

# **MSAMH Mobile Health App Library - Pilot**

27 March 2017 | [Addiction and Mental Health](#)

Status:

[Completed](#)

Metro South Health currently has high demand by health professionals and consumers to identify or develop mobile health (mHealth) apps that are user friendly, evidenced based and secure. Metro South Addiction and Mental Health Service (MSAMHS) will conduct a review process and development of a web-based App library.

Utilising a rigorous assessment process, MSAMHS will develop a mHealth App library that will benefit consumers and carers, clinicians, and the health service. The project will:

- Assist consumers and carers to identify health apps that improve decision making; are suitable for them; reduce confusion; and assist in safely managing their conditions.
- By using an evidence-based process and creating a mHealth app library mental health clinicians will: Use and recommend apps with confidence and safety; reduce clinical time spent re-educating consumers who may be using a poor quality app; identify apps for assessment; provide direct feedback regarding why and who the app suits; easily identify apps that may be suited to their patients; standardise and strength care with the consistent use of approved apps.

Aims & Goals:

1. Complete staff mapping to obtain App recommendations 2. Develop and review an Apps review process involving consumers, clinicians, and other relevant stakeholders 3. Develop and implement an Apps library

Evaluation/outcomes:

The Metro South Addiction and Mental Health Services Mobile Health App Library was launched successfully in 2017, with a total of 31 Apps supported and reviewed by Metro South Health clinicians.

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mHealth, App, App library

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