Instructions for use

Careportal

Only for Caregivers
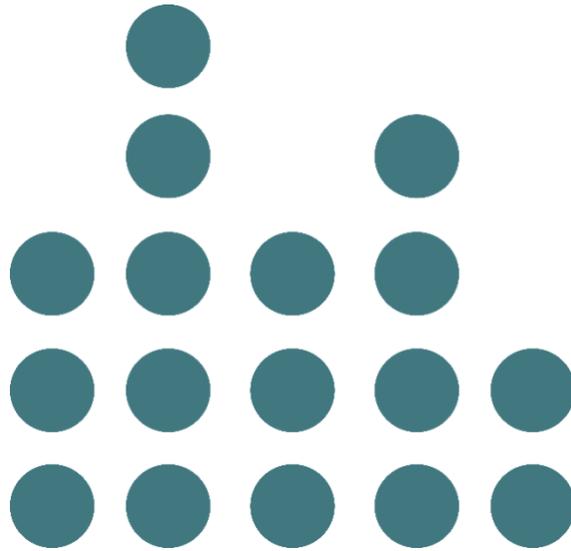
AsthmaTuner

TABLE OF CONTENTS

General

1.1 Introduction

Welcome as a user of AsthmaTuner! Read this user manual carefully for important information and the best possible experience of AsthmaTuner.

1.2 Intended Use

AsthmaTuner is intended for self-management and follow-up of asthma. AsthmaTuner enables compliance with an individual treatment plan prescribed by the treating physician. Furthermore, AsthmaTuner enables follow-up of prescribed treatment, lung function and experienced symptoms over time, which can be seen as a support for education and self-care, as well as a decision support for diagnostics.

1.3 Intended Users

AsthmaTuner is intended for use by people who are being assessed or treated for asthma from the age of 6 onwards. All use for children and adolescents under the age of 18 must be under the supervision of their guardians. This means that children and adolescents must receive support, advice and information from guardians when needed while using AsthmaTuner. Creation of a treatment plan in AsthmaTuner must be done by qualified healthcare personnel. AsthmaTuner is currently available in Swedish, English, Danish and Norwegian and should be used by people who are fluent in these languages.

To use AsthmaTuner, a smartphone with following requirements is needed:
- Bluetooth 4.0 or above
- iOS 10 or above
- Android 5 or above.
- You need Mobile BankID or a relative with Mobile BankID to create an account.

1.4 AsthmaTuner Components

1. Wireless spirometer
2. Smartphone app for iOS and Android
3. Careportal – web interface for caregivers

Figure 1

Figure 2

Figure 3

NOTE! The iOS and Android apps are very similar but may differ. Pictures in the manual illustrate the iOS app.

1.5 System requirements

To use the AsthmaTuner app, a smartphone with following requirements is needed:
- Bluetooth 4.0 or above
- iOS 10 or above
- Android 6 or above.
- In Sweden and Norway you need Mobile BankID or a relative with Mobile BankID to create an account

The AsthmaTuner Careportal is a web application than can be reached through a web browser on a computer. The approved browsers to reach the application include:
- Safari
- Internet Explorer IE11+
- Edge
- Firefox
- Google Chrome

The recommendation is to always use the latest version of the browser since functionality on older browsers might be affected. Unless stated otherwise the two latest major versions of the above listed browsers are supported.

1.6 Important information for healthcare professionals when using AsthmaTuner

Make sure to educate all users on how to use AsthmaTuner and make sure the patient knows how to measure their lung function.

- **Warning!** Make sure that medicines included in the patient's treatment plan in AsthmaTuner are in accordance with drugs prescribed in the medical record system used at the clinic.
- **Warning!** Make sure the patient is not using medicines that should not be taken with certain asthma drugs, such as beta blockers.
- **Note!** AsthmaTuner is not a surveillance / monitoring system. You must inform the patient that he/she is responsible for seeking healthcare when needed.

1.7 Contraindications and complications of spirometry examination

Lung function tests should not be performed if the patient has recently undergone surgery or myocardial infarction and aortic aneurysm. The assessment should be made individually by the responsible physician. Otherwise, complications are rare in spirometry examination. Very rare are dizziness and various types of chest pain. In case of acute dizziness, terminate the examination and rest before a new examination is done.

2 Introduction to Careportal

The purpose of Careportal is to support the evaluation of patients' asthma and support them in treatment and self-care, both for physical and digital health care visits.

To get started, the clinic you are working on must be connected to AsthmaTuner. Contact info@asthmatuner.com to connect to AsthmaTuner. The clinic appoints local AsthmaTuner administrators. These administrators are set up as admin users by the company MediTuner, which provides the service, and can then set up which of the clinic's healthcare personnel can log in and use the system.

2.1 Login and logout

To log in, visit the careportal.asthmatuner.com page. You can identify yourself with either SITHS card or Bank ID. If you use AsthmaTuner at multiple clinics, choose which one you want to log into.

Log out by clicking on the symbol with an arrow out through a door.

For countries without BankID, healthcare providers are invited to create an account by an administrator at the clinic. After the account has been created, the healthcare provider logs in with Personal ID, password and SMS code.

3   Overview of Careportal

The appearance and functionality of the Careportal interface differs depending on whether the user is registered as an "administrator" or not. The task of the admin staff includes managing access for those who have access to the interface for each clinic. The Careportal menu list consists of five tabs.

1. Patient List
2. Treatment Templates
3. Pharmaceutical Assortment
4. Caregivers (admin only)
5. Log (admin only)

If you want to change the language, click on the globe icon and the existing language in the top right corner.

3.1   Patient list

After logging in, you land directly in the "Patient list". Here, you quickly get an overview of which patients are connected to your clinic and key information about the patient

Add patient

Click on "Add patient", a box will open where you fill in the patient's social security number. After clicking add, a request is sent to the patient that they must approve in the AsthmaTuner app - before you can see the data.

For some markets, this feature is also used to make an invitation to the patient to create an account. Then fill in the social security number and telephone number of the patient and any relatives. They will then receive an SMS with code and a link to create an account and an invitation to the clinic.

Remove patient

If a patient should no longer use AsthmaTuner, you can remove the patient from the clinic. Select the patient using the checkbox box and then press delete. You will no longer be able to see the patient's information, so it is important that you record the information before.

Sort, Search and Filter

It is possible to sort the patient list by clicking on the different headings in the table.

You can search for a specific patient by entering the patient's name or social security number in the search field and clicking search.

You can also filter the list, so that only the patients relevant to the filter you selected are visible. You can filter for a specific healthcare professional whether the patient has a treatment plan or not.

Show patient-specific information

To get more information about a patient, click anywhere on the line in the table. For each patient, information is divided into four sub-tabs; "Patient information", "Treatment plan", "Trend graph" and "Diagnostic graph".

3.1.1   Patient information

"Patient information" contains contact information and specific information about the patient. To the left of the view, a specific healthcare professional can be assigned to the patient, for example to facilitate follow-up and sorting. The information fields to the right are filled in by the patient himself in the AsthmaTuner app and cannot be changed in the Caregiver interface.

3.1.2   Treatment plan

Here you can create a treatment plan for the patient. The treatment plan is color coded and divided into three stages, green for controlled asthma, yellow for partially controlled asthma and red for uncontrolled asthma.

Create or change a treatment plan

Click "Create Treatment Plan" To create a new one, or make adjustments to an existing treatment plan, click "Change".

1. Select the drug in the drop-down menu on the left.
2. Specify if the selected drug is a "Controller" or "As needed" type
    a. For Controllers, set the dose morning / noon / evening
    b. As needed, set number per time and maximum number per day
3. Add the treatment to the correct treatment step in the treatment plan by pressing the "+ button". One click on the green button adds the treatment to the green level, yellow on partially controlled and red on uncontrolled.
4. Repeat steps 1-3 until the treatment plan is complete, and then click save. The patient will receive a notification in their app that the treatment plan has been updated.

You can create an entire treatment plan by using a treatment template. To do this, select the treatment plan in the upper left corner. The entire treatment plan is then populated.

Save as a favorite

You can save a treatment plan as a "Favorite" and name it by typing a name for it in the box at the bottom and click "Add". The current treatment plan will be saved as one of your personal favorites. It can then be found under the tab "Treatment templates", read more there.

Other

Under the current treatment plan, there is a table with a patient-specific log showing which staff have looked at or made changes to the patient's treatment plan.

Warning! Make sure that you have the right medication and strength by reviewing the treatment plan before leaving the tab "Treatment plan".

Warning! Ensure that the prescribed drugs are included in the Medicines Compendium (e.g. FASS) and that the dose does not exceed the Medicines Compendium recommended maximum dose for the drug by reviewing the treatment plan before leaving the tab "Treatment plan".

Warning! Ensure that the treatment plan is posted to the correct patient by reviewing the name and social security number before leaving the tab "Treatment plan"

Warning! Inform the patient to always seek contact with the healthcare provider if he / she feels that AsthmaTuner recommends a dose that is too low or too high based on asthma status.

NOTE! Inform the patient to familiarize themselves with the AsthmaTuner user manual before starting treatment, and that use for children and teens under the age of 18 should be supervised.

NOTE! Also inform the patient that the maximum dose and dosage information for the drug will be indicated on the package when the drug is collected at the pharmacy.

3.1.3   Trend graph

Under the tab "Trend graph" you can track how the patient's measured lung function, reported symptoms and asthma control have developed over time. Data is collected here when patients use the treatment recommendations tool in the app.

Data can be reviewed by week, month and year. To move forward or backward in time, click on the left and right arrows that indicate the time periods that will be reviewed instead. By moving the cursor over the various points, detailed data on the lung function value and number of symptoms can be read.

Asthma control is calculated by the following algorithm:

Asthma control	Green - Controlled	Yellow – Partly controlled	Red – Uncontrolled
Markers	0 markers	1-2 markers*	3-5 markers*

Lung function <80% of personal best FEV1 is counted as a marker. Registration of symptoms for each symptom issue is counted as a marker 0-4

3.1.4   Diagnostic graph

The diagnostic graph is used to evaluate variation in lung function over time. Data is collected here if the patient has activated the "Evaluation Tool" in the AsthmaTuner app.

You can choose whether you want to see information for PEF or FEV1 by using the drop-down menu in the upper left corner. The graph shows actual values in lung function. Below the graph, the daily variability is calculated per day, as well as the average over each measurement week.

You can choose to download all metrics as a .csv file by clicking the "Download metrics" button

3.2 Treatment templates

To simplify the work on treatment plans there is the possibility to create standardized treatment plans in AsthmaTuner ("Treatment templates")

Here you find the pre-composed treatment templates for the healthcare staff. These are divided into two levels; Clinic-specific treatment templates that can only be set up and changed by administrators at the clinic, but which all clinic staff can access. Under "My treatment templates" you can create personal treatment templates that only you see.

The star on the right of each treatment template is clickable. By clicking on the star, you can activate or deactivate the star; an activated star means that it is a favorite you want to use, it will then be included in the drop-down list when you create or change treatment plans for a specific patient

3.3 Medications assortments

Under the tab "Medication assortment" there is a list of all available medicines in AsthmaTuner. Pictures of inhalers are displayed for easier recognition.

NOTE! The list of medicines is regularly updated by the publisher of AsthmaTuner, if you find any errors in the list, please email info@asthmatuner.com

3.4 Caregivers – Admin only

Under the caregiver tab all staff that has access to the clinic is. By using the "Delete" and "Add" buttons, you can manage which healthcare providers at the clinic can use the system.

3.5 Log – Admin only

Under the log tab there is a list of the activities registered in the healthcare provider interface for the specific clinic.

It is also possible to search for a specific patient by name, social security number, or a specific healthcare provider at the clinic.