

Best Medical Apps: Dr. Chandi Chandrasena

<p>UptoDate (\$519) Pro: Mirrors the website but in an app format. Con: US data, app costs extra to use so often just look it up on web browser on phone</p>	<p>MUMS 2016 Anti-infective Guidelines (\$29.99) Pro: The orange book you love so much as an app! Con: Could be more user friendly. Mirrors the book exactly.</p>
<p>Thrombosis Canada (free) Pro: Clinical guidelines and algorithms to help decide best treatment Con: none</p>	<p>RxTx mobile (free) Pro: a smaller CPS at your fingertips! Includes a calculator and “Drug Choices” Con: no multidrug interactions, no LUCodes,</p>
<p>Choosing Wisely Canada (free) Pro: Bilingual for all specialties. Has physician guidelines and PDF for that can be emailed or sent to patients directly. Con: none, excellent!</p>	<p>CANImmunize (free) Pro: great digital alternate, Con: proactive advice not always correct, not linked to public health directly</p>
<p>Ortho 911 (free) French only Pro: excellent advise about fractures</p>	<p>Prescribe Smart (free) Jordan Littman Pro: Canadian prices and comparisons, LU codes. Con: No information on dosing</p>
<p>Epocrates (free) Pro: Clinical information on thousands of prescriptions, generic and OTC drugs, including an interaction check for adverse reactions between up to 30 drugs at a time. Great interface. Con: US drugs only, no LU codes</p>	<p>Medscape (free) Pro: 8000 drugs, 4000 diseases and conditions, clinical images, procedure videos, drug interaction checker tool, pill identifier, medical calculators. US based. Con: At times too many options</p>
<p>Telus App Practice Solutions EMR (free) Pro: Can enter notes remotely ie. Home visit. Access to camera which downloads directly in chart, access to calendar and patient charts. Can now access and send message. Con: For Telus Health only</p>	<p>QxMD Calculate (free) Pro: Numerous calculators and tools, dermatome maps, assessment scores, PHQ9 etc Con: You have to search for it so you may not know what is there. Have to give your email.</p>
<p>ODB Limited Use Codes (free) Pro: Gives list of LU codes and criteria and links you to the telephone request service to ask for extra coverage Con: none</p>	<p>STI-ITS Canada (free) Pro: Canadian guidelines on sexually transmitted infections Con: not well known</p>
<p>DynamedPlus: (\$395 US/year) free if CMA member Pro: Micromedex drug integration: Less comprehensive than uptodate</p>	<p>Notability (\$13.99) Simple note taking and PDF annotation app. Can import lecture slides and notes and annotate. Can back up with Dropbox and can email to others.</p>
<p>INESSS: Free (French and English) Guidelines put out by Quebec govt for antibiotics and treatments of common conditions</p>	<p>Trekk: Translating Emergency Knowledge for Kids For ER and critical care situations (Free)</p>

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<p>RXFilesPLUS: (\$59/yr, \$99/2yr) Pro: great charts, comprehensive, Canadian Con: small font,</p>	<p>OMA App (free) Pro: OMA card wallet, LU codes, ODB formulary, diagnostic codes, Schedule of Benefits, OMA advantages</p>
<p>Skeleton Anatomy Atlas (free) Visible Body Pro: Great to have skeleton in your pocket Con: Little hard to use at times</p>	<p>CBT –i Coach (free) Cognitive Behavioural Therapy for Insomnia</p>
<p>MoodTools: (free + \$ for added content) Pro: Great links to meditation videos, calming sounds, TED Talks. Includes thought diary and PHQ 9 questions. Con: seems more focused on depression alone</p>	<p>Prevention in Hand Pros: quick access for patients, evidence based Cons: links don't always work</p>
	<p>PTSD Coach (free) For patients: resources for PTSD</p>
<p>10% Happier Guided Meditation: in app purchases</p>	<p>CDC Antibiotic Guidelines (Free) (in-app purchases)</p>
<p>Dx Logic (\$3.99) Evidence Based diagnosis Gives pre-test probabilities, best tests, decision rule calculators</p>	<p>MyFitnessPal: free Pro: calorie/exercise tracker, community access Cons: based on BMI and calorie counting, not always accurately</p>
<p>Buddhify: modern mindfulness for busy lives (6.99\$) Pro: urban meditations, beginner to expert, free trial on soundcloud.com Con: little background info on meditation</p>	<p>Mindshift: (free) Pro: cbt for youth and young adults Con: overwhelming at times</p>
<p>Be the Choice: online website bethechoice.org Pro: Allows a way for your patients to navigate and understand their breast cancer. A decision tree that give patients access to medical info. Con: language is for those with a good grasp of what is happening to them</p>	<p>Google Translate: (free) Pro: Great to use in office to help translate different languages verbally and also written Con: Not seamless, and a bit cumbersome.</p>
<p>Joule: CMA App (free to members) \$195/yr Pro: easy to use, infopoems/InfoPratique, free Dynamed Plus, Clinical Key, Journals, clinical guidelines, rxtx Cons: have to be a CMA member</p>	<p>Inkblot (paid online/app psychotherapy) Pro: ease of use, cheaper at \$75/hour, Con: have to wrap your head around this one</p>
<p>Daylio: (free) Pro: gives calendar of mood with activities to gain insight into daily life. Easy tap icons and no typing Con: limited to tracking mood only</p>	<p>What's Up?: (free) Pro: CBT and ACT tools with great metaphors and helpful questions. Includes a habit tracker and catastrophe scale Con: all text based</p>

