

**Best Medical Apps: Dr. Chandi Chandrasena**

<p><b>UptoDate (\$519)</b>  <b>Pro:</b> Mirrors the website but in an app format.  <b>Con:</b> US data, app costs extra to use so often just look it up on web browser on phone</p>	<p><b>MUMS 2019 Anti-infective Guidelines (\$25.99)</b>  <b>Pro:</b> The orange book you love so much as an app!  <b>Con:</b> Could be more user friendly. Mirrors the book exactly.</p>
<p><b>Thrombosis Canada (free)</b>  <b>Pro:</b> Clinical guidelines and algorithms to help decide best treatment  <b>Con:</b> none</p>	<p><b>RxTx mobile (free with CMA membership)</b>  <b>Pro:</b> a smaller CPS at your fingertips! Includes a calculator and “Drug Choices”  <b>Con:</b> no multidrug interactions, no LUCodes,</p>
<p><b>Choosing Wisely Canada (free)</b>  <b>Pro:</b> Bilingual for all specialties. Has physician guidelines and PDF for that can be emailed or sent to patients directly.  <b>Con:</b> none, excellent!</p>	<p><b>CANImmunize (free)</b>  <b>Pro:</b> great digital alternate,  <b>Con:</b> proactive advice not always correct, not linked to public health directly</p>
<p><b>Ortho 911 (free) French only</b>  <b>Pro:</b> excellent advise about fractures</p>	<p><b>Prescribe Smart (free) Jordan Littman</b>  <b>Pro:</b> Canadian prices and comparisons, LU codes.  <b>Con:</b> No information on dosing</p>
<p><b>Epocrates (free)</b>  <b>Pro:</b> 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.  <b>Con:</b> US drugs only, no LU codes</p>	<p><b>Medscape (free)</b>  <b>Pro:</b> 8000 drugs, 4000 diseases and conditions, clinical images, procedure videos, drug interaction checker tool, pill identifier, medical calculators. US based.  <b>Con:</b> At times too many options</p>
<p><b>Telus App Practice Solutions EMR (free)</b>  <b>Pro:</b> 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.  <b>Con:</b> For Telus Health only</p>	<p><b>QxMD Calculate (free)</b>  <b>Pro:</b> Numerous calculators and tools, dermatome maps, assessment scores, PHQ9 etc  <b>Con:</b> You have to search for it so you may not know what is there. Have to give your email.</p>
<p><b>ODB Limited Use Codes (free)</b>  <b>Pro:</b> Gives list of LU codes and criteria and links you to the telephone request service to ask for extra coverage  <b>Con:</b> none</p>	<p><b>STI-ITS Canada (free)</b>  <b>Pro:</b> Canadian guidelines on sexually transmitted infections  <b>Con:</b> not well known</p>
<p><b>DynamedPlus: (\$395 US/year) free if CMA member</b>  <b>Pro:</b> Micromedex drug integration: Less comprehensive than uptodate</p>	<p><b>Notability (\$16.99)</b>  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><b>INESSS: Free (French and English)</b>  Guidelines put out by Quebec govt for antibiotics and treatments of common conditions</p>	<p><b>Trekk: Translating Emergency Knowledge for Kids</b>  For ER and critical care situations <b>(Free)</b></p>

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