IMPLEMENTATION OF DIGITAL TOOLS INTO CARE: DOORS, APP EVALUATION, & THE DIGITAL NAVIGATOR

The Division of Digital Psychiatry
Beth Israel Lahey Health & Harvard Medical School

Chair: John Torous, MD MBI
Presenters: Bridget Dwyer (BS), Elana Perlmutter (BS), Jane Mikkelson (BA)
Discussant: Jonathan Chevinsky, MD
We have the following financial relationships to disclose: None

We have no relevant financial relationships to disclose.
Introductions

Chair: John Torous, MD MBI

Presenters: Bridget Dwyer BS, Jane Mikkelson BA, & Elana Perlmutter BS

Discussant: Jonathan Chevinsky, MD
Overview

IMPLEMENTATION OF DIGITAL TOOLS INTO CARE: DOORS

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Growing Reliance on Digital Tools

While adoption of all digital health tools has increased since 2019, tele-visits have increased the most significantly.

Use of tele-visits/virtual visits and remote monitoring for efficiency and improved patient care has increased significantly.

AMA Digital Health Study, 2022
A Digital Society

[Diagram of a pyramid with the following levels:
- **Self-Actualization**: Pursue Inner Talent, Creativity, Fulfillment
- **Self-Esteem**: Achievement, Mastery, Recognition, Respect
- **Belonging - Love**: Friends, Family, Spouse, Lover
- **Safety**: Security, Stability, Freedom from Fear
- **Physiological**: Food, Water, Shelter, Warmth

At the base of the pyramid, the terms "WiFi" and "Battery Life" are highlighted.]
“The digital divide is the gap between those who have affordable **access**, **skills**, and **support** to effectively engage online and those who do not. As technology constantly evolves, the digital divide prevents equal participation and opportunity in all parts of life, disproportionately affecting people of color, Indigenous peoples, households with low incomes, people with disabilities, people in rural areas, and older adults.”

-National Digital Inclusion Alliance
Two Main Culprits

ACCESS

Physical devices, Broadband Internet

ACTUAL USE

Digital Skills, Autonomy, Social Support

The Digital Divide

1st Order

2nd Order
Cell Phone Ownership Among US Adults

Mobile phone ownership
% of U.S. adults who say they own a ...

- 97% own a cellphone
- 90% own a smartphone
Smartphone Access >> Computer in 2024

Rates of smartphone ownership, broadband subscription vary across groups, including by household income and education

% of U.S. adults who say they own or subscribe to the following

- **Smartphone**:
  - U.S. adults: 90%
  - White: 91%
  - Black: 84%
  - Hispanic: 91%
  - Asian*: 97%
  - Ages 18-29: 97%
  - Ages 30-49: 97%
  - Ages 50-64: 89%
  - Ages 65+: 76%
  - HS or less: 83%
  - Some college: 92%
  - College+: 97%
  - Household income:
    - <$30K: 79%
    - $30K-$69,999: 90%
    - $70K-$99,999: 94%
    - $100K+: 98%
  - Urban: 91%
  - Suburban: 93%
  - Rural: 87%

- **Home Broadband**:
  - U.S. adults: 80%
  - White: 83%
  - Black: 68%
  - Hispanic: 75%
  - Asian*: 84%
  - Ages 18-29: 78%
  - Ages 30-49: 87%
  - Ages 50-64: 81%
  - Ages 65+: 70%
  - HS or less: 65%
  - Some college: 83%
  - College+: 92%
  - Household income:
    - <$30K: 57%
    - $30K-$69,999: 76%
    - $70K-$99,999: 88%
    - $100K+: 95%
  - Urban: 77%
  - Suburban: 86%
  - Rural: 73%

15% of U.S. adults are 'smartphone dependent,' and this share is greater among those with lower incomes

% of U.S. adults who are smartphone dependent (i.e., say they have a smartphone but do not subscribe to home broadband)

- U.S. adults: 15%
  - White: 12%
  - Black: 21%
  - Hispanic: 20%
  - Asian*: 14%
  - Ages 18-29: 20%
  - Ages 30-49: 14%
  - Ages 50-64: 16%
  - Ages 65+: 20%
  - HS or less: 24%
  - Some college: 13%
  - College+: 6%
  - Household income:
    - <$30K: 28%
    - $30K-$69,999: 19%
    - $70K-$99,999: 9%
    - $100K+: 4%
  - Urban: 17%
  - Suburban: 11%
  - Rural: 18%

*Estimates for Asian adults are representative of English speakers only.

Note: White, Black and Asian adults include those who report being only one race and are not Hispanic. Hispanic adults are of any race. Those who did not give an answer or who gave other responses are not shown.


PEW RESEARCH CENTER
Ownership does not ensure internet access

Affordable Connectivity Program Benefits

- Up to $30/month towards broadband service from participating providers
- Up to $75/month towards broadband service for households on tribal lands, including Hawaiian Home Lands
- A one-time discount of up to $100 to purchase a laptop, desktop, computer, or tablet
Digital literacy as a barrier to adoption

Proportions of participants who self-report that specific symptoms act as barriers to Internet use
How can we increase digital equity?

“...digital health ecosystems should be designed with health equity at the forefront to avoid deepening existing health inequalities”

-Kessel et al., 2022

“Increasing digital literacy amongst underserved populations requires measurement-based approaches and actionable steps that facilitate digital learning”

-Crawford & Serhal, 2020
The Digital Navigator
What is a Digital Navigator?

• Next Step in Mental Health Care
• New Member of the Care Team
• Lived Experiences Meets Technology Experience
Three Iterations of the Digital Navigator Role

**Support** anyone to use their own smartphone towards recovery

**Help** anyone navigate and find useful apps

**Increase** engagement and benefit from technology
Three Iterations of the Digital Navigator Role

**Support** anyone to use their own smartphone towards recovery

**Help** anyone navigate and find useful apps

**Increase** engagement and benefit from technology
DOORS: Digital Outreach for Obtaining Resources and Skills

- 8-week digital skills curriculum
- In-person groups
- Led by Digital Navigator
- Developed for smartphones and laptops
- Associated manual, handouts, and surveys
- Developed to be adapted within different settings
- Emphasizes 1 on 1 help
DOORS Curriculum

Session #1
What are smartphones? How can we use them?

Session #2
How can we use smartphones to stay healthy?

Session #3
How can our smartphones help us stay organized?

Session #4
Using our smartphones to connect with friends

Session #5
Using our smartphones to connect professionally

Session #6
Learning new skills with the help of our smartphones

Session #7
Staying safe and making smart choices on our smartphones

Session #8
Enjoying downtime on our smartphones
Mock Agenda

• Survey
• Lesson Overview
• Core Smartphone Skills Discussion
• Skill Building
• Practice Activity

Skill of the week: Connecting to WiFi
How can you use your smartphone towards your mental health?
SKILL BUILDING: WI-FI (#1 SKILL)

What is the difference between Wifi and data?

**Wi-Fi**
- Free
- Can’t access everywhere
- Available at the library, Starbucks, Dunkin’ Donuts, etc.

**Data**
- Costs money
- Can have prepaid plans or contracts
- Usually need data to make calls
PRACTICE: WI-FI (APPLE)

1. Find and open settings
2. Click on the ‘Wi-Fi’ tab
3. Select the network of interest
4. Enter password
5. Click join
PRACTICE: WI-FI (ANDROID)

1. Find and open settings
2. Click on the ‘Network & Internet’ tab
3. Select the ‘Wi-Fi’ tab
4. Enter password
5. Click join
Implementing DOORS

Things to consider…

- Community partnership
- Digital literacy level of the population that you serve
- Technology access
- Culture of the population you serve
- Engagement
Our Digital Skills Assessment

- Based on review of leading digital literacy scales
  - Digital Health Care Literacy Scale (DHLS)
  - The e-Health Literacy Scale (e-HEALS)
  - Skills and Proficiency In Essential Digital Requirements (SPIDER)
- Combine our knowledge from working with patients
Question 1: Addressing Access

Please indicate your answers by checking the corresponding boxes. Select all that apply.

| 1. I have a digital device. | □ Yes, I have a... |
| | □ Phone |
| | □ Android □ Apple |
| | □ Tablet/iPad |
| | □ Laptop/Computer |
| □ No | □ I want to see if I qualify for a free device |
### 2. Without help from others...

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes, via...</th>
<th>No</th>
<th>I want to learn more</th>
</tr>
</thead>
<tbody>
<tr>
<td>2a. I can use a device to contact my family and friends</td>
<td>☐ Call</td>
<td>☐</td>
<td>☐ I want to learn more</td>
</tr>
<tr>
<td></td>
<td>☐ Text</td>
<td>☐</td>
<td></td>
</tr>
<tr>
<td></td>
<td>☐ Email</td>
<td>☐</td>
<td></td>
</tr>
<tr>
<td></td>
<td>☐ Video chat (Zoom)</td>
<td>☐</td>
<td></td>
</tr>
<tr>
<td>2b. I can use a device to access the internet and find online resources to help solve problems in my day-to-day life. (Ex. Maps, Google search, YouTube)</td>
<td>☐ Yes</td>
<td>☐</td>
<td>☐ I want to learn more</td>
</tr>
<tr>
<td>2c. I can practice internet safety and maintain my privacy. (Ex. Manage account information/passwords, evaluate reliability of external resources)</td>
<td>☐ Yes</td>
<td>☐</td>
<td>☐ I want to learn more</td>
</tr>
<tr>
<td>Question</td>
<td>Options</td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------</td>
<td>---------</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>2d. I can use my device towards professional skills/development.</strong></td>
<td>□ Yes □ No □ I want to learn more</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Ex. Find a job online, work remotely, complete school/work)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>2e. I can use my device to do the following activities related to my healthcare:</strong></td>
<td>□ Contact a healthcare provider □ Schedule appointments □ Keep track of appointments □ Meet a provider virtually □ Use apps to manage my health □ No □ I want to learn more</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>2f. I have used a health/wellness app before.</strong></td>
<td>□ Yes □ No □ I want to learn more</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I used it for...</td>
<td>□ &lt;1 week □ 1-2 weeks □ 2-4 weeks □ More than 1 month</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
3. Is there another digital skill you would like to learn about? Please write response below.
Questions

Onlinequestions.org
Event Number: 61119
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IMPLEMENTATION OF DIGITAL TOOLS INTO CARE

Support anyone to use their own smartphone towards recovery

Help anyone navigate and find useful apps

Increase engagement and benefit from technology
There’s an app for that… or is there?

Over **10,000** mental health related apps available to download

Since COVID, searches for depression apps rose **156%**

Searches for mindfulness apps rose **2,483%**

No effective regulation for most mental health apps or technology

The Real Harm of Crisis Text Line's Data Sharing
People who need help have access to a growing number of advice and care tools—some helpful, some harmful. Consumer protections need updating.

Crisis Text Line tried to monetize its users. Can big data ever be ethical?
The crisis intervention service had concerns about its financial future, but made a huge mistake.
“While I was in crisis, the responses do not make sense and do not really relate to what I wrote. It makes me feel like I am not being listened to. I know it is an AI program and not a real person but it still ends up making me feel worse and not better.”

Haque MDR, Rubya S. An Overview of Chatbot-Based Mobile Mental Health Apps: Insights From App Description and User Reviews. JMIR Mhealth Uhealth. 2023 May 22;11:e44838. doi: 10.2196/44838. PMID: 37213181; PMCID: PMC10242473.
What is the absolute best treatment for depression?
No one size fits all

- No “A+” or top medication or therapy
- Different People React and Use Apps Differently
- Different Clinical Needs for the Same App at Different Times
- Apps are Constantly Updating. Which Version was Rated?
An App Evaluation Framework

- Data integration
- Ease of use
- Evidence based
- Privacy and security
- Background information

From Framework to Actionable Database
Translating Concepts into Yes/No Questions

Is there a privacy policy?
Does the app declare data use and purpose?
Does the app report security measures in place?
Is PHI shared?
Is de-identified data shared?
Is anonymized/aggregate data shared?
Can you opt out of data collection?
Can you delete your data?
Is the user data stored only on the device?
Is the user data stored on a server?
Does the app claim it meets HIPAA?
Reading level of the privacy policy?
Review the 100+ Objective Questions

The questions are aligned with the levels of the APA pyramid but are designed for you to pick which matter when and where.

Origin and Functionality, Privacy and Security, Inputs and Outputs, Clinical Foundation, Engagement Style, Interoperability and Sharing
Translating Questions to Filters

Privacy & Security

- Is there a privacy policy?  Yes  No
- Is the data stored only on the device?  Yes  No
- Is the data stored on a server?  Yes  No
- Can you delete your data?  Yes  No
- Does the app declare data use and purpose?  Yes  No
- Does the app report security measures in place?  Yes  No
- Is PHI shared?  Yes  No
- Is de-identified/anonymized data shared?  Yes  No
- Is aggregate data shared?  Yes  No
- Can you opt out of data collection?  Yes  No
- Does the app claim to meet HIPAA?  Yes  No

Privacy

- Aggregated Data Shared
- App Declares Data Use and Purpose
- App Reports Security Measures in Place
- Can Delete Data
- Can Opt Out of Data Collection
- Data Stored on Device
- Data Stored on Server
- De-Identified/Anonymized Data Shared
- Has Privacy Policy
- Is PHI Shared
- Meets HIPAA
Role of the Digital Navigator

● **App evaluation**
  ○ Adding new apps to MIND and updating current apps
  ○ Downloading and testing apps’ functionality & features
  ○ applying APA app evaluation framework through yes/no questions

● **Facilitate database navigation and app matching**
  ○ DOORS groups
  ○ Digital Skills Groups on In-patient unit
Using MIND apps

 быстро найти психическое здоровье приложение чтобы интегрировать в практику, что соответствует вашим стандартам
## MINDapps.org - Filters

<table>
<thead>
<tr>
<th>Cost</th>
<th>Privacy</th>
<th>Supported Conditions</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Free to Download</td>
<td>- Can Delete Data</td>
<td>- Bipolar Disorder</td>
</tr>
<tr>
<td>- Subscription</td>
<td>- Can Opt Out of Data Collection</td>
<td>- OCD</td>
</tr>
<tr>
<td>- Totally Free</td>
<td>- Data Stored on Device</td>
<td>- Perinatal Depression</td>
</tr>
<tr>
<td>Features</td>
<td></td>
<td>- PTSD</td>
</tr>
<tr>
<td>- Journaling</td>
<td></td>
<td>- Schizophrenia</td>
</tr>
<tr>
<td>- Track Medication</td>
<td></td>
<td>- Sleep</td>
</tr>
<tr>
<td>- Track Mood</td>
<td></td>
<td>- Stress &amp; Anxiety</td>
</tr>
<tr>
<td>- Track Sleep</td>
<td></td>
<td>- Substance Use</td>
</tr>
<tr>
<td>- Track Symptoms</td>
<td></td>
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</tr>
</tbody>
</table>

### Treatment Approaches
- ACT
- CBT
- DBT
- iCBT or Sleep Therapy
- Mindfulness
- Physical Health Exercises
Case Scenario 1

Find an app to recommend to this client.

A client is experiencing anxiety symptoms. They are interested in using an app to log their mood everyday. In their spare time they enjoy writing in a journal. They would prefer to have an app where they could connect with someone such as a therapist. The client feels strongly about having an app that meets HIPAA.
Case Scenario 1

Find an app to recommend to this client.

A client is experiencing **anxiety symptoms**. They are interested in using an app to **log their mood** everyday. In their spare time they enjoy writing in a **journal**. They would prefer to have an app where they could **collaborate with their healthcare provider**. The client feels strongly about having an app that meets **HIPAA**.
Case Scenario 1

**Supported Conditions**
- Stress & Anxiety

**Privacy**
- Meets HIPAA

**Features**
- Track Mood
- Journaling

**Engagements**
- Collaborative With Provider/Other
Case Scenario 1

Two apps meet the criteria for your patient:

1. **Sanvello: Anxiety & ...**
   - Sanvello Health Inc.
   - Features: Android, iOS, Web
   - Description: Whether you’re feeling anxious, lonely, overwhelmed, or just burned out, Sanvello will meet you where you’re at. Think of it as your feel-better toolkit, including therapy coaching, coping strategies, and more.

2. **uMore - mental health...**
   - uMore Inc
   - Features: Android, iOS
   - Description: Want to manage anxiety, stress, depression and monitor mental health? Need a mood tracker app to track and journal feelings and improve your well-being, and better manage stress? Do you also need cognitive behavioral therapy techniques and exposure therapy tools? Check out uMore.

Not sure? Watch this short video!
Case Scenario 2

Find an app to recommend to this client.

Your client cannot afford to spend money on an app. Their doctor has told them that they need to exercise more. They can’t think of anything specific they want to target, but they know videos and gamification is engaging to them.
Case Scenario 2

Find an app to recommend to this client.

Your client cannot afford to spend money on an app. Their doctor has told them that they need to exercise more. They can’t think of anything specific they want to target, but they know videos and gamification is engaging to them.
Case Scenario 2

Filter categories:

Cost

Treatment Approaches

Engagements
Find an app to recommend to this client.

This client’s provider has started dialectical behavior therapy (DBT) with them and has recommended them to practice these skills between sessions. But, your client is confused on what DBT therapy does and wants to learn more about it. Your client also lives in a rural town where good sources of wifi are not always available and data sources are unreliable.
Find an app to recommend to this client.

This client’s provider has started **dialectical behavior therapy (DBT)** with them and has recommended them to practice these skills between sessions. But, your client is **confused on what DBT therapy does and wants to learn more about it.** Your client also lives in a rural town where **good sources of wifi are not always available** and data sources are unreliable.
Case Scenario 3

Five apps:
- Simple DBT Skills Dairy Card
- Mooditude
- CBT Thought Diary
- DBT Diary Card & Skills Coach
- Feelmo

Filter categories:

Features

Functionalities

Treatment Approaches
Case Scenario 4

Find an app to recommend to this client.

A client is having trouble sleeping. They like the idea of receiving graphs of their sleep data. They are open to finding an app that can offer this. The client expressed concern about data privacy and want to know their data will only stay on their own phone.
Case Scenario 4

Find an app to recommend to this client.

A client is having trouble sleeping. They like the idea of receiving graphs of their sleep data. They are open to finding an app that can offer this. The client expressed concern about data privacy and want to know their data will only stay on their device.
Case Scenario 4

Find an app to recommend to this client.

- **Insomnia Coach**
  - US Department of Veterans Affairs
  - Designed for Veterans, military Service members, and others who are suffering from insomnia.
  - Free to Download
  - Designed on Cognitive

- **Pillow: Sleep Tracker**
  - Neybox Digital Ltd.
  - Sleep better with Pillow, your smart sleep assistant.
  - Tracks sleep cycles automatically using your Apple Watch, or you can use Pillow without an Apple Watch.

- **Akamu: Meditation**
  - Stefan Shakhaziyann
  - Controlling your emotions and always understanding yourself is very important, especially now.
  - The thing that matters is learning.

- **Strides: Goal Tracker**
  - Goals LLC
  - Track all your Goals & Habits in one flexible app. With Strides you can track anything - good or bad habits and SMART goals - with reminders to hold you accountable and charts to help...
Summary

• Since COVID, proliferation of mental health apps
• Confusing regulatory system (data privacy/AI/non functional features)
• Lack of objective evaluations of the mental health (MH) app landscape
• No one size fits all for care, including MH apps
• APA app evaluation framework
• From Framework to actionable database
• Role of the Digital Navigator
• Navigating Mindapps.org
IMPLEMENTATION OF DIGITAL TOOLS INTO CARE: THE DIGITAL NAVIGATOR IN INTEGRATIVE CARE MODELS

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Implementation of Digital Tools into Care

**Support** anyone to use their own smartphone towards recovery

**Help** anyone navigate and find useful apps

**Increase** engagement and benefit from technology
Why not technology alone?

Self  Guided  Hybrid
Integrative Care Model
Digital Clinic

• Fully virtual clinic
• Traditional telehealth therapy
• App integration in treatment
How it Works

(Connolly et al., 2021)
Role of Digital Navigator in Clinical Setting

Traditional therapy sessions (in-person or virtual)

Digital Navigator for app set-up and troubleshooting

Smartphone app

Active data from mental health surveys

Passive data from sleep and other activity

In-app self-help activities and interventions
Role of Digital Navigator

A digital navigator supports the integration of technology into the clinic, which ultimately benefits both the clinician and patient.
What is mindLAMP?

A smartphone app that is capable of tracking symptoms and delivering customized interventions to users.

- Used in **research** and **clinical** settings
- Utilizes **digital phenotyping**
What is Digital Phenotyping?

“moment-by-moment quantification of the individual-level human phenotype in situ using data from personal digital devices” (Torous et al., 2016)
mindLAMP Data Collection

Data collected in the background whether or not the user is actively using the app.

(Connolly et al., 2021)
mindLAMP Data Collection

Active data collection

Ecological momentary assessment

Chatbot

Questionnaire

Data collected while the patient is using the app.

(Connolly et al., 2021)
Examples of Active Data Collection
Examples of Active Data Collection
## Benefits of Active and Passive Data

<table>
<thead>
<tr>
<th>Active Data</th>
<th>Passive Data</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Real time symptom reporting</td>
<td>• Data collected without additional active engagement from the client</td>
</tr>
<tr>
<td>• Client engaged with treatment</td>
<td>• More objective data</td>
</tr>
<tr>
<td>• More complete picture of the client’s day to day</td>
<td></td>
</tr>
</tbody>
</table>
mindLAMP from Patient Perspective

Scan this QR code to try mindLAMP

username: apa2024
password: apa 2024
Role of Digital Navigator in Digital Clinic

The digital navigator’s role supports the integration of technology into the clinic by improving engagement and summarizing data.

Patient interaction:

- Assisting with app set-up
- Weekly meetings for data interpretation
- Technology troubleshooting
Digital Rounds

- Weekly meetings where mindLAMP data is used to inform clinical care
- Communication between digital navigators and clinicians
- Summary and interpretation of mindLAMP data
Digital Clinic Patient Handout

This document presents the data that was collected during your time in the BIDMC Digital Clinic. You can keep this document for your records or use it as a reference when working with a new clinician or health provider. Feel free to reach out to the Digital Clinic team (lgray2@bidmc.harvard.edu) with any questions.

Demographics

Out[77]:
Age: 22
Sex: Female
Gender: Woman
Education: Bachelor's Degree
Race: White

Baseline Scores
Assessment at Intake, Interim, and Completion
Areas of Growth at Intake, Interim, and Completion
Activity Calendar

This graph shows the activities that you completed each day. Dates are along the x-axis, while the y-axis shows how many activities you completed that day, and the colors on the bars designate the activity names.

Pulling data from LAMP server for all participants...
Finished pulling data. Generating graphs...
U0085B826561 data:

Analysis complete
Weekly Surveys So Far

PHQ-9 and GAD-7 Scores

Survey
- Weekly GAD-7 Survey
- Weekly PHQ-9 Survey

Score

Date
Dec 4 2022
dec 18
Jan 1 2023
Jan 15
Jan 29
Feb 12
Correlation Matrix

The image shows a correlation matrix with variables such as data_quality, depression, difficulty functioning, entropy, hometime, screen_duration, and steps. The matrix displays correlation coefficients ranging from -0.67 to 0.85, indicating the strength and direction of the correlation between variables.
Calendar Plot

Anxiety

Depression

Difficulty Functioning
Takeaways

● Integration of technology into your practice

● Customizability of Digital Navigator

● Emergence of digital clinic-like programs in field
IMPLEMENTATION OF DIGITAL TOOLS INTO CARE: SUMMARY AND AVAILABLE TOOLS

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QR for Questions

Onlinequestions.org
Event Number: 61119
Current Digital Landscape

ACCESS
Physical devices, Broadband Internet

ACTUAL USE
Digital Skills, Autonomy, Social Support

The Digital Divide

1st Order

2nd Order
Implementation of Digital Tools Into Care

**Support** anyone to use their own smartphone towards recovery

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Implementation of Digital Tools Into Care

Support anyone to use their own smartphone towards recovery

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Increase engagement and benefit from technology
SMI Adviser App

CLOZAPINE DOSE PLANNER

Clozapine Dose Planner

Smoker

- Smoking
- Non-Smoking

Sex

- Male
- Female

Weight

85 kg

Clozapine dose predictions may not be accurate for individuals with very low or very high body weight.

Age

25

Clozapine Level (ng/mL)

400 ng/mL

Clozapine Dose: 666.85 mg

LAi CONVERSION TOOL

PO Med

Paliperidone

PO Dose

6 mg

LAI Med and Dose

Initial Doses:

- 234 mg Invega Sustenna on day 1 and 156 mg Invega Sustenna on day 8. Maintenance dose is given 5 weeks after first dose.

Maintenance Dose:

- 117 mg Invega Sustenna every 4 weeks
- 410 mg Invega Trinza every 12 weeks (Stabilization with at least 4 months [4 injections] of Invega Sustenna required prior to initiation of Invega Trinza)

Hint

Stabilization with at least four months (4 injections) of Invega Sustenna required prior to initiation of Invega Trinza.

Learn more about Invega Sustenna

Learn more about Invega Trinza

RATING SCALES

GENERAL ANXIETY DISORDER QUESTIONNAIRES (GAD-7)

- Not at all
- More than half of the days
- Nearly every day

1. Feeling nervous, anxious, or on edge
2. Not being able to stop or control worrying
3. Worrying too much about different things
4. Trouble relaxing
5. Being so restless that it is hard to sit still
6. Becoming easily annoyed or irritable
7. Feeling afraid, as if something awful might happen

TOTAL 9

VIEW SCORE DETAILS
This training provides modern digital literacy skills for clinical support staff so they can serve as digital health navigators (DHNs).

DHNs help your practice make the most of digital tools, devices, and data. They empower you to help people in your care understand and use digital tools. This advances clinical care and supports health equity and recovery.

Who Is This Training For?

- Peer specialists, case managers, front office staff, medical assistants, and new hires
- Clinicians who want to support recovery and help people stay more engaged in their own care

**REGISTER NOW**
Questions

Links for Resources

Onlinequestions.org
Event Number: 61119