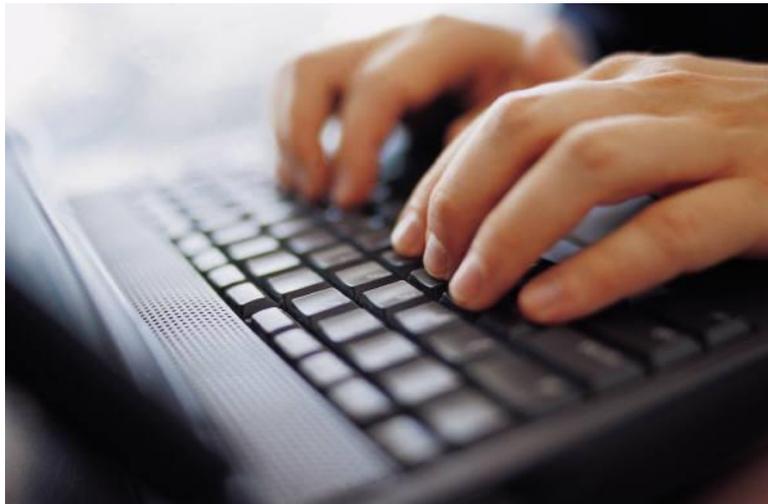


# Guide to useful medical apps



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This document has been compiled as a guide only to medical related apps available on the internet.

The apps in this document are not under the control of Sydney North Health Network. The Sydney North Health Network does not endorse these apps and is not responsible for any material on, or linked to from these apps. Medical professionals should always exercise professional judgment before referring a patient to an app, or using an app in their day-to-day consultation.

For further guidance as to how this document should be used, please refer to the Royal College of Physicians Position Statement on medical apps contained here:

<https://www.rcplondon.ac.uk/file/175/download?token=5nTJceC1>

There is also the TGA position Statement on apps:-

<https://www.tga.gov.au/regulation-medical-software-and-mobile-medical-apps>



## Allergy

### Pollen Count Forecast

[\(iTunes/Google Play\)](#)

- Useful for allergy sufferers for several major Australian cities
- Free
- (There are separate links for Sydney, Melbourne and Canberra )

### Allergy FT: Allergy Food Translator

[\(iTunes\)](#)

- Allows patients to create an allergy profile and then store this and translate into French, German or Spanish. One can then show this to waiters in restaurants.
- Handy for travelers.

### My EpiPen App

[\(iTunes/Google Play\)](#)

- Free
- The MyEpiPenApp was created to assist people at risk of severe allergic reactions, but can also be used by others who want to learn what to do in the event of an allergic emergency.
- The app includes a video demonstrating how to use an adrenaline autoinjector and a slideshow that walks you through the two-step operation.
- Patients and their healthcare professionals can also create allergy profiles listing allergens to avoid and symptoms that may indicate an allergic emergency.
- 

## Cancer

### Bowel Cancer

[\(iTunes/Google Play\)](#)

- Free ; useful app on bowel cancer prevention, screening and treatment

### Iheard

- Free; Cancer Council Australia useful site dedicated to addressing many claims about cancer especially cures, prevention, treatments and risk reduction

### CancerAid - Empowering cancer patients and carers

[iTunes](#)

- Free
- CancerAid is a first-of-its kind tool that helps anyone diagnosed with cancer navigate through each stage of their cancer journey.

The app brings patients and caregivers greater structure in their lives by providing them with an easy to use organisational platform and a medically reliable source of cancer information.

“CancerAid allowed me to take control of my medical records and my life at the time I needed it the most” – Sarah, Sydney Australia

BACKED BY INDUSTRY SPECIALISTS AND LEADING CANCER INSTITUTIONS

Designed with input from over 300 cancer specialists, CancerAid is fast becoming the most comprehensive cancer resource and support platform available.

Launching in reputable cancer hospitals worldwide, including the Chris O'Brien Lifehouse, and with further leading institutions joining the app over the coming months, CancerAid will soon be a key component of cancer care for all patients and their caregivers.

## Cardiovascular

### Cardiac Arrhythmias

- Good tool on updating knowledge
- Cost \$1.49

### ECG Guide

[\(iTunes/Google Play\)](#)

- \$1.49
- By QxMD Medical Software
- The most comprehensive ECG app in the iPhone App Store - over 200 examples of common and uncommon ECGs

### ECG Guide for ipad

[\(iTunes\)](#)

- \$9.99
- Navigating the complexities of ECG interpretation may be a little easier with this app.
- Described as a learning tool for those in training as well as a reference for doctors who are more experienced in interpreting ECGs, the app includes more than 200 high-resolution sample ECGs with both common and complex findings.
- Produced by QxMD Medical Software, the app has an ECG interpreter — a step-by-step guide to ECG interpretation — as well as allowing doctors to test their knowledge with more than 100 multiple-choice questions.
- The content covered includes ECG graph analysis, ischaemia assessment and approach to arrhythmia.
- Other features include a rapid reference section, and paediatric values.
- 

### Kardia by AliveCor

[iTunes/Google Play](#)

- Free
- This is Kardia by AliveCor™— the proactive approach to heart health. Kardia works with the FDA-cleared Kardia Mobile— the most clinically-validated mobile EKG solution on the market. Useful for detecting AF.

### Photo AFib Detector

- Free
- Atrial Fibrillation (AFib) is one of most common heart rhythm disorders and increases the risk for heart disease and stroke, both leading causes of death. The Photo AFib Detector was designed for personal AFib detection and Heart Rate monitoring. It uses smartphone's inbuilt back camera.

## Cardiology – drawMD

[iTunes](#)

- Free
- Patient Education by Drawing on Medical Illustrations Relating to the Heart, Strokes and other Cardiac Conditions for Healthcare Providers
- Part of a series by Visible Health, Inc.

## Heartpedia

[\(iTunes/Google Play\)](#)

- Free
- Congenital heart defects can be difficult to visualize and explain. Heartpedia, created by Cincinnati Children's Hospital, allows you to interact with 3D models of pediatric heart anomalies and defects. Healthcare providers may use these anatomically-correct models as visual learning tools to help educate patients and families on specific defects and repairs. Heartpedia may also be helpful to patients and families who want to learn more on their own or to share the details of a defect with concerned friends and family.

## Dermatology

### SunSmart

[\(iTunes/Google Play\)](#)

- Free
- Cancer Council Victoria has updated its popular SunSmart app ready for the warmer months.
- It lets you know when you need sun protection and when it is safe to get some sun exposure, and includes a seven-day weather forecast, the UV level and sun protection times for your local area.

### Mole Mapper

[iTunes/ Google Play](#)

- Free
- Mole Mapper is a personalized tool to help you map, measure, and monitor the moles on your skin. Using a familiar Maps-like interface, you can measure the size of a mole using the camera and a common reference object like a coin.

## Drugs and Alcohol

### Antibiotic Decision Tool

[\(Google Play\)](#)

- Free; developed by Northern Sydney Local Health District;

### Joint Effort

[\(iTunes/Google Play\)](#)

- Cannabis reduction & cessation tool
- Free

### My QuitBuddy

[\(iTunes/Google Play\)](#)

- Smoking cessation aid tool
- Free

### Quit for You

[\(iTunes/Google Play\)](#)

- Free
- If you're pregnant or planning to be, Quit for You - Quit for Two provides support and encouragement to help you give up smoking.

### AlcoDroid

[\(Google Play\)](#)

- Free; useful app in assisting patients to cut back on alcohol intake

### On Track with the Right Mix

[\(iTunes/Google Play\)](#)

- Developed by DVA it allows patients to track alcohol intake and creates a 'well-being' score to facilitate improved health outcomes
- Free

## National Drugs Campaign

[iTunes](#)

- Free
- The Australian Government's National Drugs Campaign app allows instant access to information on illicit drugs and services for youth and parents.

## About Herbs

[iTunes](#)

- Free
- About Herbs is presented by Memorial Sloan Kettering Cancer Center's Integrative Medicine Service. This app works on iPad, iPhone, and iPod Touch devices.

Key features:

- More than 200 monographs describing the structure, purported uses, adverse effects, and drug interactions of various herbs, botanicals, supplements, complementary therapies, and more
- Objective information backed by scientific references
- Two different versions of each monograph: one written for healthcare professionals and one for consumers
- Search by product or service name, or by medical condition
- Save favorites and explore featured products and services
- Weekly updates with new and updated monographs

## Ear, Nose and Throat

### drawMD ENT

[iTunes](#)

- Free
- Patient Engagement by Explaining Medical Conditions on Illustrations for Ears Nose and Throat Specialists.
- Part of a series Visible Health, Inc.
- 

### Sound Check

[\(iTunes/ Google Play\)](#)

- Free
- SoundCheck is a hearing screener / sound level meter application that allows you to measure environmental noise levels and to quickly evaluate your own hearing to determine if it is within a normal range, or if you have potential hearing loss.

## Emergency

## Endocrinology

### Diabetes Australia App

[\(iTunes/Google Play\)](#)

- Free
- From Diabetes Australia comes an app that will act as your pocket guide in easing the management of diabetes for yourself or someone you care about. News, information, research and online stores are easily accessible and regularly updated. In the app you will also find a health care directory that is the most up to date and relevant to your particular location, diabetes friendly recipes, and information about when you need to see your health care professionals and why this is important. An Australia wide events directory will give you all the information necessary to see that you have access to the best programs and services available in your location and what the rest of Australia is up to.

### **D-Life Diabetes NSW** ([Google Play](#))

- Useful guide for young adults with Diabetes Type 1 with excellent range of topics
- Free

### **FRAX** ([iTunes/Google Play](#))

- \$5.99
- By International Osteoporosis Foundation IOF
- The WHO Fracture Risk Assessment Tool (FRAX®) offers the medical practitioner an easy-to-use tool to calculate an individual patient's 10-year probability of an osteoporotic fracture. Osteoporosis management guidelines around the world now increasingly recommend that fracture risk assessment be part of any clinical evaluation to help inform treatment decisions.

## **Gastrointestinal**

### **drawMD Gastroenterology** ([iTunes](#))

- Free
- Patient Engagement by Drawing on Medical Illustrations of Gastrointestinal Anatomy for GI Specialists
- Part of a series by Visible Health, Inc.
- 

## **Geriatrics**

### **MindMate - Makes a difference. Every day.** ([iTunes](#))

- Free

MindMate is not your ordinary Alzheimer's or Dementia App. Our sole mission: Making people living with Alzheimer's more independent. We give family members a greater peace of mind and enable professional carers to provide real person-centered care.

Games - Stimulate grey matter.

The MindMate App provides fun and interactive Games to stimulate user's cognitive abilities based on world-leading research.

My Life - Save your memories.

A photo book to store your memories and a "About me" section to let people access all the personal information they need to provide better care.

Tools - A helping hand

For those users who already live with an early stage of dementia, the MindMate App provides a unique everyday-tools package. This package contains tools to make notes, to-do lists and helpful, customisable reminders.

Entertainment - Have an active life

The MindMate App also provides physical exercises and nutrition advice for a healthier lifestyle to stay fit. We also provide MOVIES & MUSIC. Watch, listen, dance and sing-a-long together with your loved-one to the greatest hits from the 40s, 50s, 60s, 70s and 80s, and test your knowledge in our Music Quizzes.

For care facilities - Create multiple resident profiles

Do you want to use the MindMate App with different users on the same tablet? MindMate now enables you to create a personalised experience for every resident, without the need to purchase a tablet for everyone.

## Haematology

### ASH Guide

[\(iTunes/ Google Play\)](#)

- Free
- The ASH Pocket Guides app brings together all of ASH's pocket guides to provide guidelines for the diagnosis and management of a variety of hematologic conditions. Key features include:

Clinical tools including 4Ts and bleeding score calculators, HIT and VWD diagnostic and treatment algorithms, and a chronic warfarin dosing tool

All nine of ASH's currently available pocket guides, including:

- \* Management of Acute Complications of Sickle Cell Disease
- \* Health Maintenance and Management of Chronic Complications of Sickle Cell Disease
- \* Hydroxyurea and Transfusion Therapy for the Treatment of Sickle Cell Disease
- \* Heparin Induced Thrombocytopenia
- \* Immune Thrombocytopenia
- \* Thrombocytopenia in Pregnancy
- \* Red Blood Cell Transfusion
- \* Anticoagulant Dosing
- \* Von Willebrand Disease

### MAQI2 Anticoagulation Toolkit

[\(iTunes\)](#)

- Free
- This mobile app provides healthcare practitioners with an up-to-date, easy-to-use resource for managing anticoagulation patients more safely and effectively. The content was developed by the Michigan Anticoagulation Quality Improvement Initiative (MAQI2).

## Hepatology

## Infectious diseases

## Immunisation

### Save the Date to Vaccinate

[\(iTunes/Google Play\)](#)

- Free;
- NSW Health tool to assist parents to remind them on vaccination schedule; excellent prompts

## Internal Medicine

### MEDtube Medical Videos

[\(iTunes/Google Play\)](#)

- Free

- Huge database of medical videos in all branches of medicine including lectures, podcasts, visualisations and animations

### Evernote

([iTunes](#)/[Google Play](#))

- Useful app to allow for recording notes ( including audio)
- Free

### Pocket Anatomy

[iTunes](#)/[Google Play](#)

- Detailed 3D visualisations of both male and female anatomy of all body systems
- 

### Human Anatomy Atlas – 3D Anatomical Model of the Human Body ([iTunes](#)/[Google Play](#))

- \$24.99
- Human Anatomy Atlas is the worldwide gold standard in anatomy reference apps. More colleges and universities teach with Human Anatomy Atlas than any other 3D atlas.

- Over 5,000 3D structures in a male and female human body. (Over 10,000 total.) You can zoom, pan, and rotate to study from multiple viewpoints and zoom levels.

- To learn more about any structure, tap on it. You'll get a definition, pronunciation, Latin term, and common diseases explained.

- There is also additional content, like select microanatomy and physiology videos.

### The Oxford Handbook of Clinical Medicine

([iTunes](#)/[Google Play](#))

- \$72.99
- This Oxford University Press source of information is developed by MedHand Mobile Libraries. Improve your performance with relevant, valid material which is accessed quickly and with minimal effort in the palm of your hand using MedHand's patented technology.

•The world's best-selling pocket medical handbook - the only choice for medical students and junior doctors

•Offers up-to-date and practical clinical advice that can be implemented at the bedside

•Clearly indexed, with colour-codes tabs and ribbons to help you navigate and find the information you need, fast

•Features over 600 colour illustrations and clinical photographs to aid diagnosis and understanding

•Offers a unique approach, bringing art, philosophy, history and over 25 years' of experience to the practice of medicine

## Lifestyle Health and Fitness

### Runkeeper

([iTunes](#) / [Google Play](#))

Track Workouts - Go for a run, walk, jog, bike, or any activity really. With GPS, you'll get a clear view of your training in real time.

- Set Goals - Have a race, weight, or pace in mind? We can coach you to get there.
- Follow a Plan - We have personalized routines to fit into your busy schedule. And helpful reminders, just in case.
- Stay Motivated - Join challenges, snag exercise rewards, and share achievements with your friends.

## Medicare

- Express Plus Mobile [\(iTunes/ Google Play\)](#)  
Interacting with Medicare is quicker and easier with the Australian Government's Express Plus Medicare mobile app. Use the app to view your Medicare claim history, update your contact and bank account details, submit Medicare claims and much more.

You need to be registered for a Medicare online account and have a MyGov account to use Express Plus Medicare. You can use your existing MyGov username and password to set up your four-digit PIN for first time access.

Services available via Express Plus Medicare:

- request a replacement or duplicate Medicare card
- view and update your address, phone and email details
- view and update your bank account details
- view your Medicare card details
- view your Child Immunisation History Statement
- view your Medicare Safety Net information
- view and store statements in the Secure Vault
- find your nearest Medicare service centre
- lodge a Medicare claim.

## Mental health

### BeyondNow

[\(iTunes/Google Play\)](#)

- Useful for patients with at risk of suicidal thoughts. Takes patients through their feelings and crisis management
- Free;

### Self-Help Anxiety

[\(iTunes/Google Play\)](#)

- Useful for patients to assess ,monitor and manage their anxiety

### MindShift

[\(iTunes/Google Play\)](#)

- App designed for young people to address anxiety and teach skills to cope better
- Free

### NoGo

[iTunes/Google Play](#)

- Assists patients in addressing difficulties in 4 areas : unhealthy foods, alcohol excess , smoking and caffeine intake

### MoodPrism

- Free [\(iTunes/Google Play\)](#)
- A team from Monash University has developed a new smartphone app, MoodPrism that will track the users' mood over time and support their mental health and well-being.

### Stress Check

[iTunes/Google Play](#)

- Free
- Stress Check is a research-based assessment tool designed by clinical psychologists to provide users with an overall 'stress score'.
- The app provides insights into various factors affecting the user's stress levels, such as interpersonal, physiological, situational and control issues.

### PTSD Coach Australia

[\(iTunes/Google Play\)](#)

- Free

- PTSD Coach Australia is an app that helps people understand and manage the symptoms of post-traumatic stress disorder, or PTSD.
- The App is based on the latest scientific understandings of PTSD, and was modified from the U.S. Department of Veterans' Affairs PTSD Coach app.

**Wellness Tip of the Day-Cleveland Clinic** [iTunes/Google Play](#)

- Free
- Convenient, short, daily wellness tips from Cleveland Clinic experts.
- The Wellness Tip of the Day app offers health- and diet-related tips in two formats: colorful bouncing balls, each displaying a wellness tip, or a calendar-style offering of daily tips.
- It's easy to share these tips on Facebook or to email them to others.

**Headspace-Guided Meditation and Mindfulness Techniques** ([iTunes/Google Play](#))

- Free introductory sessions with options to buy further sessions
- Meditation made simple. Guided meditations suitable for all levels from Headspace. Meditation can help improve your focus, exercise mindful awareness, relieve anxiety and reduce stress.

**Overcoming Social Phobia By This Way Up** ([iTunes/Google Play](#))

- Cost : \$60
- THIS WAY UP's online Social Phobia course has been clinically proven to lessen worry and the symptoms of Social Phobia.

THIS WAY UP's Social Phobia course is:

- Effective  
80% of users see improvement, 50% to the point of no longer being troubled by anxiety.
- Convenient  
This self-help course can be done from anywhere, at any time.

The course can be accessed immediately without any waiting periods or bookings.

Using Cognitive Behavioural Therapy (CBT), this app provides a practical and engaging way to overcome your Social Phobia. We teach you how to change your thought patterns, so you can start coping better.

The course has been designed and written by hospital and university experts from the University of New South Wales and St Vincent's Hospital, Sydney, bringing together cutting edge mental health research, and extensive clinical trials.

## Medication

**The Doctor's Bag** ([iTunes/Google Play](#))

- Free; support GP's during emergencies with recommended doses for Drugs in PBS Prescriber Bag

**MedicineList+** ([iTunes/Google Play](#))

- Excellent app created by NPS MedicineWise on storing medications, useful reminders, calendar alerts for prescription

### **MedAdvisor** ([iTunes/Google Play](#))

- Free; assists patients in reminding when scripts are running low and also allows for communication with pharmacy to order medication to be ready for collection saving waiting time.

### **iMIMS Australia** ([iTunes/Google Play](#))

- Subscription required

### **eTG complete**

### **By Therapeutic Guidelines Ltd** ([iTunes](#))

- eTG complete includes the latest version of all Therapeutic Guidelines topics, integrated in a searchable digital product, designed for use on desktop and mobile devices.

### **MedSearch ( Australian Department of Health )** ([iTunes/ GooglePlay](#))

- Free
- Know your medicine with MedSearch™.

MedSearch™ connects consumers, carers, doctors, nurses and pharmacists to trusted and current information about prescription medicines in Australia. Simply search the medicine name to find its Consumer Medicine Information (CMI) or Product Information (PI) document.

## **Musculoskeletal**

### **Inside Gout** ([iTunes/Google Play](#))

## **Neurology**

### **Parkinson's Toolkit** ([iTunes/Google Play](#))

- US app divided into planning, symptoms, diagnosis and treatment
- Free

### **Migraine Buddy**

- Free ([iTunes/Google Play](#))
- Migraine Buddy was voted the BEST Migraine App by Healthline  
Migraine Buddy is an advanced migraine headache diary and tracking app designed by neurologists

### **SeizAlarm: Seizure Detection & Help Request Service**

- Cost : \$ 6.99/month or \$69/ year ([iTunes](#))
- Help when you need it, for those with seizure disorders.

SeizAlarm is a user-friendly iPhone and Apple Watch app which allows those with epilepsy and other seizure disorders to alert emergency contacts when they need help\*.

Features:

- Seizure detection. Seizure-like motion detection is done via the motion sensors on the iPhone. Sensitivity controls allow you to set customized settings specific to you. When a seizure is detected, emergency contacts will automatically be contacted via multiple channels

(text message, phone call and email).

- Send immediate help requests manually to emergency contacts.
- There is also a manually activated time delayed help request feature (via the "Time Delayed Help" button) that is helpful for those that have localized seizures (auras) that may turn into generalized tonic-clonic seizures. You are able to custom set the delay time in the settings. When a seizure warning is initiated you will see a countdown which can be extended via the press of a button. If you end up becoming unresponsive due to a seizure then once the timer ends a help request will be sent.
- When a help request is sent your contacts will be contacted with GPS coordinates, so they know exactly where you are.
- You can are also able to track your seizure events with robust logging features.
- SeizAlarm also supports multiple emergency contact support, so more than one person can be contacted when you need help.
- Seizure detection snooze which allows you to disable detection when you are doing an activity, such as exercise, which may trigger a detection.
- International phone number support for emergency contact(s).

## Nutrition

### Monash Uni Low FODMAP Diet

[\(iTunes/Google Play\)](#)

- Comprehensive data base of foods for IBS sufferers
- \$12.99

### If Not Dieting : Empowerment Cards [iTunes/Google Play](#)

- Free
- Dr Kausman's app was launched by the Butterfly Foundation for Eating Disorders . It features a collection of 65 cards, each providing a key message to help people to improve their body image and achieve and maintain their healthiest weight.

### Lifesum - Healthier living, better eating, more movement

[\(iTunes/Google Play\)](#)

- Free
- Lifesum helps you make better food choices, improve your exercise, and reach your health goals. Build healthy habits in small, sustainable steps and make health a part of your lifestyle, not another thing on your to-do list.

### Food Switch

[\(iTunes/Google Play\)](#)

- Free
- The app allows users to scan the barcode of a product to see the levels of total fat, saturated fat, sugar and salt, and then it comes up with similar foods that are healthier choices.

### Australian Calorie Counter - Easy Diet Diary

[iTunes](#)

- Free
- Lose weight with Easy Diet Diary, the most popular Australian-made calorie counter and diet tracker in the Australian App Store.

Enter your foods quickly and easily by searching our extensive foods database or by scanning the barcode. Then track your energy intake (in kilojoules or calories), major nutrients, the energy you burn in exercise, and your weight.

## **The Coeliac Society of Australia Ingredient List**

[\(iTunes/Google Play\)](#)

- \$ 12.99
- Coeliac Australia's Ingredient List details over 800 ingredients and 300 additives used in Australian and New Zealand foods and indicates whether they are safe for inclusion in a gluten free diet. Applies to foods sold in Australia & New Zealand .

In order to follow a gluten free diet, it is essential to become ingredient aware and an expert label reader. As products and their ingredients change constantly, Coeliac Australia is not able to recommend brands of products.

By becoming ingredient aware you are able to take control of your diet and increase your choice of suitable products

## **CalorieKing**

[\(iTunes\)](#)

- Need a quick and easy way to check calories, carbs and fat? The CalorieKing Food Database is Australia's best and most reliable. Verified to clinical standards, it contains over 22,000 Australian foods including many popular fast food chains and restaurants. The CalorieKing Calorie Counter for iPhone has a user-friendly interface that allows for a quick comparison between foods of their kilojoules, calories, carbs and fat. By tapping on a specific food, you can quickly access more detailed information including protein, fiber, saturated fat, trans fat, cholesterol, sodium and alcohol. Make dieting easy with the information to accomplish your weight and health goals.

Have you noticed a problem with the app or the database? Please submit a ticket through the support link below rather than just leaving feedback, so we may have an opportunity to work with you to identify and resolve the problem.

# **Obstetrics and gynaecology**

## **Squeezy**

[\(iTunes/Google Play\)](#)

- Teaching aid for women to facilitate bladder control
- \$6-\$6.50

## **Pelvic Floor Safe Exercise**

[\(iTunes/Google Play\)](#)

### **Free**

- The Continence Foundation of Australia has developed a free, safe-exercise app to both help prevent incontinence and enable people experiencing problems to continue to exercise without further straining their pelvic floor or suffer embarrassing accidents.
- The Pelvic Floor First app has three customised workouts for people of all fitness levels and pelvic floor strength. The wide range of exercises have been designed by physiotherapist and fitness leader Lisa Westlake to ensure people enjoy the benefits of a total-body workout that protects their pelvic floor muscles.
- App features include:
  - Instructional videos and audio for all workouts
  - Detailed pictures and instructions for each exercise
  - Pelvic floor muscle exercise guide
  - Ability to save favourite exercises for personalised workouts
  - Links to useful websites to learn more about your pelvic floor

## **Sprout Pregnancy**

[\(iTunes/Google Play\)](#)

- \$6.99

- The Sprout app and has plenty of features to help track and plan a pregnancy. These include an appointment diary, kick tracker and contraction tracker. There is even a list of things to pack for hospital - for mum, dad and baby.
- Another section called 'The Doc Says' also provides week-by-week information and advice about a range of pregnancy issues, from morning sickness to pre-term labour.

### First Time Pregnancy

[Google Play](#)

- Free
- This app an excellent insight into exploring the various aspects of pregnancy by providing a timeline, weekly information, due date calculation and milestones to keep you safe. It illustrates the journey from embryo to newborn baby with beautiful images, photos and ultrasounds of the baby in your womb, whilst giving you weekly updates from conception up to the birth of your child.

### Mind the Bump:

[\(iTunes/Google Play\)](#)

- Excellent tool to assist pregnant women/ parents to cope better at various stages of pregnancy and post-natally using meditation and Mindfulness strategies
- Free

### drawMD Female Pelvic Surgery

[iTunes](#)

- Free
- Patient Education by Drawing on Medical Illustrations of Human Anatomy for Healthcare Providers
- Part of a series by Visible Health, Inc.

### Lady Pill Reminder

[\(Google Play\)](#)

- Free
- This app acts as a reminder system . One indicates the type of birth control pill you take (number of pills in the packet) and the time you usually take your pill, and "Lady Pill Reminder" will notify you when you'll have to take your pill.

## Ophthalmology

### EyeSnellen

[\(iTunes\)](#)

- \$14.99
- Dr Colley says his app is ideal for GPs who do not have a dedicated Snellen chart or projector in their practice.  
Its accuracy is based on a built-in distance calibration function.
- This negates the need to manually measure the distance between chart and patient. An auto-calibration feature detects how far away the patient is and the room's luminance and then adjusts letter heights and iPad brightness
- The iPad chart is free and fully functional, while the iPod and iPhone remote must be unlocked to use the direction pad.

### Vision Test

[\(iTunes/Google Play\)](#)

- Free
- The Vision Test app evaluates your eyes in a variety of different ways including visual acuity, the presence of astigmatism, colour blindness and reduced far-field vision. The app also offers eye advice and facts.

### Colour Vision Test

[\(iTunes/Google Play\)](#)

- Free (Full version 0.99)
- Rather than having to ask the patient what number they see, writing it down and looking up what it means, GPs can simply ask the patient to click one of the multiple choice options under each image, then move onto the next image.
- The free version of the app, Color Vision Test Lite, uses six Ishihara Color Plates to test colour vision and give an immediate report on the user's colour vision status.
- The full version of the app uses 16 colour plates to do the test.

## **drawMD Ophthalmology** [iTunes](#)

- Free
- Quickly engage with patients in a meaningful way.  
drawMD is a fast, free, simple and effective way to communicate with illustrations.

## **Orthopaedics**

### **OrthoGuidelines** ([iTunes/ Google Play](#))

- Free
- OrthoGuidelines is the home for AAOS quality products, such as clinical practice guidelines and appropriate use criteria. Users can navigate all guideline recommendations by orthopaedic disease, specialty, keyword, strength of evidence, and/or stage of care. The platform has been laid out with concise guideline and recommendation topics to aide in quick navigation, comprehension, and clinical use. Users can also search all AAOS recommendations, rationales, and appropriate use criteria with a single keyword search. The app provides evidence-based recommendations at the point of care to assist clinicians with clinical decision-making and clinician-patient

### **drawMD Orthopedics** [iTunes](#)

- Free
- Quickly engage with patients in a meaningful way.

drawMD is a fast, free, simple and effective way to communicate with your patients by sketching on medical illustrations relevant to orthopaedics

## **Paediatrics**

### **RCH Clinical Guidelines** ([iTunes/Google Play](#))

- Up-to-date Clinical Guidelines for treating children
- Free

### **CareMonkey** ([iTunes/Google Play](#))

- Useful app for parents to store their children's health information e.g. allergies, medications, blood type, emergency contact, immunisation history, asthma plans
- Free;

### **Developmental Milestones** ([iTunes](#))

- \$2.99
- This unique new app is designed by doctors for doctors, and provides clear guidelines on child development.
- The app helps to identify when milestones are not being met and concerns should be raised with parents. Users can either browse milestones by age or enter the child's date of birth.
- Milestones are broken down into four categories: speech and language; gross motor; fine motor; and social. Each category contains succinct bullet points as a guide.
- There's also a category detailing which developmental delays mean a more formal assessment is needed.

### **My Childs eHealth Record app** ([iTunes/Google Play](#))

- Useful site to record Immunisations and child development; follow this link as there are several steps in developing this

## ASDetect

([iTunes/Google Play](#))

- Free
- ASDetect empowers parents and caregivers to assess the social attention and communication behaviours of their children younger than 2½ years
- By La Trobe University

## Palliative Care

### Opioid Dose Calculator

([iTunes/Google Play](#))

### GP Pain Help

([iTunes/Google Play](#))

- Free
- GP Pain Help was created by the Centre for Palliative Care Research and Education, and developed by the Australian College of Rural and Remote Medicine, to help doctors on the go manage cancer pain in their patients.

### palliAGEDgp

([iTunes/Google Play](#))

- Free
- The palliAGED app is an easy memory prompt to guide GPs in the delivery of good palliative care for their older patients. The application directs users through key clinical processes, recommended at various points of the patient's trajectory. palliAGED promotes best practice by providing a structured approach to supporting patients and their family in the last year of life.

## Pathology

### Lab Tests Online AU

([iTunes/Google Play](#))

- Useful comprehensive guide on laboratory test
- Free

## Radiology

### Diagnostic Imaging Pathways

([iTunes/Google Play](#))

- WA app guiding doctors on best diagnostic imaging pathways for various conditions
- Free

### Clinical App: Imaging clinical decision rules

([iTunes/Google Play](#))

- Free
- Designed by the Royal Australian and New Zealand College of Radiologists, this app provides readily accessible clinical decision rules (CDRs) to help doctors decide when imaging is appropriate.
- The recommendations are evidence-based and aim to stratify patients into higher and lower risk for a given clinical condition and, consequently, if it is likely there will be a benefit from medical imaging.
- Related: 20 clinical activities doctors should do less of
- In particular, the CDRs focus on: suspected lower limb DVT; suspected pulmonary embolism; acute lower back pain; and adult and paediatric ankle, cervical spine and head trauma.
- This very practical app is likely to improve GP confidence in not only requesting imaging, but also in deciding when imaging is not appropriate.

## The Ottawa Rules

([iTunes](#) / [Google Play](#))

- Free
- The Ottawa Rules are a set of clinical decision rules developed by Dr. Ian Stiell and his research team at The Ottawa Hospital Research Institute and the University of Ottawa.

The rules have been demonstrated to decrease unnecessary diagnostic imaging and emergency room wait times which enhances patient comfort and reduces health care costs.

This app was developed to make the rules more accessible. This study aims to evaluate whether the usability of the app is related to the modality used and to evaluate whether it has any impact on diagnostic imaging rates.

## Renal

### KDIGO

([iTunes/Google Play](#))

- Free; very useful comprehensive resource / data base on renal diseases and guidelines

### CKD-Go

([iTunes/Google Play](#))

- Free
- This app allows you to view a personalised action plan based on the eGFR and urine albumin:creatinine ratio. Action plans and staging criteria have been adapted from CKD Management in General Practice, Kidney Health Australia.

This guide is based upon the best information available at the time of publication. It is designed to provide information and assist decision-making. It is not intended to indicate an exclusive course of action, or serve as a standard of medical care. Variations, taking individual circumstances into account, may be appropriate.

Every health-care professional making use of this guide is responsible for evaluating the appropriateness of applying it in the setting of any particular clinical situation. The authors assume no responsibility for personal or other injury, loss or damage that may result from the information in this publication.

## Respiratory

### Asthma Australia – Asthma app

( [iTunes](#) )

- Free
- This app is an educational tool developed by Asthma Australia for healthcare professionals and people with asthma (and their families and carers). It provides easy access to information and resources about asthma, asthma medications, device technique videos, asthma action plans and asthma first aid and clinical guidelines.

## Sexual health

### CDC : STD Treatment Guidelines

( [iTunes/Google Play](#) )

- Free

- The STD Treatment (Tx) Guidelines mobile app serves as a quick reference guide for doctors and related parties on the identification of and treatment for sexually transmitted diseases (STDs).

## Sleep disorders

### Sleep Cycle Alarm Clock

([iTunes/Google Play](#))

- Free
- Analyses sleep pattern using iPhone's accelerometer
- Also assists in optimal alarm waking times

## Surgery

### drawMD General Surgery

[iTunes](#)

- Free
- Patient Education by Drawing on Anatomical Illustrations for Medical Doctors and Health Care Providers
- Part of a series by Visible Health, Inc.

### drawMD Thoracic Surgery

[iTunes](#)

- Free
- Patient Engagement by Drawing on Thorax Illustrations for Cardiothoracic Surgeons at the Bedside
- Part of a series by Visible Health, Inc.

### Touch Surgery, Surgical Simulator

[iTunes/Google Play](#)

- Free
- The Surgical Simulator trusted by over 1 million medical professionals
- Support English, Spanish, Chinese and Russian languages

#### OVERVIEW:

Touch Surgery is an interactive mobile surgical simulator that guides you step-by-step through every part of an operation, and every decision that's made along the way. It's the OR in your pocket.

#### FEATURES:

With Touch Surgery's surgical simulator, you can:

- Practice surgery anytime, anywhere!
- Learn operations step-by-step in our training mode
- Experience realistic surgical environments created with state-of-the-art 3D graphics
- Track your results and measure your progress
- Build a personalised library of procedures
- Learn new techniques from top physicians
- New spy glass feature allows you to identify and learn about the instruments, tissues, muscles and bones contained in our procedures.
- Access a wide range of 3D simulations
- Share your progress with fellow professionals

## Travel health

### **The Travel Clinic app**

[\(iTunes/Google Play\)](#)

- Allows patients to record vaccines
- Free

### **CDC Health Information for International Travel 2016**

[\(iTunes/Google Play\)](#)

#### **- The Yellow Book**

- Free
- Health risks are real and ever-changing, especially while traveling abroad. For both international travellers and the health professionals who care for them, CDC Health Information for International Travel (more commonly known as The Yellow Book) is the definitive resource for preventing illness and injury in a globalized world.

### **CDC, Can I Eat This?**

[\(iTunes / Google Play\)](#)

- Free
- Application description: Montezuma's revenge, Delhi belly, or travelers' diarrhea—whatever you call it, an illness from unclean food or water can ruin your international trip. Help prevent travelers' diarrhea and other illnesses by using CDC's Can I Eat This? app. Select the country you're in and answer a few simple questions about what you're thinking about eating or drinking, and Can I Eat This? will tell you whether it's likely to be safe. With Can I Eat This?, you can be more confident that your food and drink choices won't make you spend your international trip in the bathroom.

## **Vascular**

### **drawMD Vascular**

[iTunes](#)

- Free
- Quickly engage with patients in a meaningful way on vascular conditions.

drawMD is a fast, free, simple and effective way to communicate with your patients by sketching on relevant medical illustrations.

## **Medicare**

### **MBS Search**

[\(iTunes/Google Play\)](#)

- Allows speedy search for Medicare Item Numbers
- Free

### **National Health Services Directory**

[\(iTunes/Google Play\)](#)

- Free
- It provides information such as location and opening hours for GPs, pharmacies, EDs and hospitals across Australia.
- The app can track your location and give you a list of all the nearest health services, where they are located (right down to the distance from your location), phone numbers, a map and opening hours.

### **OzHealth**

[iTunes](#)

- Free
- The OzHealth app is a condensed version of the Australian Institute of Health and Welfare's 13th biennial Health Report.
- The OzHealth app provides stats on Australia's population, life expectancy, births, deaths, international comparisons and population groups.

- It also provides data on diseases, injuries, illicit drug use, tobacco and alcohol consumption, health promotion, organ donation, dietary recommendations, medical research, spending on medicines, and lifestyle factors that affect health.

## Tools Miscellaneous

### BigMagnify

[iTunes](#)

- Free
- Features include magnification zoom levels of 1x, 2x, 4x and 8x, a freeze screen function and automatic focus.

### MediBabble Translator

- Free
- MediBabble is a history-taking and examination application designed to help doctors take an accurate history and perform a physical examination. It
- includes thousands of translated questions and instructions all playable as audio recordings.
- A physical examination section provides phrases used to prepare, position, instruct and educate patients during an examination. Five languages are currently available.

### Universal Doctor Speaker: Medical Translator with Audios [iTunes](#)

- \$8.99
- Universal Doctor Speaker is a multilingual app providing key medical phrases translated across 17 languages with audios to facilitate communication between patients and healthcare professionals who don't share a common language.

The app can be used by patients, as well as healthcare professionals to communicate with foreign patients.

### Better Health Channel

[\(iTunes/Google Play\)](#)

- Free
- A spin-off from the Victorian Government's popular Better Health Channel website, it allows users in that state to locate health services including GPs, hospitals, dentists, pharmacists, dietitians, massage therapists and physiotherapists.
- An extensive list of fact sheets about medical conditions and treatments can be searched by body part, category or via an A-Z listing, while the first-aid section gives information about a range of common injuries.

### Medscape

[\(iTunes/Google Play\)](#)

- Free
- Medscape provides fast and accurate clinical answers at the point-of-care and is the leading medical resource for physicians, medical students, nurses, and other healthcare professionals.

### CliniCalc Medical Calculator

[\(iTunes/Google Play\)](#)

- Free
- Healthcare professionals often need to do complex calculations and remember numerous scores and classifications. Can you calculate the CHADS2 Score for Afib patients or remember the Glasgow Coma Scale? This application gives you the answers with comprehensive background information in numerous categories of medicine

- Calculate (Medical Calculator) by QxMD [\(iTunes/Google Play\)](#)
- Free
- By QxMD Medical Software
- Clinical calculator and decision support tool, freely available to the medical community.

## **Epocrates References & Tools for Healthcare Providers: Drugs, Dosing, Interactions, Guidelines, Medical Calculators & More**

[\(iTunes/Google Play\)](#)

- Free
- Excellent General Reference tool ( USA tool )

## **Quick Medical Diagnosis and Treatment ( QMDT )**

- ~\$ 12.00 [iTunes](#)
- Quick Medical Diagnosis & Treatment (QMDT) app provides practical, expert, as well as immediate access to evidence-based diagnosis and treatment information. The most authoritative clinical guidance on more than 950 diseases and disorders is just seconds away! When every second counts, turn to Quick Medical Diagnosis & Treatment (QMDT), the ultimate on-call and office companion.

## **Omnio: Your personalized, all-in-one clinical resource**

[\(iTunes/Google Play\)](#)

- Free
- Designed with the healthcare professional's clinical workflow in mind, Omnio gives you quick and easy access to important and relevant medical information.
  - NEW! Favorites: Keep your most important resources one tap away
  - Drug Guide: Comprehensive database of US brands and generics, with formulary from 7,000 health plans
  - Disease Guide: Free access to The Merck Manual, the world's best-selling medical textbook, fully integrated for seamless use with relevant drug information and calculators
  - Calculators: Contain intuitive indices with an easy-to-use interface
  - Newsfeed: Be the first to know the latest through curated news and ideas for your specialty
  - Also included: Interaction analyzer, pill identifier, and dosing calculators

## **DynaMed Mobile**

[\(iTunes/Google Play\)](#)

### **Free + Subscription**

- Created by physicians for physicians, DynaMed is the leading evidence-based clinical resource for use at the point of care. Rated the most current point-of-care reference tool and best overall disease reference, DynaMed content is constantly updated to reflect the systematic identification, evaluation, and review of the latest clinical evidence.

## **UpToDate**

[\(iTunes/Google Play\)](#)

- Free + Subscription  
UpToDate is the leading clinical decision support resource with evidence-based clinical information – including drug topics and recommendations that clinicians rely on at the point of care.

## **Healthdirect – check symptoms, find health services and trusted advice**

[\(iTunes/Google Play\)](#)

### **By Healthdirect Australia Ltd**

- Free
- Australia's free health app that helps you make informed decisions about your health.

You can use the healthdirect app to:

- check your symptoms with the healthdirect Symptom Checker
- find a health service when and where you need it
- search for trusted health information

The tools you need to manage your own health

The healthdirect app includes a Symptom Checker tool which guides you through a series of

questions to help you make an informed decision about what to do next, whether it is self-care or seeing a health professional.

Australian health services, at your fingertips

The healthdirect app includes an Australia-wide directory covering a range of health services. Easily find the health service you need, when you need it, their contact details and directions from your current location.

## **Burn Out Proof**

[iTunes/](#) [Google Play](#)

- Burnout Proof - preventing physician burnout, one download at a time

Burnout Proof is the first mobile app designed to lower physician stress levels, prevent physician burnout, help you build a more balanced life and a more Ideal Practice.

If you work with patients, these short (5-10) minute video and audio lessons will help lower your stress immediately. Dr. Dike Drummond, CEO of TheHappyMD.com, has taken the key lessons learned in delivering over 1500 hour of one-on-one coaching to hundreds of burned out physicians - and made them available to all healthcare workers here in the Burnout Proof App.

## **MediTracker**

[iTunes](#) / [Google Play](#)

- Free for GP's ; patients pay an annual \$5.99
- A MediTracker subscription puts your GP medical record in your hands, anywhere, anytime. You can easily access your latest health summary, including allergies, immunisations, medications and more. After hours or in an emergency you'll be able to help emergency medical teams treat you safely and properly.

## **Health Unlocked : Help Group and Community Support**

( [iTunes](#) )

- Free
- HealthUnlocked is a social network for health. Get matched with others in your same health situation, learn from the experiences of others, receive emotional support, and get recommended content, communities, people, and services.

There are over 600 communities focused on topics ranging from cancer to running and everything in between.

Each community is moderated by reliable patient organizations or charities to ensure the best information is being shared by everyone.