ARDEA OUTCOMES

Evaluating a symptom tracking mobile app for use in people with dementia

Alzheimer Europe 2020

Taylor Dunn, Justin Stanley, Sanja Stanojevic, Tomasz Rudka, Susan Howlett, Kenneth Rockwood

DALHOUSIE UNIVERSITY

DANONE NUTRICIA

Objectives

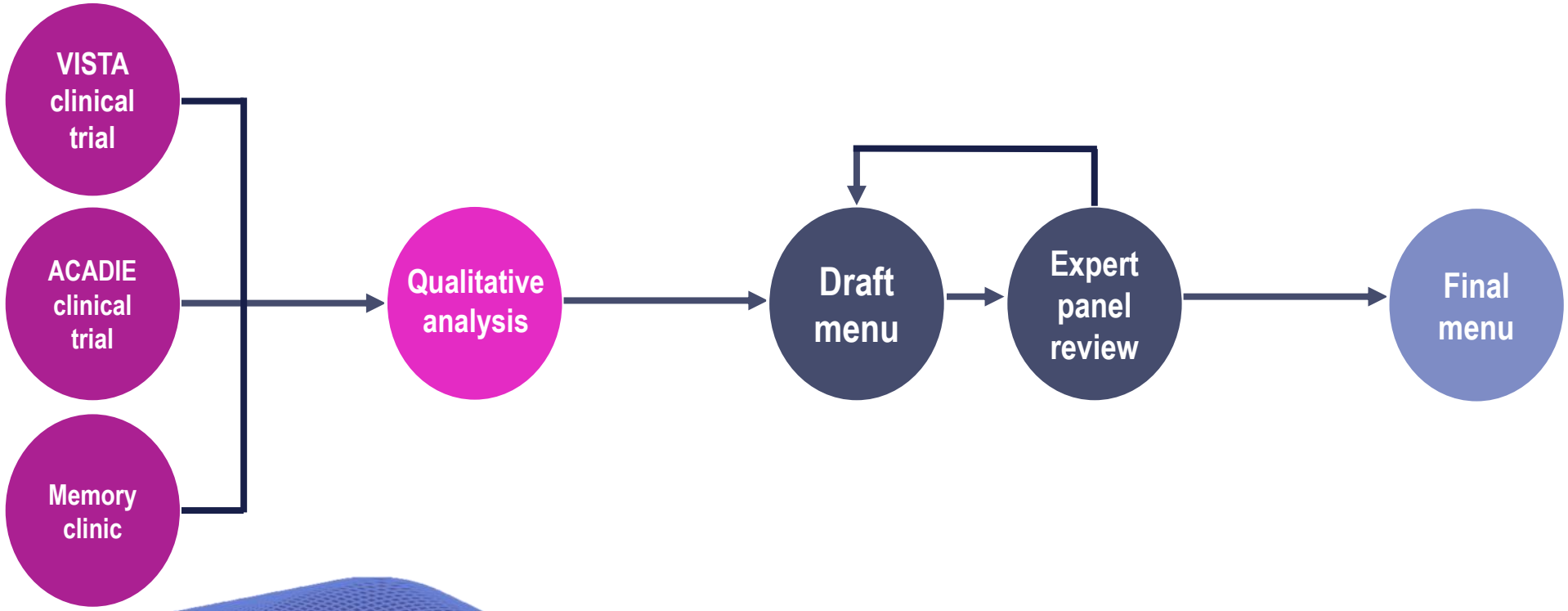
- To introduce the **myGoalNav™ Dementia** platform and give an overview of our users.
- To compare users from a **memory clinic** in Halifax, NS, Canada to **online-only** users.
- To investigate the most important symptoms reported by our users using two metrics: **frequency** and **potency**.

***Note: the platform was renamed from **SymptomGuide Dementia** recently.

ARDEA OUTCOMES

Background

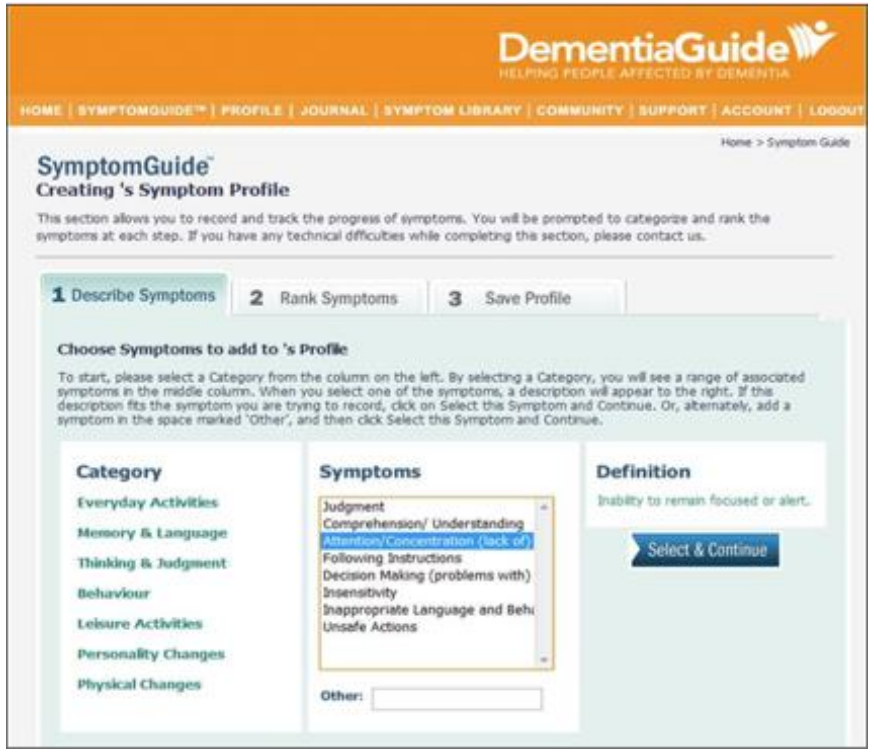
- myGoalNav™ is a mobile application that allows **caregivers of people with dementia and mild cognitive impairment (MCI)** to track their most important **symptoms and treatment goals** from a menu.
- This menu was developed from qualitative analysis of treatment goals set by patients, caregivers and clinicians in **two dementia clinical trials** and a **memory clinic** in Halifax, Nova Scotia.



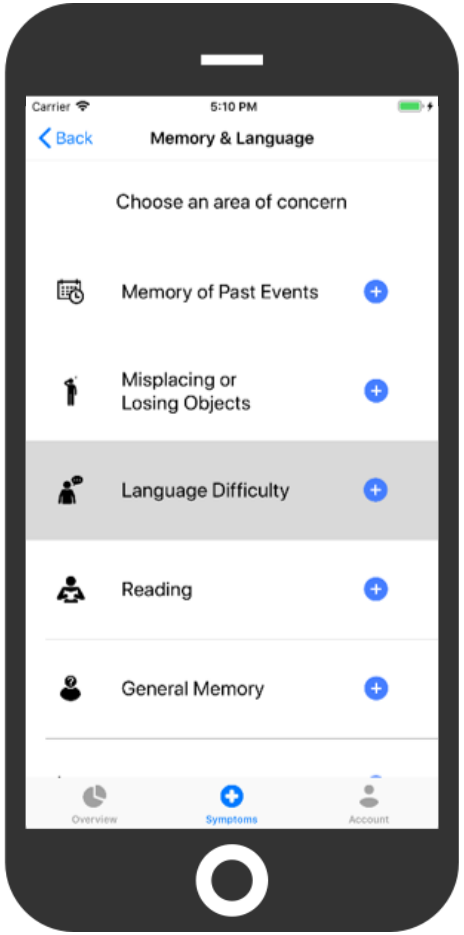
ARDEA OUTCOMES

myGoalNav™

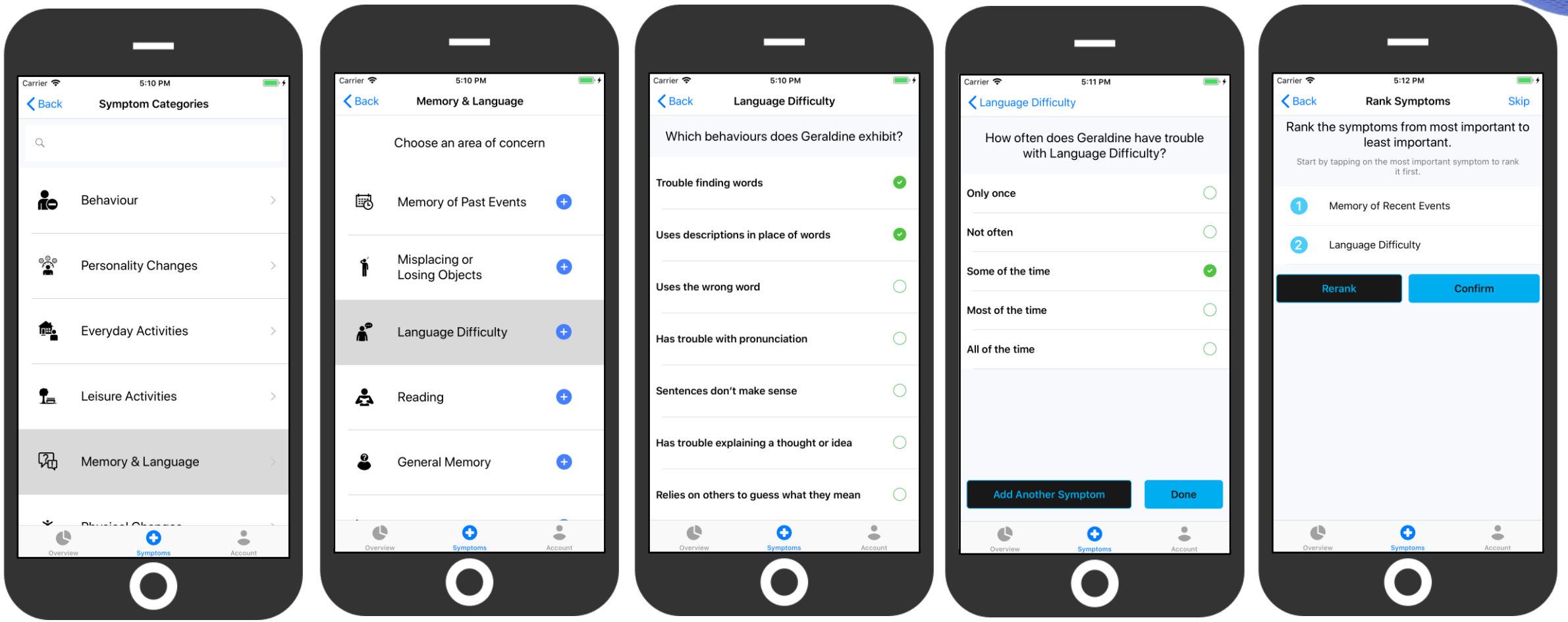
2006-2018



2018-Present



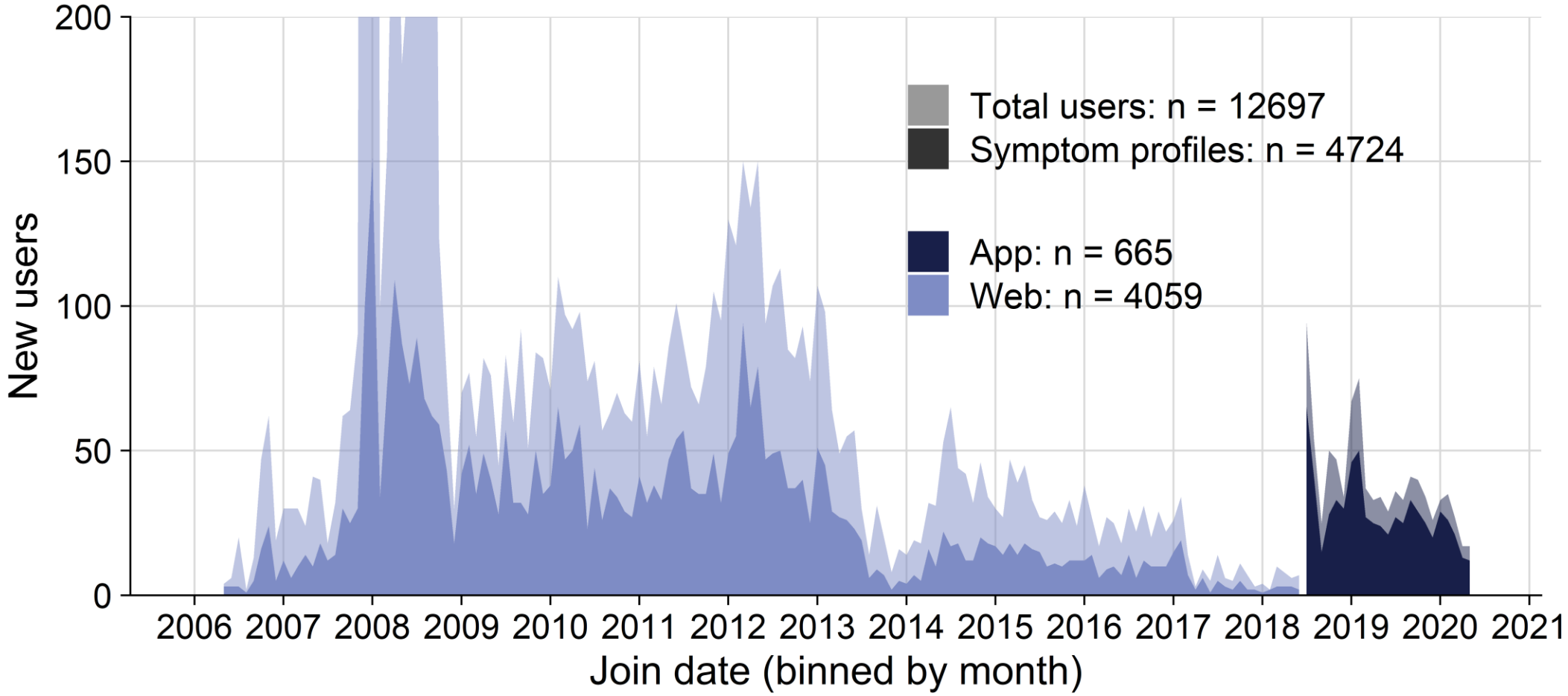
ARDEA OUTCOMES



Category | Symptom | Descriptors | Frequency | Ranking

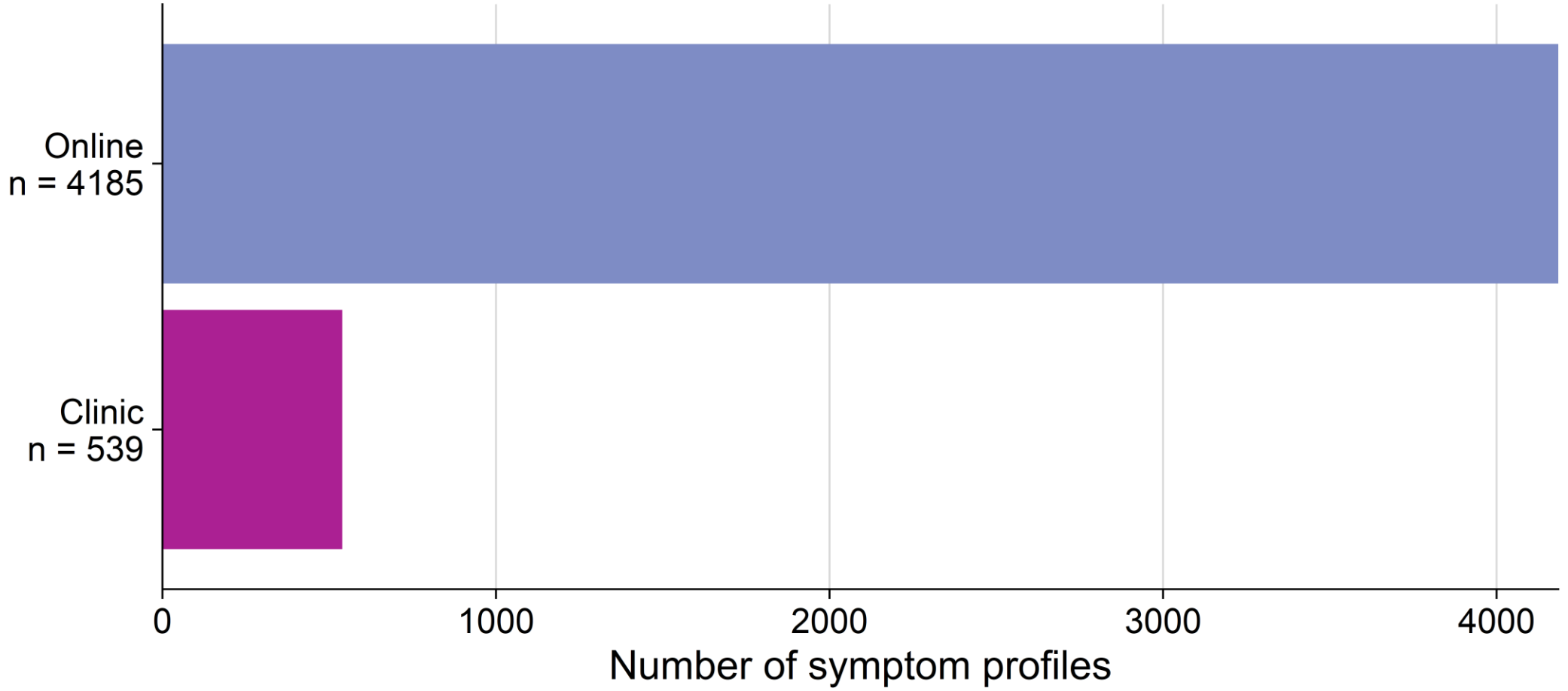
ARDEA OUTCOMES

Platform growth



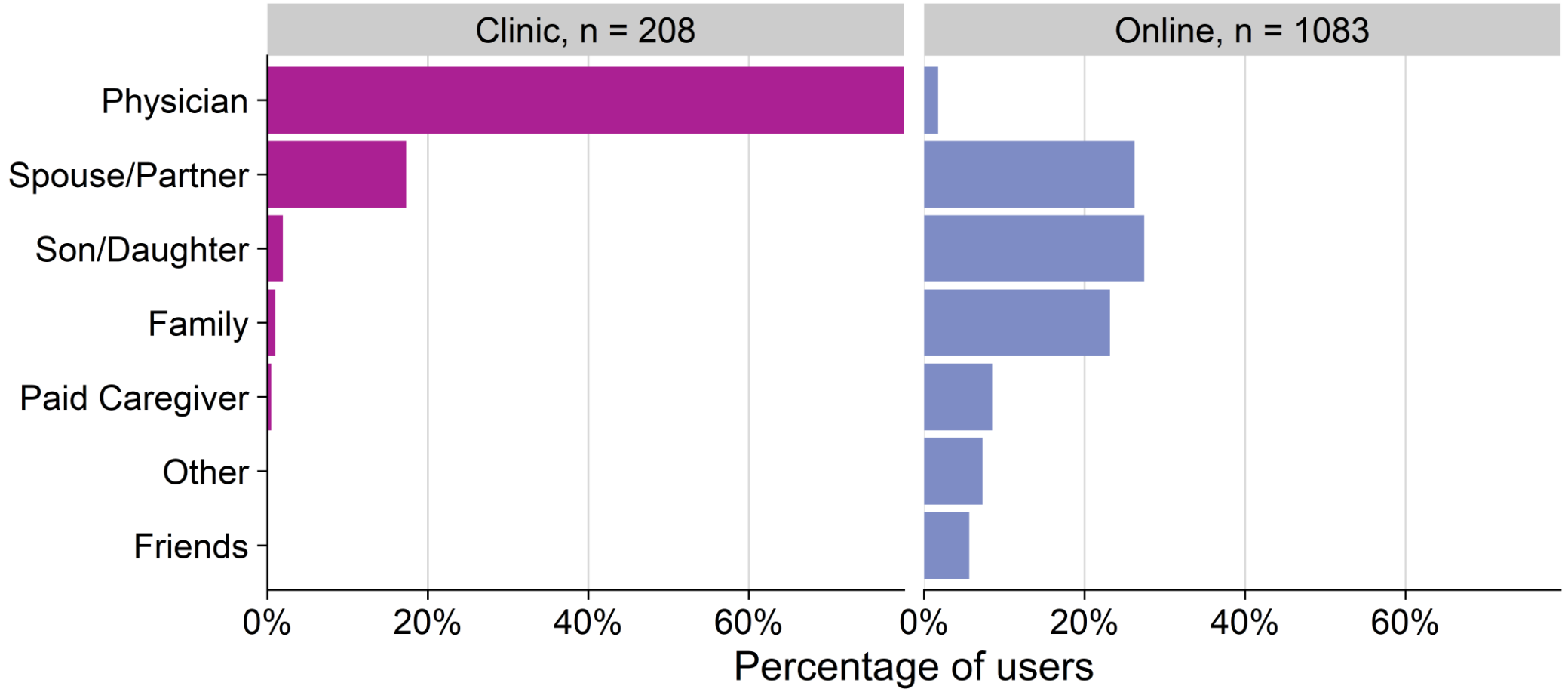
ARDEA OUTCOMES

Profiles by setting



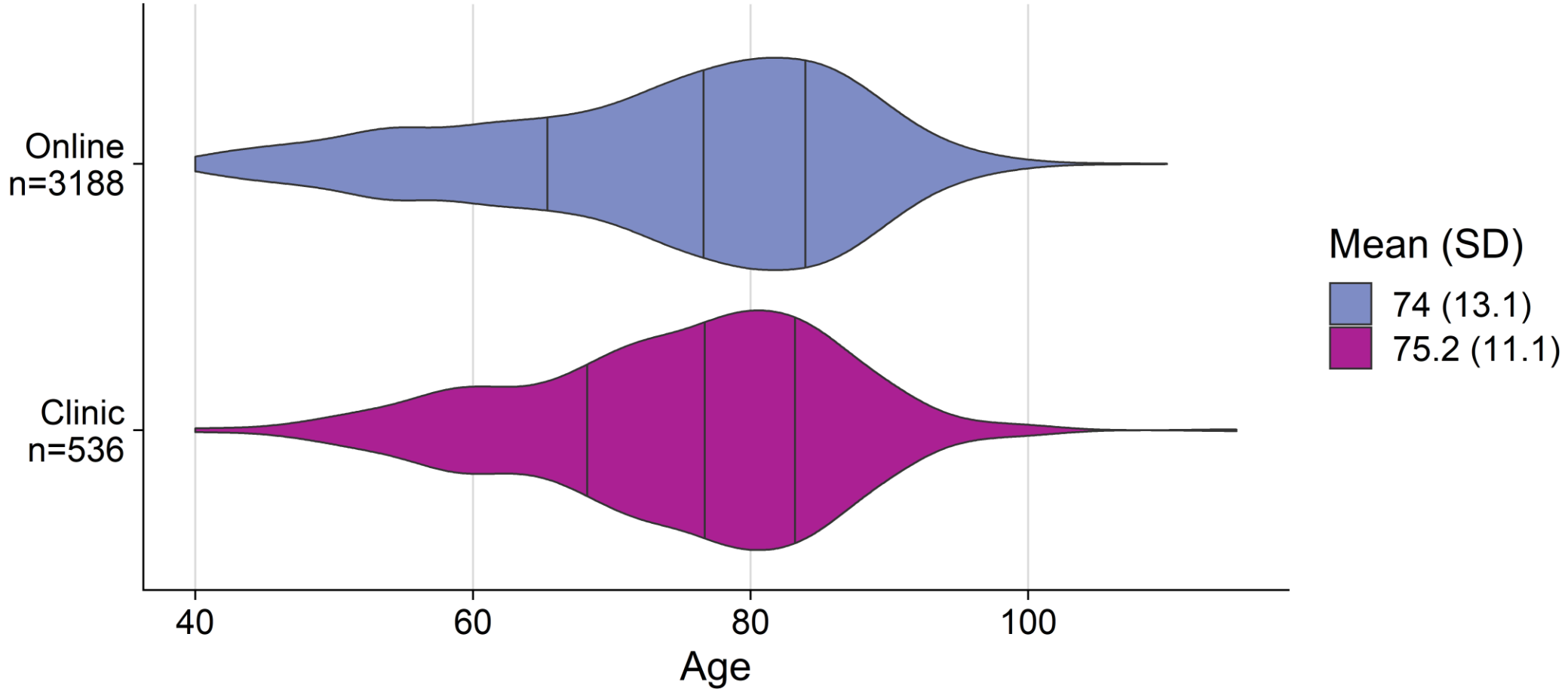
ARDEA OUTCOMES

Caregiver relationship distribution



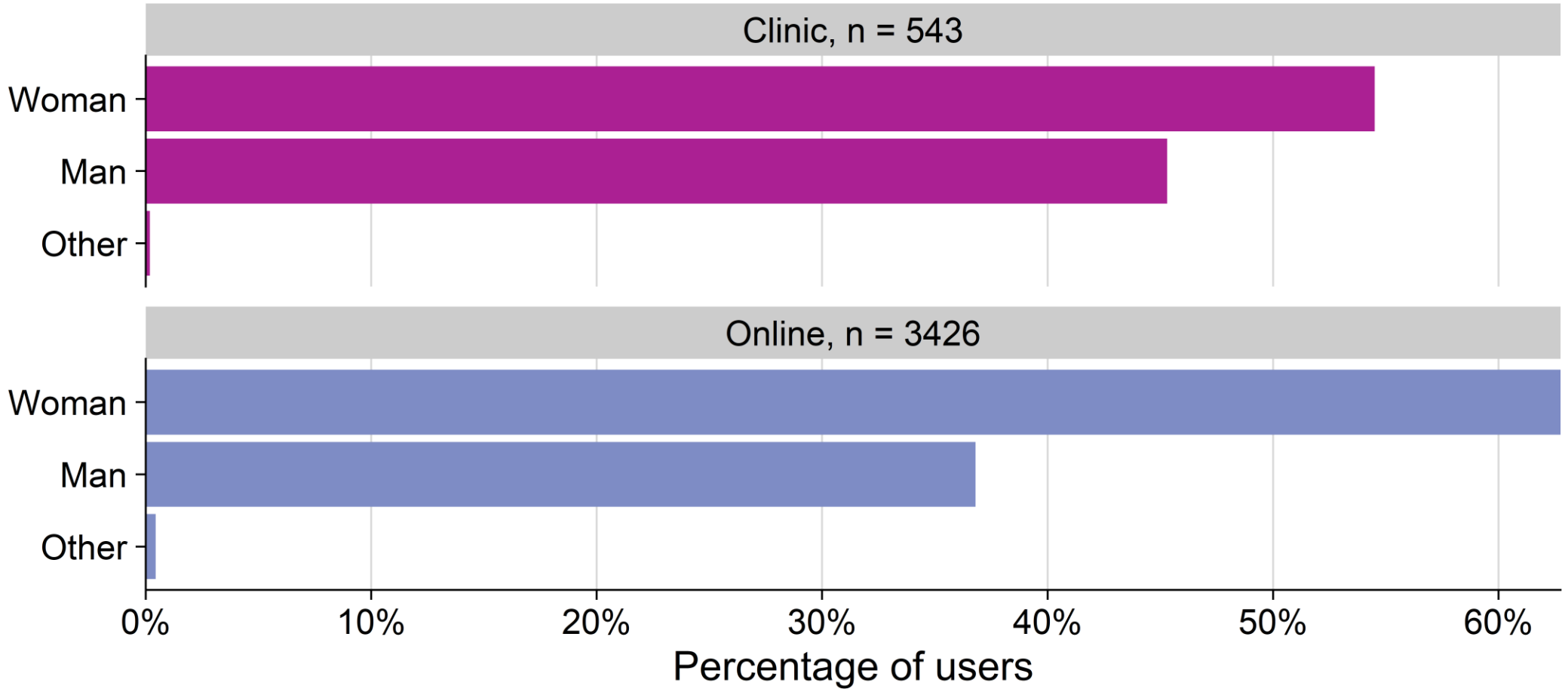
ARDEA OUTCOMES

Age distribution



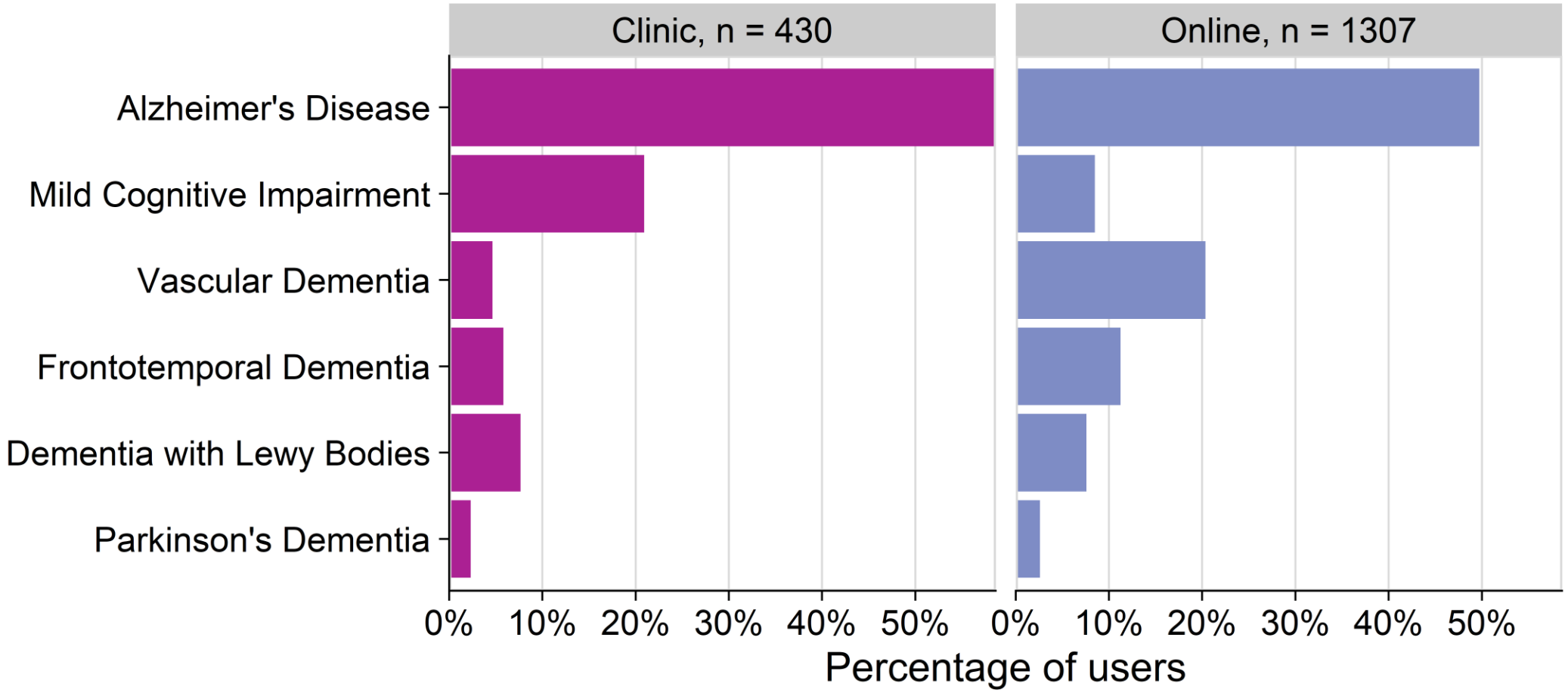
ARDEA OUTCOMES

Gender distribution



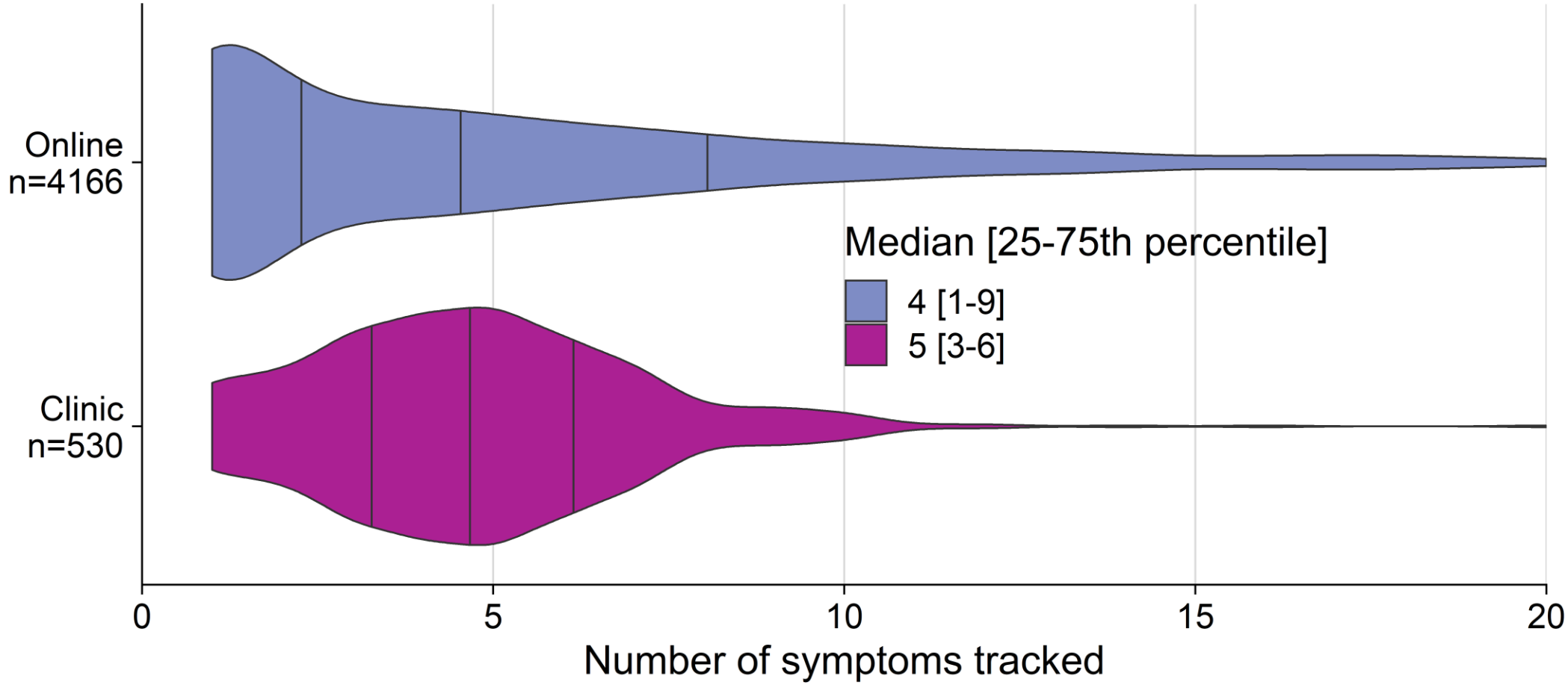
ARDEA OUTCOMES

Diagnosis distribution



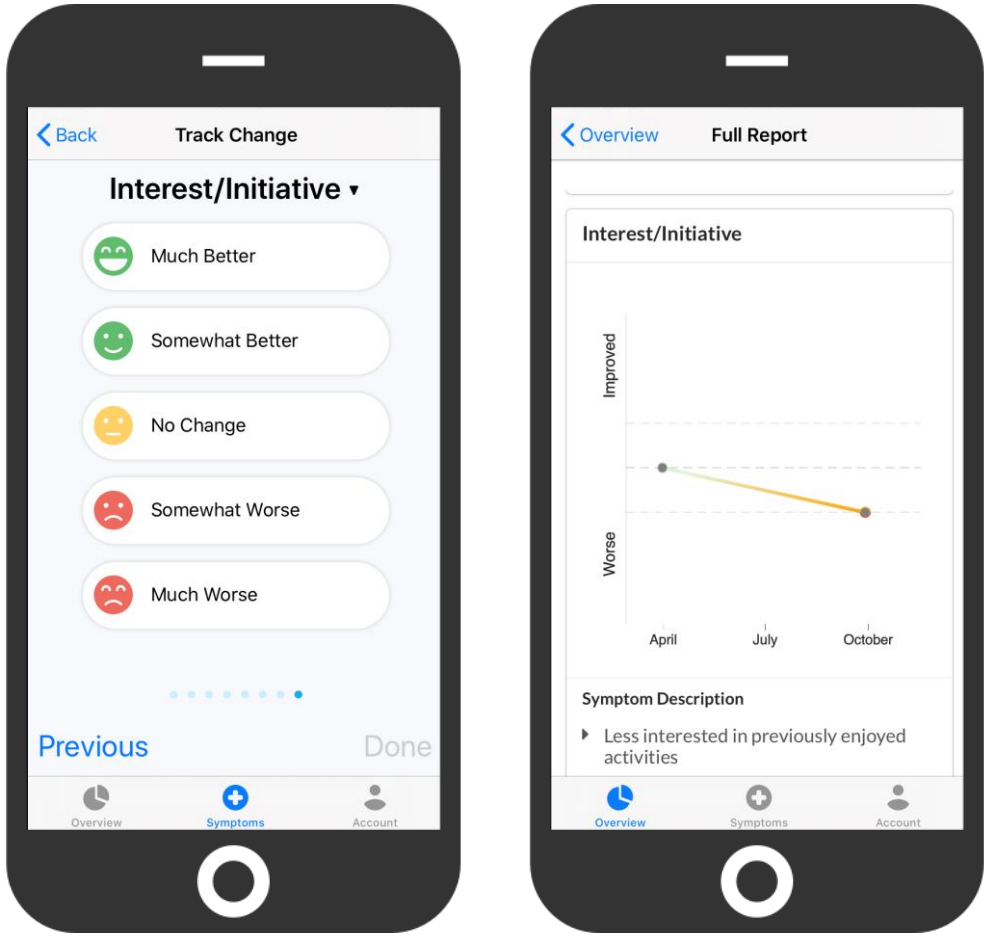
ARDEA OUTCOMES

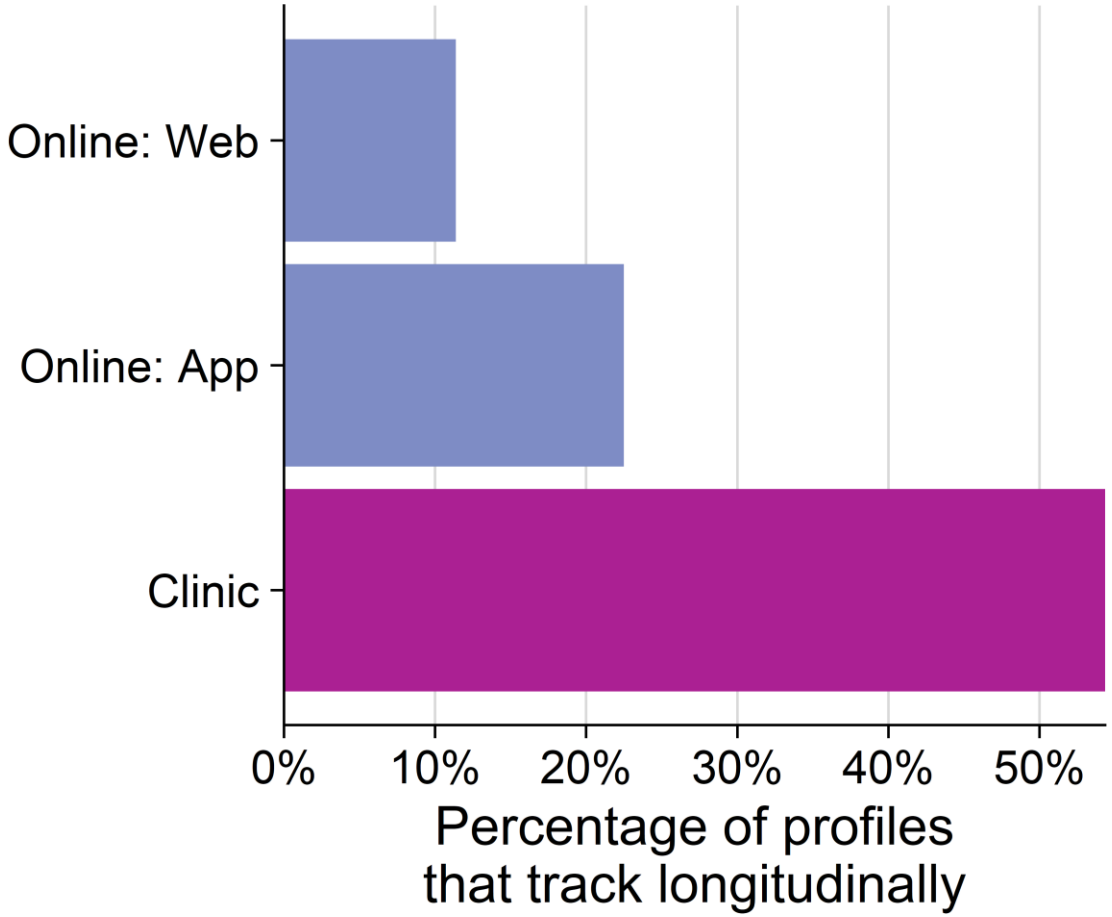
Number of symptoms tracked



ARDEA OUTCOMES

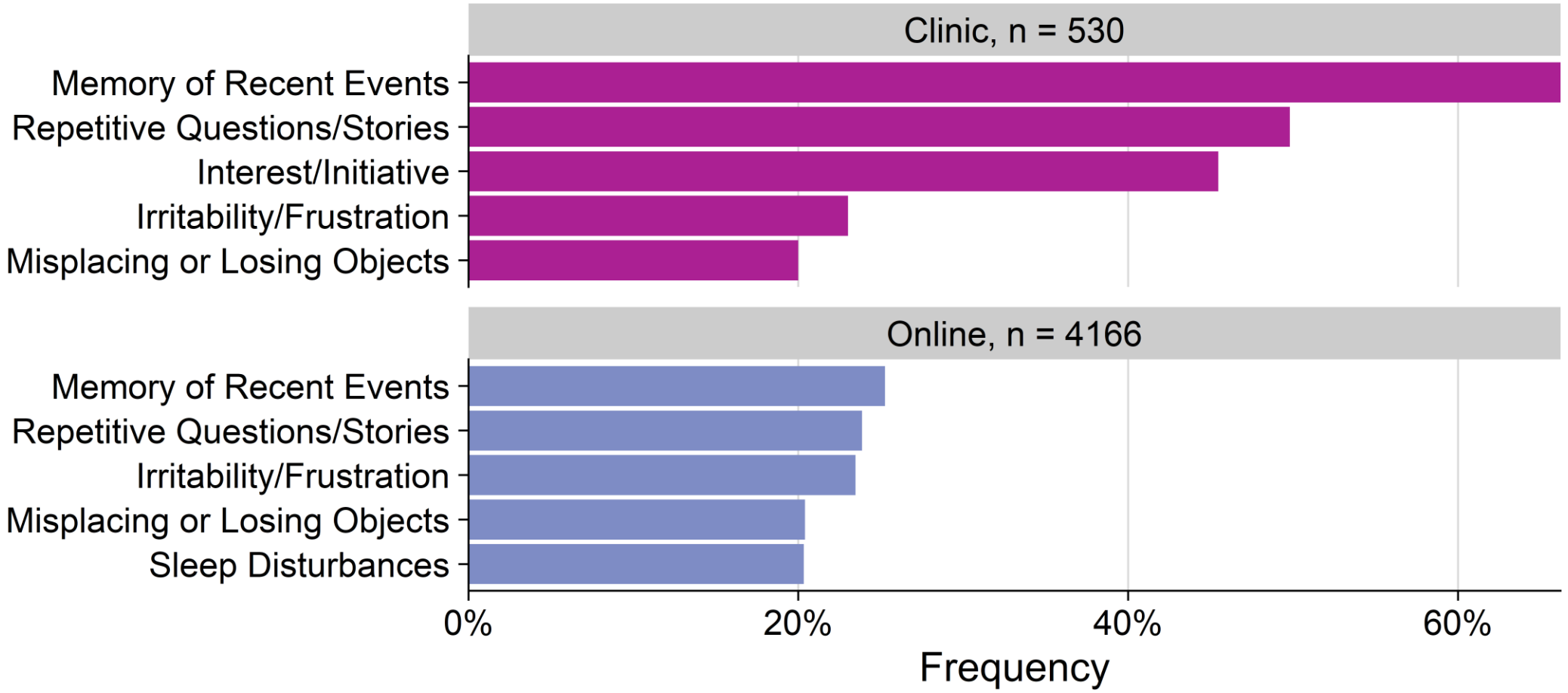
Longitudinal tracking





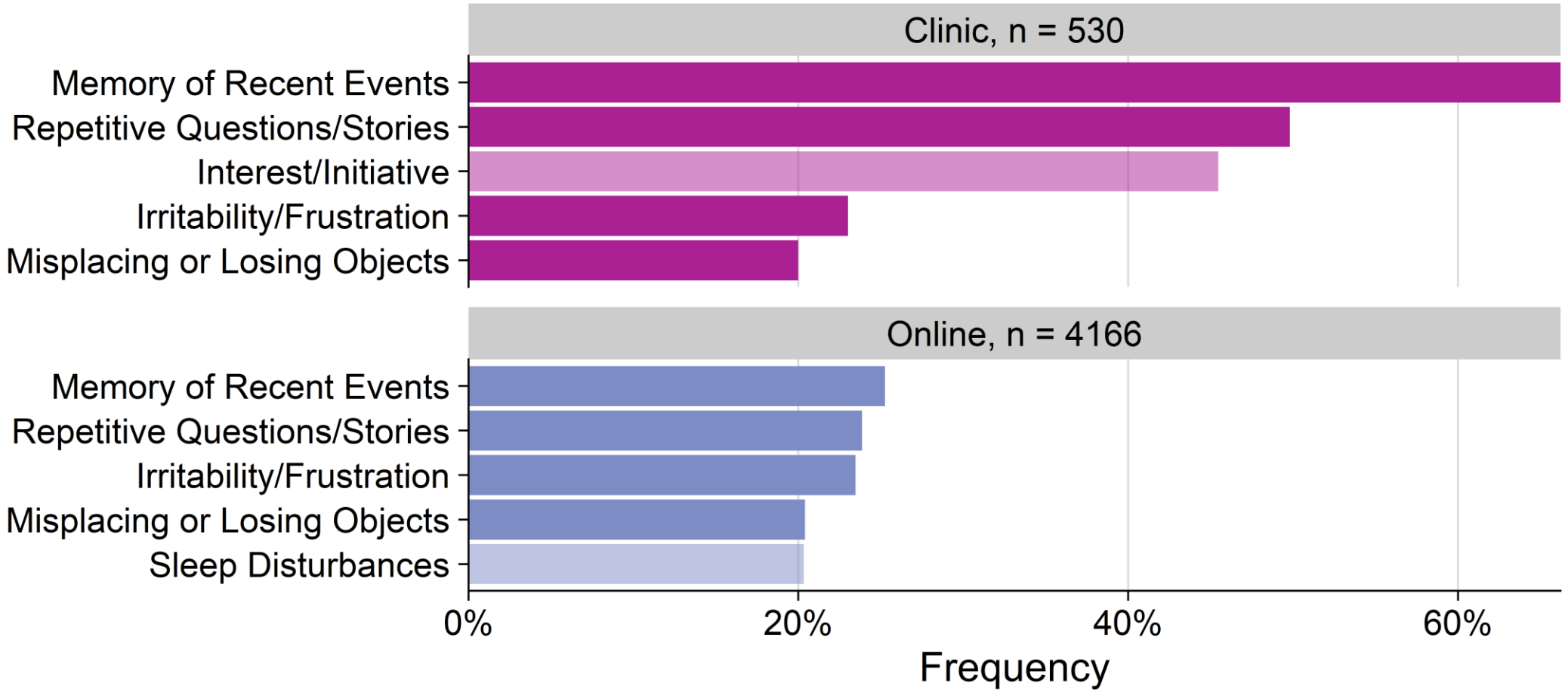
ARDEA OUTCOMES

Top 5 most frequent symptoms



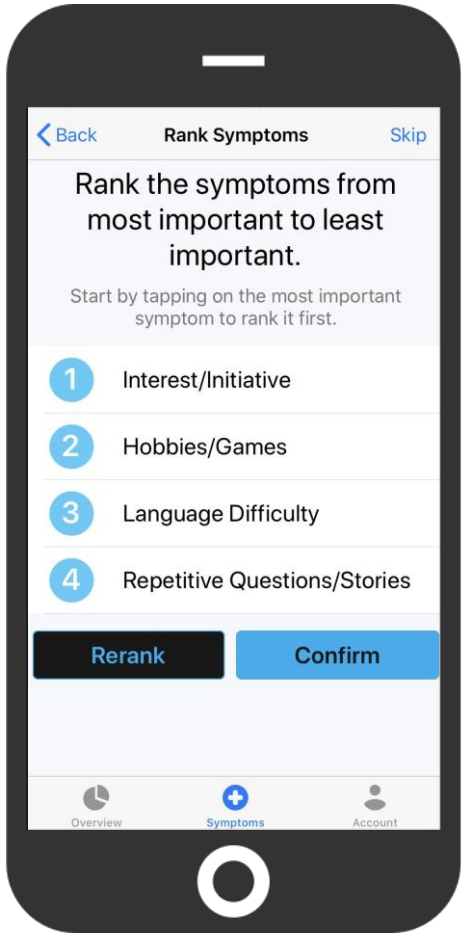
ARDEA OUTCOMES

Top 5 most frequent symptoms



ARDEA OUTCOMES

Symptom potency

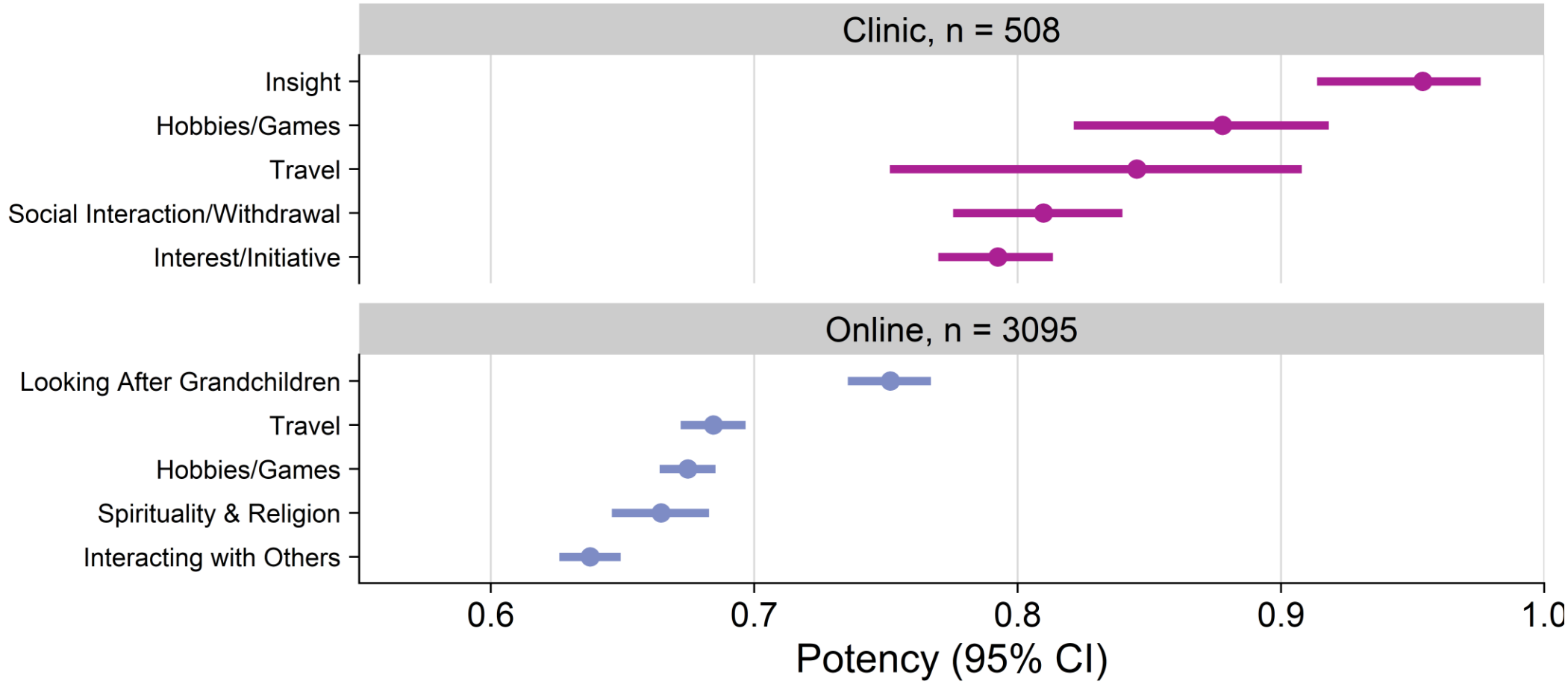


We define **symptom potency** as **relative importance** of a symptom on the individual level.

Symptom	Rank	Weight	Potency
Interest/Initiative	1	4	**4/4 = 1.00**
Hobbies/Games	2	3	**3/4 = 0.75**
Language Difficulty	3	2	**2/4 = 0.50**
Repetitive Questions/Stories	4	1	**1/4 = 0.25**

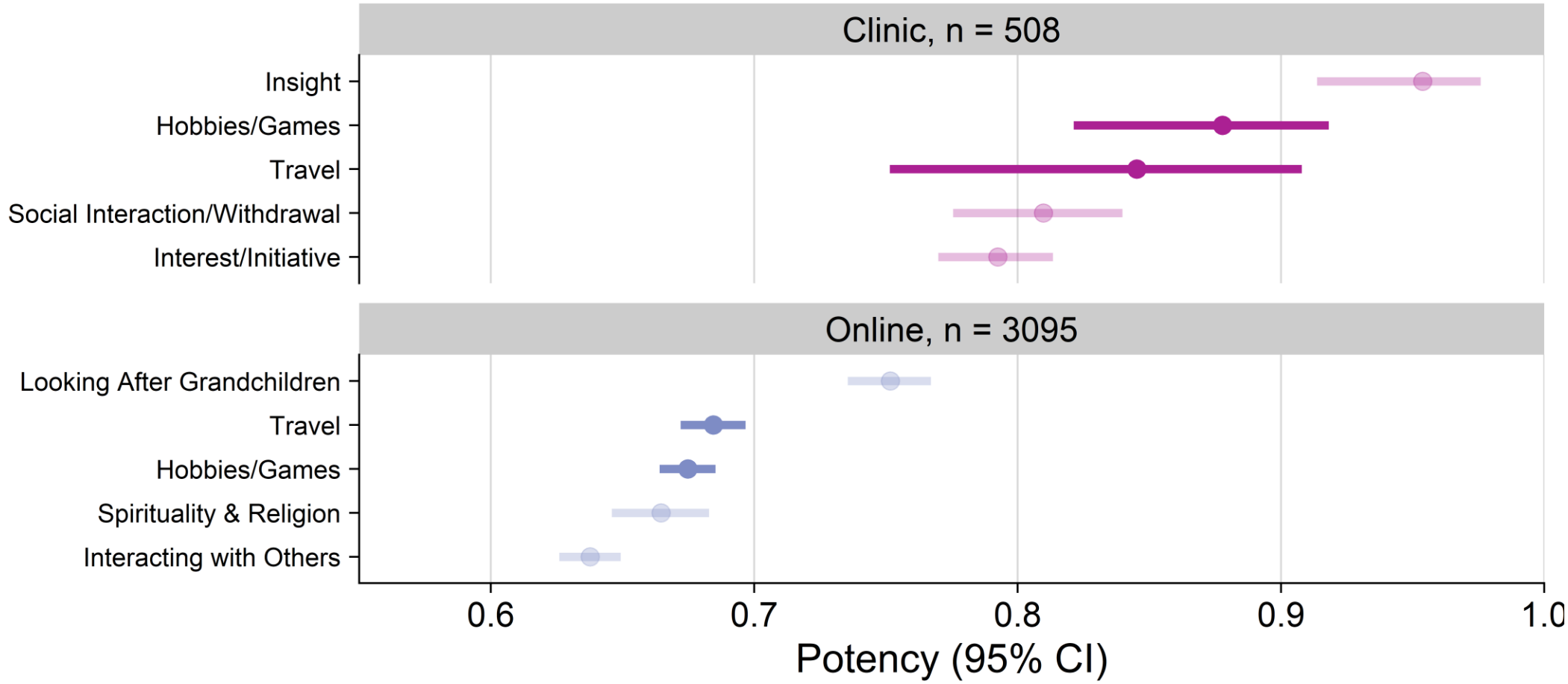
ARDEA OUTCOMES

Top 5 most potent symptoms



ARDEA OUTCOMES

Top 5 most potent symptoms



ARDEA OUTCOMES

Conclusions

- Tracking tendencies tend to differ by setting (**memory clinic** vs **online-only**), such as:
  - The number of symptoms tracked
  - The likelihood of tracking longitudinally
  - However, the most frequently tracked symptoms were similar between the groups
- An online symptom tracking tool allowed us to understand which symptoms are the most important to people with cognitive impairment and their caregivers.
  - Translating symptom frequency into potency further clarified their impact on peoples' everyday lives.
- These insights are being used to design a **Real World Evidence** study with Nutricia to help people with **Mild Cognitive Impairment** better manage their symptoms and communicate with their doctors.

ARDEA OUTCOMES