

App to manage allergies for mobile devices

YourALICS is a mobile app, designed to help sufferers and medical staff to handle allergies on a daily basis.

Problem area

Living day-to-day for people suffering from allergy can be difficult and often require a wide knowledge and understanding from their surroundings.

Sufferers of allergy experience difficulty in knowing how to handle many situations in everyday life, and it is very important to help them as the number of people suffering from life threatening allergic reactions is increasing rapidly.

It is not possible for a GP or Allergy Wards at a hospital to assist the allergy patients with medical questions that they need answers for during their day.

As a result of this, many allergy patients are left to solve the problems themselves or will end up ill in bed or in a hospital.

Some patients do not have the resources to investigate or seek advice, so they end up taking more medicine to try and help ease their symptoms.

Globally there are a large group of people who are left to themselves trying to find solutions and answers to the problems they have as a result of suffering from allergies.

Economic and medical impact to society and sufferers

YourALICS makes it possible for allergy sufferers to get control over their allergy.

These are statements about the app taken from the Action Plan from The Ministry of Foreign Affairs of Denmark

The effect of the app:

- Fewer sick days (*2)
- Greater quality of life
- Avoid problem areas
- Better and easier diagnosis (*3)
- Self-care (*2)
- Prevention (prophylaxis)
- Fewer visits to the GP and hospitals (*1)
- Security (safety for the individual)
- Time-saving
- Economic and medical beneficial for the sufferers
- Greater knowledge

There is an economic impact for the society from the app; fewer hospital admissions (*1)

The employees will have better health, be more productive at work, return to work faster and have fewer days off work (*2).

The story behind the app

The designer of the app has been suffering from several allergies and intolerance for many years.

She was wondering if there was a tool to help managing allergies on a daily basis, because she found herself in the same situations, time after time – “what is the cause of this?”, “what do I do now?”, “how can I avoid that?”, “why didn't I know this”.

It became a mission for her to design a tool, that would help people with allergies to get a better life and avoid getting ill.

She then started to interview medical staff and patients about issues and challenges they experience on a daily basis with regard to allergies. She then started reading textbooks about allergies and visited allergy exhibitions abroad, to obtain a better insight how people are managing living with allergies and which tools are there available for them.

She started to sketch screens and diagrams and finally created interactive prototypes of the app, after years of work.

Plan of Action

The Trade Council and the Ministry of Foreign Affairs of Denmark have evaluated the project to be “Born Global” and created an “Action plan” in cooperation with the Ministry of Foreign Affairs and Nina Aagaard.

Evaluation

The application has been evaluated by an internationally recognized British Allergy Specialist, The Ministry of Foreign Affairs of Denmark/The Trade Council, DTU Nation Food Institute (Copenhagen), sufferers, institutional employees, physicians/doctors (practicing physicians, specialists, surgeons), nurses. Everyone has recognized and approved that the product will meet the need for preventing, handling, and thereby make daily life easier for individuals. There are several written recommendations on the application.

Status

An interactive prototype of the app has been created. We have comprehensive documentation and various material about the app.

Some testimonials/ quotes about the app:

This is a tool, which actually makes a difference to the most important of all: You – what ever you are a patient, a doctor, a nurse, a school teacher, a grand mom, a friend or something in between.

Susanne Slot, Nurse, Master Adult Learning and Human Resource development

There is a big demand for a tool like this app, both for suffers from allergies, intolerance and celiac disease but also for medical staff.

Allergy Specialist Professor Jonathan Brostoff, London.

I am very impressed by YourALICS, because it makes scientific knowledge about allergies easily accessible in everyday life scenarios, both for patients, and on a medical level.

Carsten Pedersen, Medical Specialist and surgeon in Urology

As a nurse, I highly recommend Nina Aa. Isralesens app: YourAlics – both to people who each and every day must face and handle a life with allergy, and to healthcare professionals whom – as I – on regular basis meet patients with allergy and are challenged by their multiple habits.

Susanne Slot, Nurse, Master Adult Learning and Human Resource development

Nina's app – indeed has the potential to make a huge and life changing difference to a wide range of people whom in some way or the other are close and connected to people who suffers from allergy and coeliac disease.

Susanne Slot, Nurse, Master Adult Learning and Human Resource development

I hope for my sake and other allergy sufferers that you'll succeed with the app.

A super tool to have in hand in everyday life.

The app has my warmest recommendation.

Nikolaj – suffering from anaphylaxis

Reference

- 1) In the 20 years to 2012 there was a 615% increase in the rate of hospital admissions for anaphylaxis in the UK (Turner PJ, 2015)
- 2) Allergy is the most common chronic disease in Europe. Up to 20% of patients with allergies live with a severe debilitating form of their condition, and struggle daily with the fear of a possible asthma attack, anaphylactic shock, or even death from an allergic reaction (EAACI, 2016) http://www.eaaci.org/documents/EAACI_Advocacy_Manifesto.pdf
- 3) In the UK, allergic diseases across all ages costs the NHS an estimated £900 million a year, mostly through prescribed treatments in primary care, representing 10% of the GP prescribing budget. (Venter, 2009)

Biography



Nina Aagaard is a UX Product Designer, has a degree in computer science, studied medical areas and UX design. She has designed and developed software, websites and apps for 19 years.

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