

MOBILE HEALTH

Today, Professor Monika Janda, will be presenting on mobile health at the Australasian College of Dermatologists (ACD) Annual Scientific Meeting (ASM) on the Gold Coast.

Professor Janda says: “There are 43 new mobile health Apps for skin cancer prevention and early detection that have appeared since 2014. Fifty six percent of these are used for monitoring/tracking, 53% are free and 30% had clinician or scientific input into their design or validation.”

Professor Janda’s presentation showcases how technology can be used optimally to make the patient and dermatologist active partners in decreasing the incidence of skin cancer and reducing its morbidity and mortality. It reviews Apps in the space, the changes in the App market over the past few years and presents data from our ongoing studies using digital teledermoscopy.

Professor Janda says: “Consumers play an ever increasing part in managing their own health. Information is quickly at hand, and making the right choice on which information to trust is sometimes a challenge. Despite good information and intentions, evidence from psychological research shows that information and knowledge does not necessarily translate into behaviour. The role of dermatologists to assist people in making evidence-based choices and following through with consistent behaviour is therefore ever more important. Digital technology can support this for both the dermatologists and the consumers.”

Professor H Peter Soyer, Convenor of the ASM, says: “Mobile teledermoscopy allows consumers to take images of suspicious skin spots to send to a dermatologist for remote diagnosis and management recommendation. It prompts partner-assisted skin examinations and holds a photographic record for further monitoring and tracking.”

Professor Janda says: “The cost of Apps are significant prohibitive for many users. In a focus group study that we conducted, we also found that participants lose interest in Apps that require large memory space, need constant updates and take too long to load. We are currently conducting a clinical trial on mobile teledermoscopy aided skin self-examination (SSE) versus naked-eye SSE, which is set for completion in August 2018.”

ENDS

References

Efficacy of smartphone applications in high-risk pigmented lesions, Ngoo A, Finnane A, McMeniman E, Tan JM, Janda M, Soyer HP, Australas J Dermatol. 2017 Feb 27. doi: 10.1111/ajd.12599

Links to further information

[Annual Scientific Meeting website](#)

[A-Z of Skin](#)

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OF DERMATOLOGISTS

About the Australasian College of Dermatologists (ACD):

The ACD is the peak medical college accredited by the Australian Medical Council for the training and professional development of medical practitioners in the specialty of dermatology. They provide authoritative information about dermatology to Government, the media, other health professionals and the general public.

Media enquiries:

For more information, images, or to arrange an interview with a dermatologist, please contact:

Roshan Riddell
Marketing and Communications Specialist
Australasian College of Dermatologists
+61 2 8741 4150
roshan@dermcoll.edu.au