



## MyICU App Introduced



[Beth Israel Deaconess Medical Center](#) (BIDMC), in Boston, USA, has launched a new app, MyICU, that serves as a communication tool to better engage ICU patients and family members in decisions. The app can be accessed from the dedicated iPad in each ICU room, or remotely via a smartphone or home computer, using a secure login. The online tool allows users to learn more about the patient's medical condition, get to know members of the BIDMC care team and upload information and photos about the patient.

"The families that have used it thus far have been supportive of the concept and have found the application easy to use," Barbara Sarnoff Lee, Senior Director, Social Work and Patient/Family Engagement informed *ICU Management* in an email. "MyICU was 'co-created' by staff and former ICU patients/families so we worked hard to design an application that was sensitive to the needs of patients and families in the ICU. One family we know has used the app to share information with family members who are not nearby and that has helped reduce some family anxiety."

MyICU also has information about how family members can participate in care if they want to and a section that lists the tests and procedures that can be expected on a given day. The app provides a convenient way for patients and family members to ask questions of the care team whenever they come to mind, jot down information they want to discuss with providers and request a family meeting with the care team.

See Also: [App Allows Patients To Donate Data To Scientific Research](#)

"ICU staff were part of the development and implementation team so as above, we tried to be thoughtful about content and workflow issues related to the use of MyICU," Sarnoff Lee said. "So far, staff have been receptive to the application and are particularly encouraged when they see and hear about patients/families who are using MyICU. We have three ICU nurses who have time dedicated to this project and their input in the design and rollout has been key to staff buy-in."

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**Fig. 1.** A screenshot of a MyICU web page.

There will be one MyICU password for each patient. The patient or family member who enrolls in MyICU can share that password with other family members.

A section of MyICU that is available only to the patient and family members allows patients and families to keep a running journal of personal and medical information. At the end of the ICU stay, the contents of the journal can be taken home.

MyICU is now available in two BIDMC intensive care units and will be available in all BIDMC ICUs in the coming months. "Our hope is that if MyICU is well received here at BIDMC that other ICUs might be interested in using it," the MyICU team added.

[Johns Hopkins](#) is another organisation that is actively developing and using apps in its ICU.

*Claire Pillar, Managing Editor, ICU Management*

Source: [Beth Israel Deaconess Medical Center](#); Interview

Image credit: BIDMC

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