

## **User Booklet- Caregivers**

### **Registration**

You have to register when you use the app first time.

To register as a user

- Open the Saksham app by clicking on it
- A screen opens that asks you to enter caregivers ID, Patients ID and password.
- Enter your valid email address and patients' email address in the columns for ID. If you don't have an email id, you have to create one
- Enter (new) password
- Click on Register

After you have registered, the app asks you for permissions to record the information and to take the images. You have the option to Click 'Allow' if you wish to proceed.

You have to register only once. The app asks you to enter the username and password only the first time you use the app or if you logout.

If you have logged out and you want to login again

- Enter caregiver ID (your email ) patient's ID (patient's email ) and password.
- Click on Submit

After you register, you have to indicate your consent to participate in the study.

### **Participant Information sheet will give you information about the Saksham App and your participation in this study**

#### **Participant informed consent form is for taking your consent**

Please read the **Participant Information sheet and Participant informed consent form** carefully. Talk to others about the study if you wish.

Please ask us if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part.

Click on 'I agree' if you are satisfied and agree to participate in the study.

## **Steps to use the app module**

### **Medication adherence**

#### Steps

- 1.) To validate the record of medicines intake of patient
  - Click on Medication adherence
  - A screen opens that shows a list of medicine the patient has to take daily
  - The response under the column “ patient” is the response recorded by patient
  - Under the column for “caregiver” , you can record your response
    - If patient took a particular medicine, tick the box

\*Information in this module has to be entered atleast once a day.

\* If you have internet connection, the information for patient is updated automatically

- 2.) To see the important tips related to medication adherence, click on icon (for Saarthi followed by screenshot of page that opens)
- 3.) To read the information related to medication adherence, click on icon (for info and followed by screenshot of page that opens)

### **Daily Routine**

- 1.) To validate the record of daily activities done by the patient
  - Click on Daily Routine
  - A screen opens that shows a list of daily tasks that the patient has to do daily
  - The response under the column “ patient” is the response recorded by patient
  - Under the column for “caregiver” , you can record your response
    - If patient completed a particular activity, tick the box

\*Information in this module has to be entered at least once a day.

\* If you have internet connection, the information for patient is updated automatically

- 2.) To see the important tips related to daily routine, click on icon (for Saarthi followed by screenshot of page that opens)

3.) To read the information related to daily routine, click on icon (for info )

### **My Day**

You can enter information related to your day or about your caretaking related activities in this module

#### **Steps**

- Click on the module “My Day”
- You can see two questions.
- In front of each question, there is a drop down menu button. Click on it to see the options.
- Click on right option
- Click on Button “Submit”  
Your response gets recorded.

#### **Psychoeducation**

To read more about the illness, click on module psychoeducation (icon)

Screen opens (screenshot)

You can navigate across pages by clicking on these buttons (forward and backward)

#### **Library**

Library has modules on Eating Right, Physical Activity and Health monitoring

You can click on specific sections to read about them.

#### **To read about the app**

- click on this icon on right top side of screen.
- A list opens
- Click on option ‘about app’

#### **To enter information about yourself (user profile)**

- click on this icon on right top side of screen
- A list opens
- Click on ‘User profile’
- Enter the information
- Click on save

#### **To read the disclaimer**

- click on this icon on right top side of
- A list opens