TransitionMate: A Mobile Application for Chronic Illness Transition Support
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Abstract
Adolescent patients with a chronic illness eventually undergo the transition from paediatric health care to adult health care. This transition typically occurs simultaneously with other changes in the surrounding environment and patients need to develop skills such as independence and autonomy to improve their overall health. Although these patients have the support of medical personnel, barely any information has been collected to understand this transition and the way it can be better supported. In this paper, we describe “TransitionMate” [1], a mobile phone application that aims at collecting data from patients during the transition to adult health care using a variety of interaction modes. The objective is first to engage young adults in the process of thinking about their health and how to improve it, and second to explore which type of interactions are the most appropriate to foster the sense of independence and autonomy.

Context

Problems
• Time between 2 consecutive appointments with doctors is very long (usually 2 -3 months).
• Providing a log to doctors during appointments is usually impossible.
• Not enough information is provided to patients to prepare for the transition.
• Not enough information is available for doctors and researcher to understand the transition.
• When the transition occurs simultaneously with other changes (for example, start university, relationship, and moving), it is getting harder to maintain the adherence to doctors suggestions.

Solution
We propose an Android application which connects to a dedicated server.

References