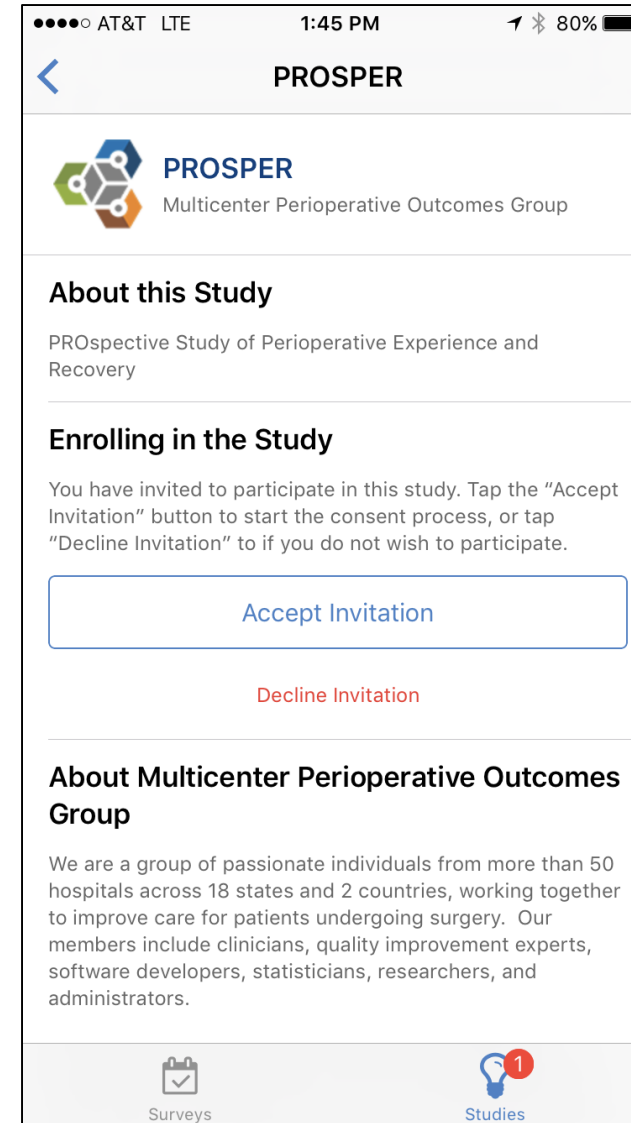


How can we help the patients PROSPER?

PROspective Study of Perioperative Experience and
Recovery

Where we are now...


- What about understanding the daily experience?
- Electronic consent, no coordinator required
- IRB approved, study released
- Piloting at U Michigan
- App Store: “MyDataHelps”



The consent & surveys

AT&T LTE 12:15 PM 72%

< Cancel



Data Gathering

We want to understand how a surgical procedure affects your activity, quality of life, pain, and mood. By answering some questions and sharing your activity data, we will be able to compare different surgical procedures and their impact on each person's life. We will combine this with electronic health record information we may already have about you and your surgical procedure.

[Learn more about how data is gathered](#)

Next

Eligibility Criteria

ARE YOU 18 YEARS OF AGE OR OLDER?

Yes ✓

No

CAN YOU READ AND UNDERSTAND ENGLISH IN ORDER TO PROVIDE INFORMED CONSENT FOR THIS STUDY?

Yes ✓

No

DUE WEDNESDAY, OCTOBER 25, 2017

- Disability Assessment
12 questions — PROSPER
- Global Health
10 questions — PROSPER
- Sleep quality
8 questions — PROSPER
- Social Roles and Activities
8 questions — PROSPER
- Cognitive Function
4 questions — PROSPER
- Emotional Distress
4 questions — PROSPER
- Pain Intensity
3 questions — PROSPER

Passive information too

Multicenter Perioperative Outcomes Group ▼ 🏠 🗨️ Contact Us

Studies > **PROSPER**

⚙️ Study Settings 📅 Schedule Surveys 📄 Manage Invitations ❤️ Sen

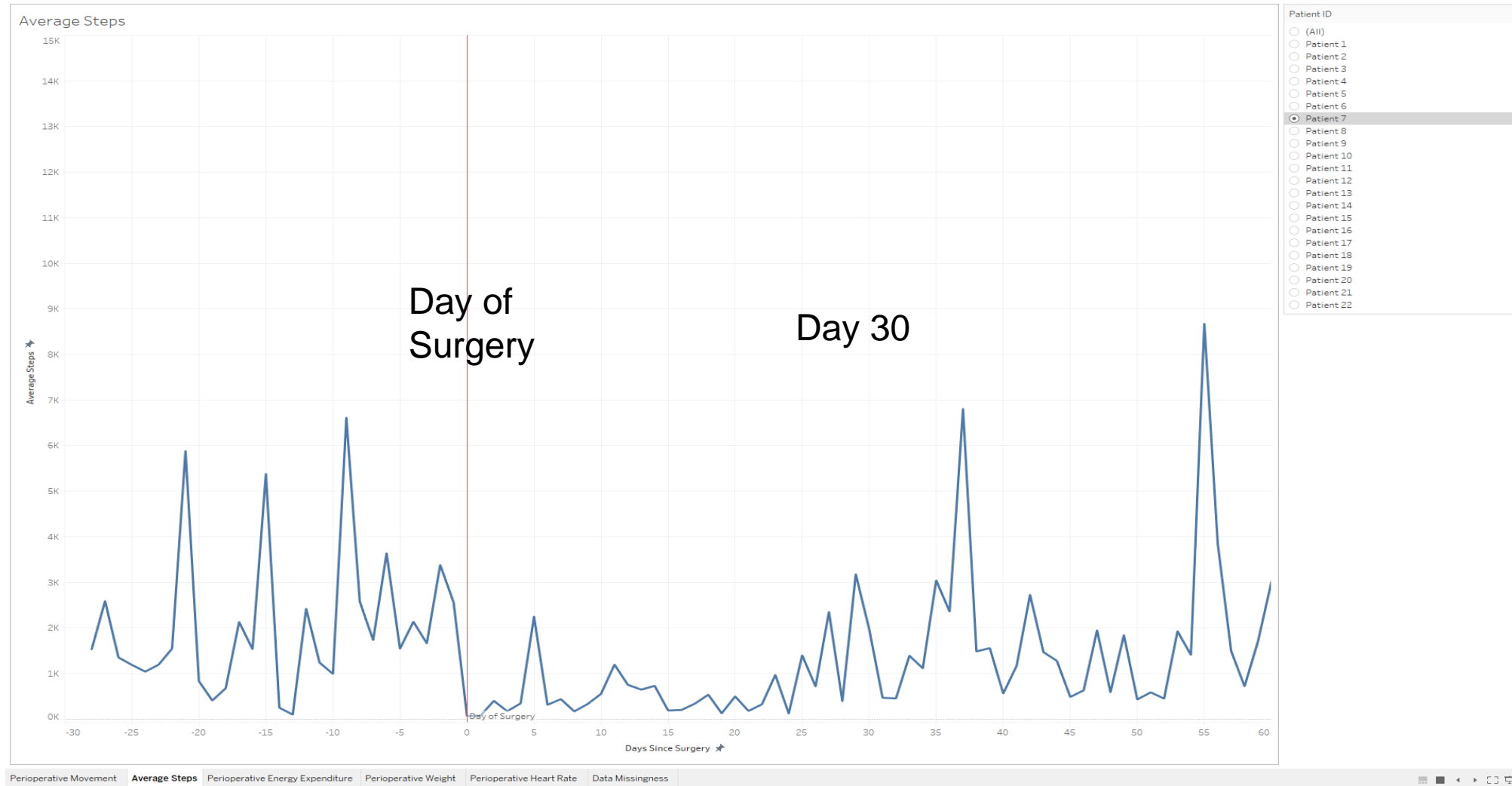
Activity

- Exercise Time**
measures the amount of time (in min) the user moved at an average intensity of a brisk walk or greater
- Distance Cycling**
in kilometers
- Wheelchair Push Count**
The number of pushes that the user has performed while using a wheelchair
- Activity Summary**
Generated by the Apple Watch's activity rings - includes daily energy burned, exercise time, and hours spent standing
- Resting Energy Burned**
in kcal
- Distance in a Wheelchair**
in kilometers
- Daily Steps**
Steps taken, total per day
- Nike Fuel Points**
- Flights of Stairs Climbed**
- Workouts**
Information about the user's workouts

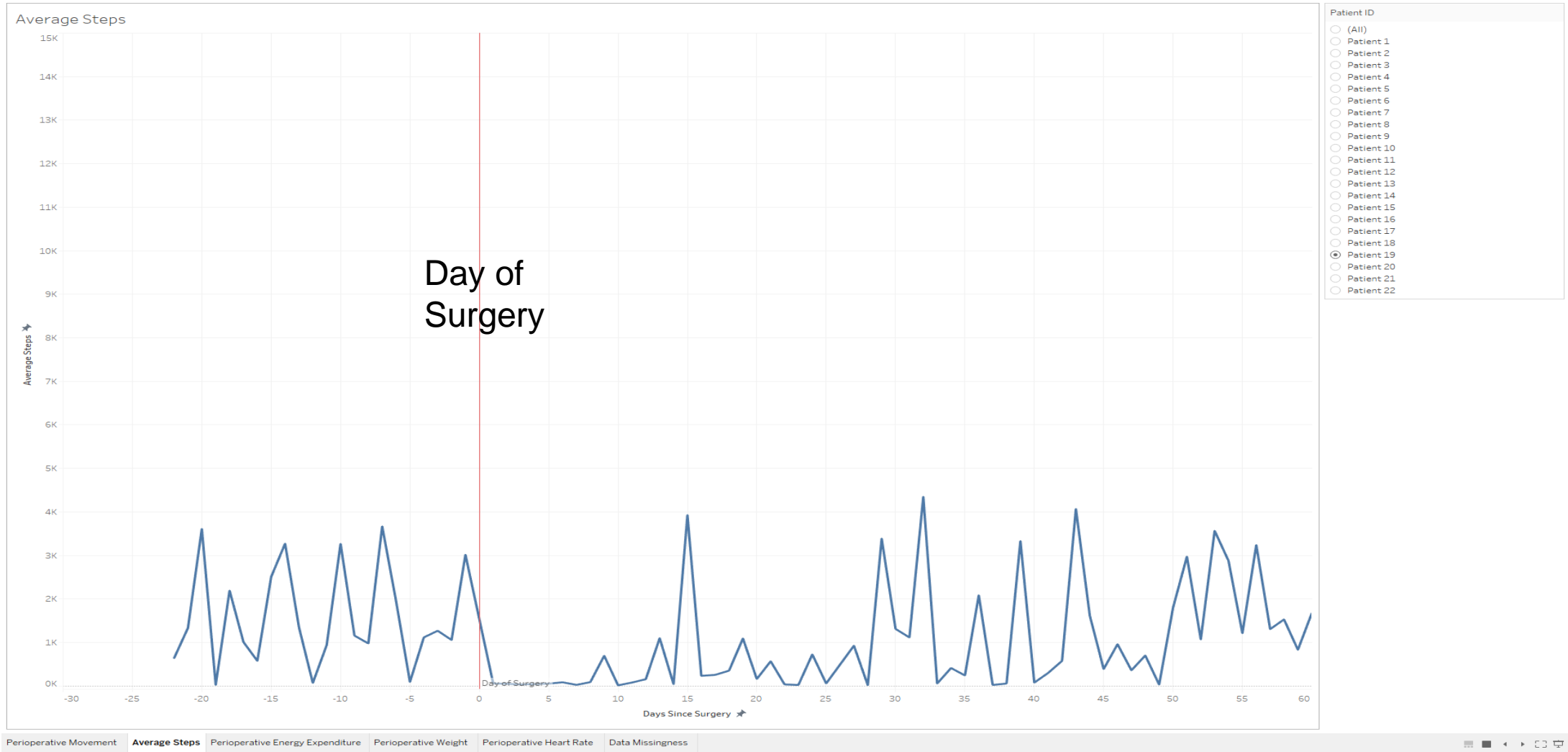
What we have learned

- Passive enrollment is takes very little daily work
- Surgeons are very interested in helping
- IRB has been innovative / flexible with multicenter approach
- The MPOG “spirit” is key – your data is your data
- Uptake in pilot mode has been limited, as expected: ~25 patients
- The data...

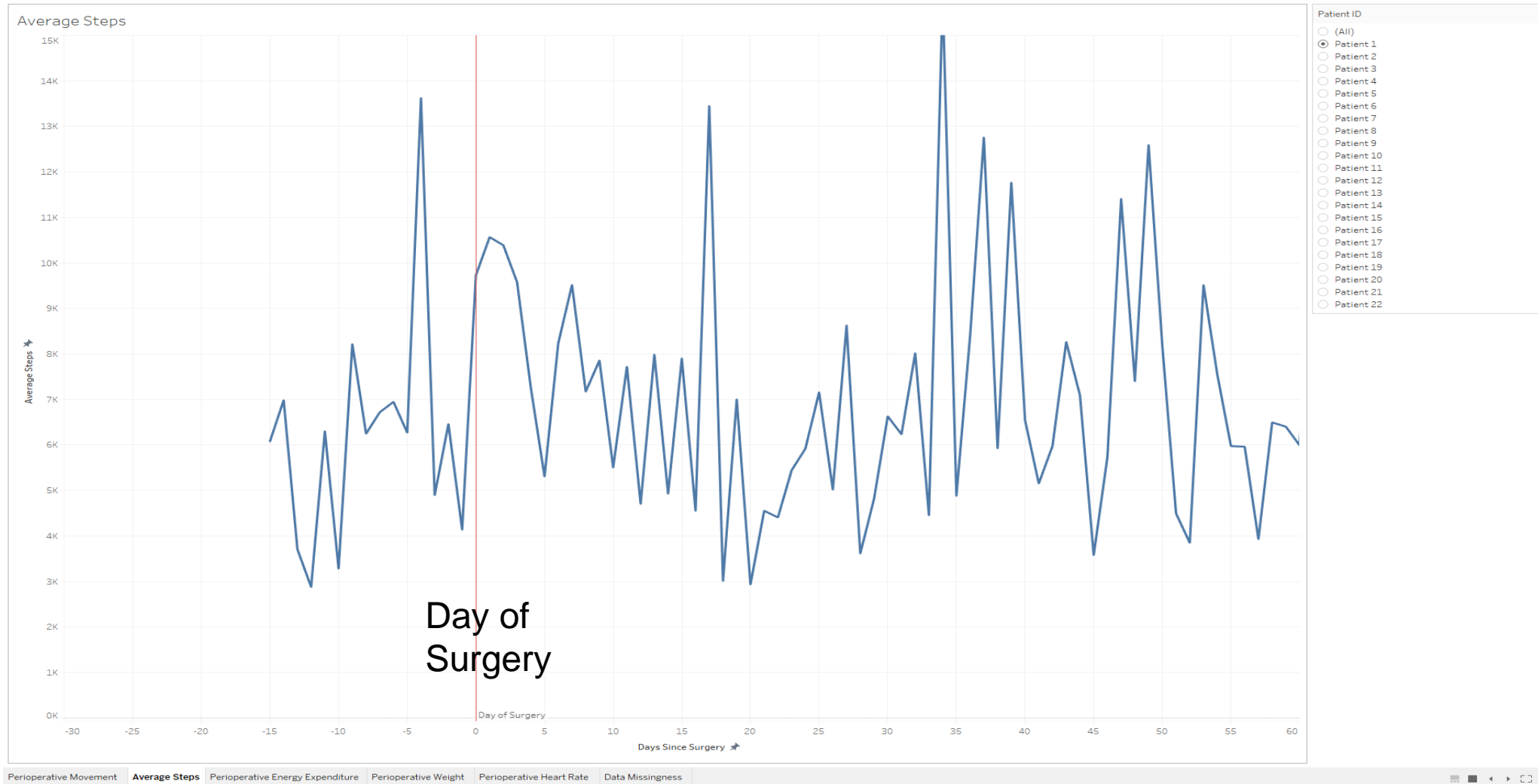
An example patient – steps per day



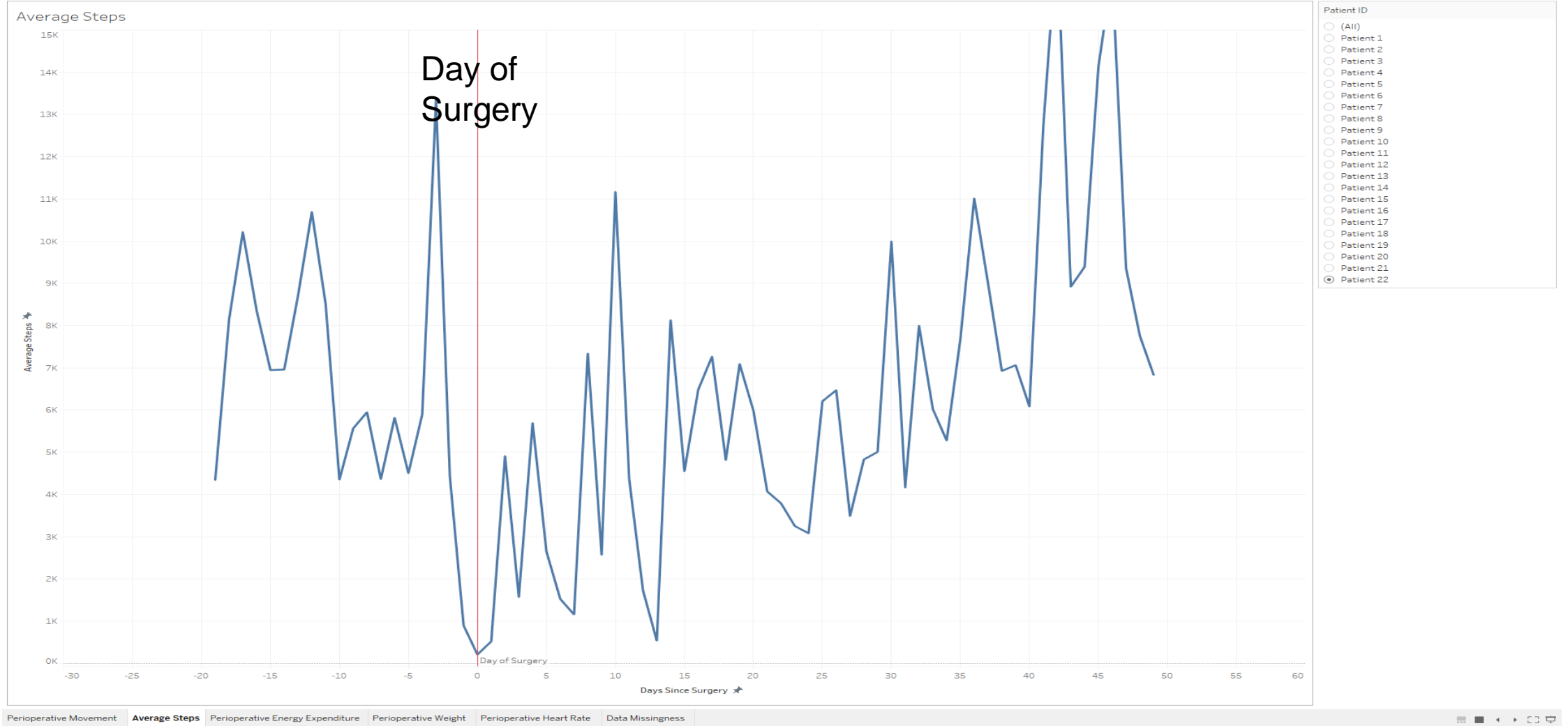
Patient 2 – steps per day



Example patient 3 – steps per day



There is hope...



Next steps for rollout

- Additional hospitals are signed up: University of Virginia & Beaumont Health Michigan
- Continuing passive recruitment strategy for now – no additional IRB approval needed
- Should consider active recruitment, distinct IRB at each hospital required
- MPOG spirit key – your data is your data
- iPhone and Android apps and surveys ready
 - Android study in IRB amendment review

The flyer, IRB approved

Participate in a mobile application research study to help us understand how a procedure changes your activity, quality of life, pain, and mood.

- Are you 18 years old or older?
- Are you having a procedure with anesthesia?
- Do you have an iPhone or Android phone?



Ready for your hospital's logo

For More Information Please Contact:

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Department of Anesthesiology

mpog-prosper@med.umich.edu

IRB #HUM00136663

Available exclusively in
the Apple App Store and
the Google Play Store



What does this app do?

- Complete health surveys using your mobile phone
- Track and visualize your recovery
- Compare your results to other patients

How to enroll:

1. Download MyDataHelps from the Apple App Store or the Google Play Store.
2. Search for "PROSPER" under the Studies section.

Insert
Logo
Here



Next steps for analytics

- Linking to perioperative EHR remains key to make meaningful conclusions
- Other signal streams (geolocation, flights of stairs, heart rates) with lower fill rates
- What are digital “phenotypes” of recovery after surgery
- What are the statistics and analytics to describe these “gestalts”
- How do they correlate with active measures

- Questions?