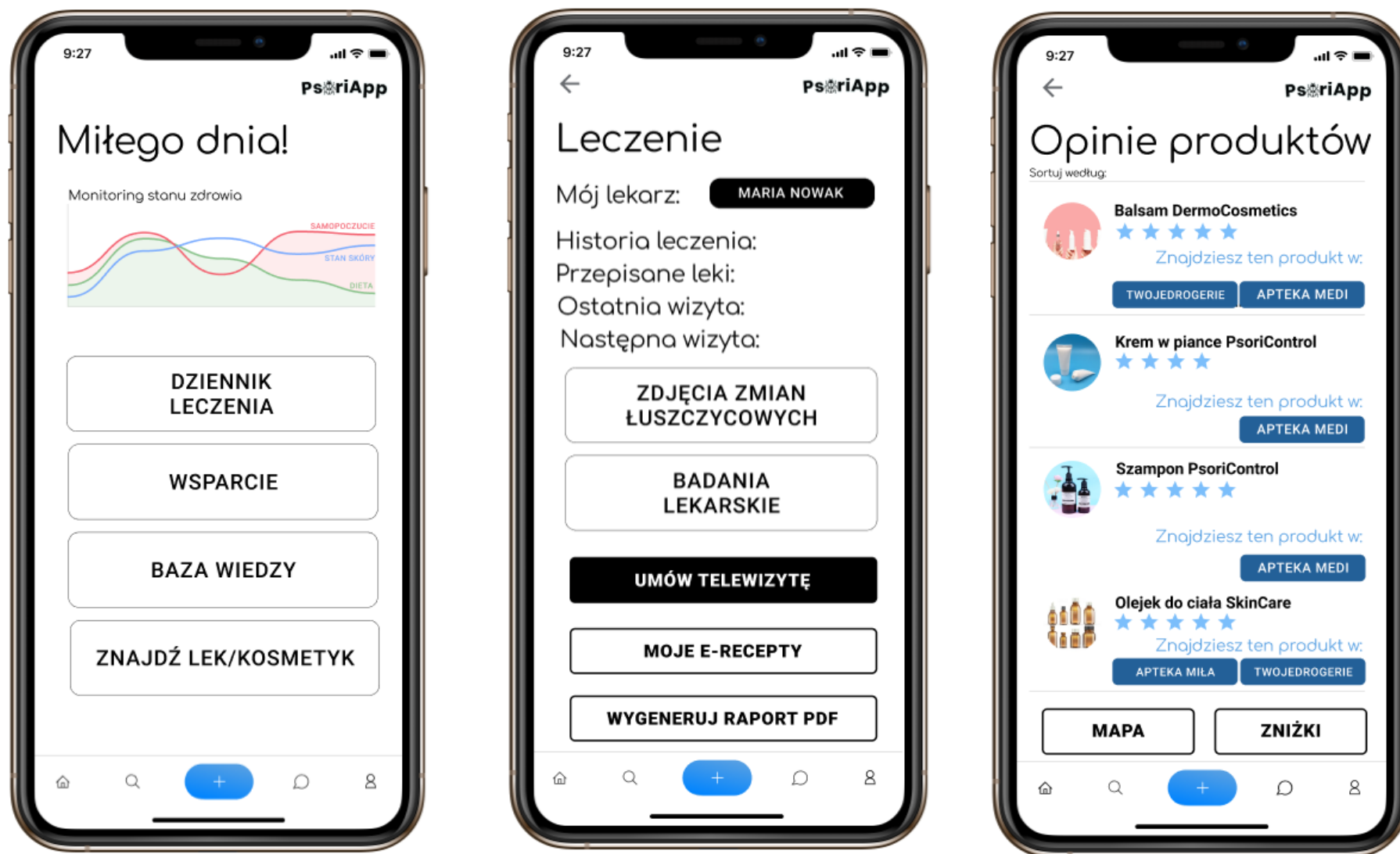Each Drawing screen reflect the app modules concept.

The Psori App

◦ A mobile app for people with psoriasis

◦ A possibility of plug-in for doctors

The app will be the help in the mental and physical sphere and ensures constant remote contact between the patient and the doctor. Furthermore the app will be a solution to avoid queues and will be a first help for preliminary diagnosis due to the e-Diagnosis module.

Really useful function is a treatment diary, where psoriatic person could keep all information related to the disease and follow the process of the disease by yourself for instance saving photos of skin, infos about mood, diet, drugs, stress level.

Link to the prototype:
https://www.figma.com/file/veVQvlWP9CTPNpwXliGnBO/PsoriApp-project?node-id=0%3A1

Link to the clickable prototype:

https://www.figma.com/proto/veVQvlWP9CTPNpwXliGnBO/PsoriApp-project?node-id=1%3A20&scaling=scale-down

Case study 1

The user is a person who is suffering from psoriasis since 3 years.

The person is a pregnant woman. She has intensity of her symptoms and wants to be in constant contact with her doctor.

What the user can do using the app?

The woman can stay in touch with her doctor and using the skin condition gallery on the app she could control her skin independently – she could see what has the biggest impact for her skin condition (e.g. what she eat, what cosmetics she used, how much stressed she was and its impact to her skin) – as well as her doctor could has permanent access to her treatment documentation.

She could also find support with other psoriatic people.

Case study 2

The person is a young man in whom doctors suspect symptoms of psoriasis.

He has never had contact with the disease before, he would like to check the condition of the skin regularly and find the appropriate specialist to make a correct diagnosis and constant monitoring of the disease.

What the user can do using the app?

The young man first can use e-Diagnosis to confirm if his skin lesions are similar to psoriasis, he could read about what psoriasis is. Then he could make an appointment with a dermatologist who will give a real diagnosis. If the doctor would give a diagnosis of psoriasis, he could stay in touch with his doctor and collect the whole documentation in the treatment base of the app since the beginning of the disease. Moreover, because he is a young person, he could join the group of young people with psoriasis or contact with psychologist to get suport.

User flows

The app is extended to include all the important modules, but it is not too complicated and its use is pleasant and easy to the users.

The flowchart on the next page can show the possible paths of app using by the user.

The flowchart was created using Miro.

Log-in page —entering login and password→ Main page

Treatment
do you already have a doctor?
- yes → yes, append my doctor
- no → no, continue without a doctor
- no → no, find a new doctor → doctors base — find a doctor

treatment
- make an appointment — visit a doctor or send her/him message
- examinations — find your examinations story of remind about new one
- photos base — fidn your story and add new skin photos

Support
- Psychologist
  - find a psychologist
  - append your psychologist → make an appointment
- Forum — fidn or ask specific topic

Knowledge base
- Disease
- Diet
- Events
- Ask a question

Find drug/ cosmetic
- entering the searched product → product
- searching on the map → products map
- searching by opinion/price → list of products

miro