



MyABDR - working with the community

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MyABDR

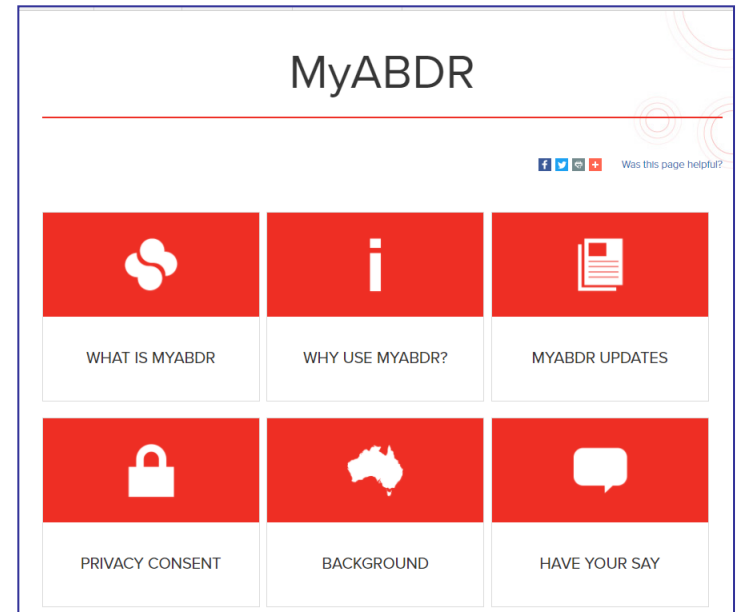
A collaboration between

- Haemophilia Foundation Australia (HFA)
- Australian Haemophilia Centre Directors' Organisation (AHCDO)
- National Blood Authority

On behalf of Australian governments

Role of HFA

- Community consultation
- Education materials
- Promote to community



To enable community members to use the system
To tailor the system for the future so that it remains effective and relevant to people with bleeding disorders

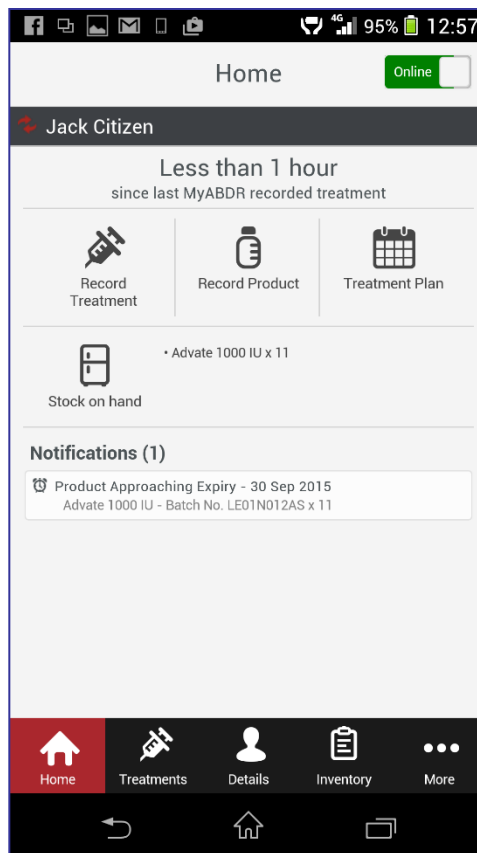


What is MyABDR?

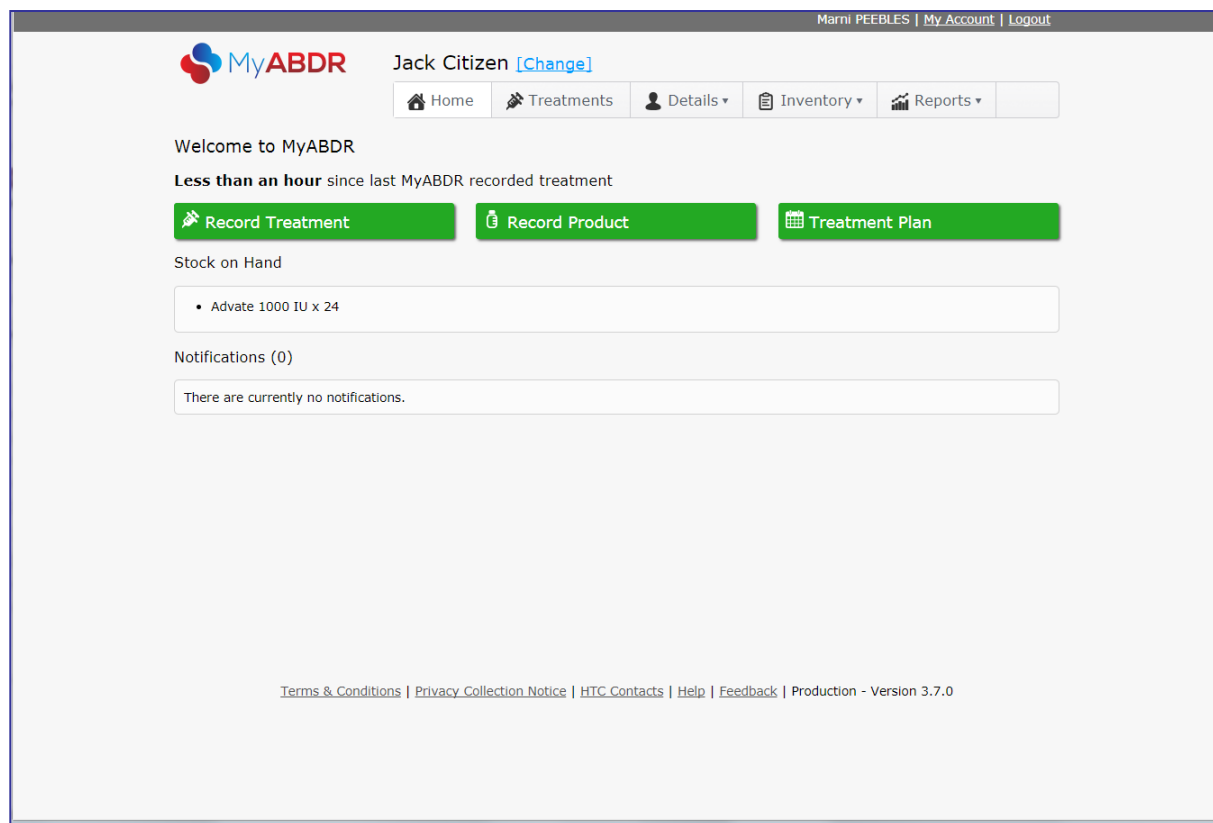
A secure app and web site for people with bleeding disorders or parents/caregivers to:

- Record treatments and bleed details
- Manage treatment product stock
- Share the information with your Haemophilia Centre
- Update your contact and personal details


MyABDR app



MyABDR website



Marni PEEBLES | [My Account](#) | [Logout](#)

 Jack Citizen [\[Change\]](#)

[Home](#) [Treatments](#) [Details](#) [Inventory](#) [Reports](#)

Welcome to MyABDR

Less than an hour since last MyABDR recorded treatment

[Record Treatment](#) [Record Product](#) [Treatment Plan](#)

Stock on Hand

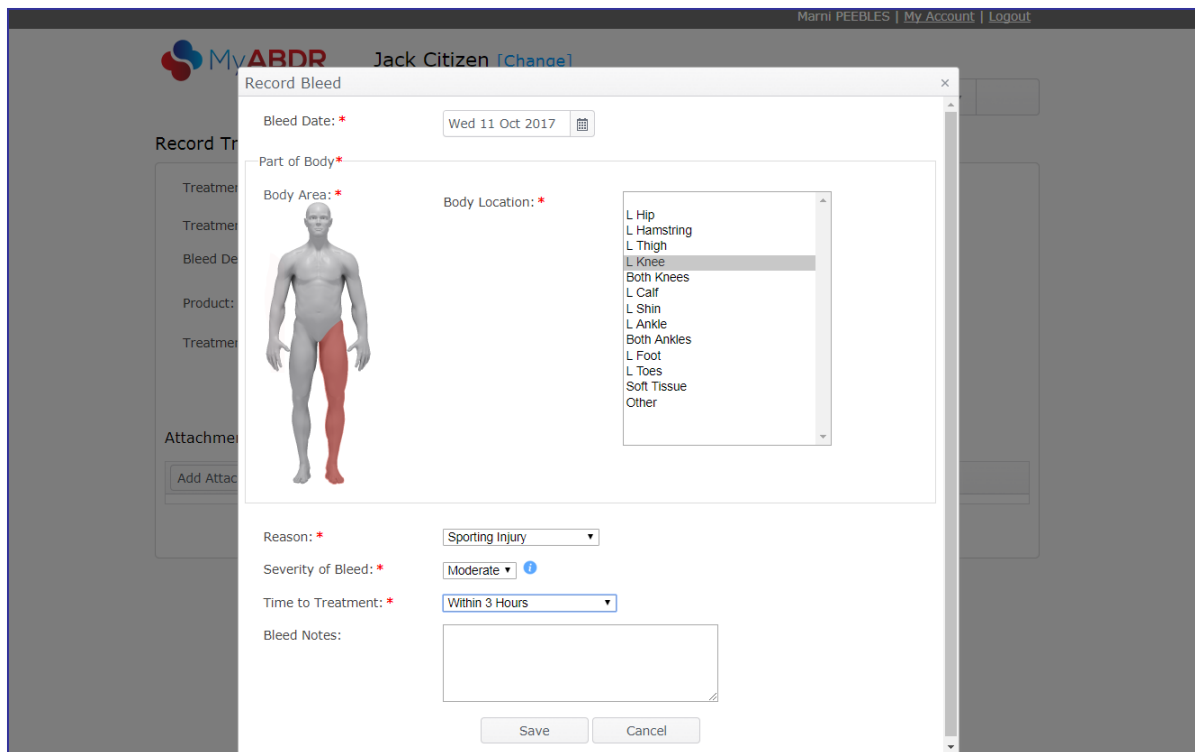
- Advate 1000 IU x 24

Notifications (0)

There are currently no notifications.

[Terms & Conditions](#) | [Privacy Collection Notice](#) | [HTC Contacts](#) | [Help](#) | [Feedback](#) | Production - Version 3.7.0

Recording bleeds



The screenshot shows the 'Record Bleed' form in the MyABDR system. The form is titled 'Record Bleed' and is open for user 'Marni PEEBLES'. The patient name is 'Jack Citizen'. The form contains the following fields:

- Bleed Date:** Wed 11 Oct 2017
- Part of Body:** A dropdown menu with the following options: L Hip, L Hamstring, L Thigh, L Knee (selected), Both Knees, L Calf, L Shin, L Ankle, Both Ankles, L Foot, L Toes, Soft Tissue, Other.
- Body Area:** A 3D anatomical model of a human body with the left leg highlighted in red.
- Body Location:** A dropdown menu with the following options: L Hip, L Hamstring, L Thigh, L Knee (selected), Both Knees, L Calf, L Shin, L Ankle, Both Ankles, L Foot, L Toes, Soft Tissue, Other.
- Reason:** Sporting Injury
- Severity of Bleed:** Moderate
- Time to Treatment:** Within 3 Hours
- Bleed Notes:** A text area for additional notes.

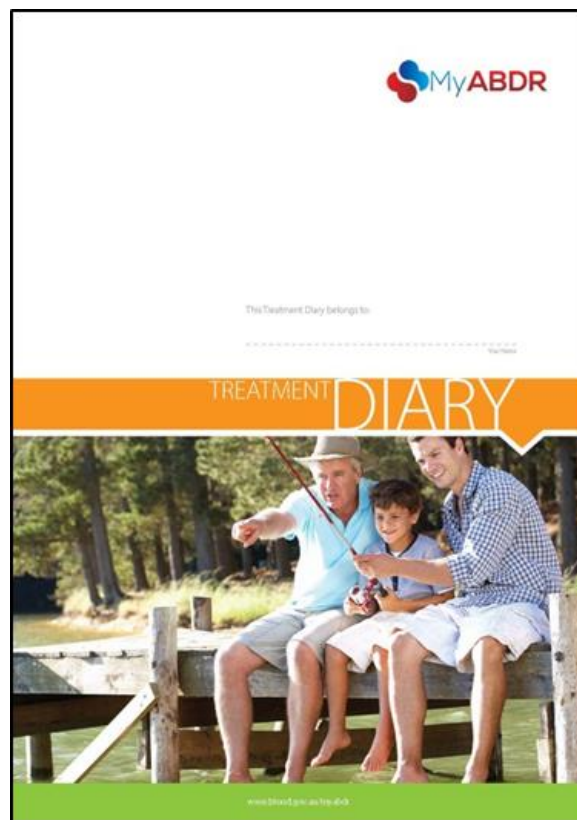
Buttons for 'Save' and 'Cancel' are located at the bottom of the form.

Graphs



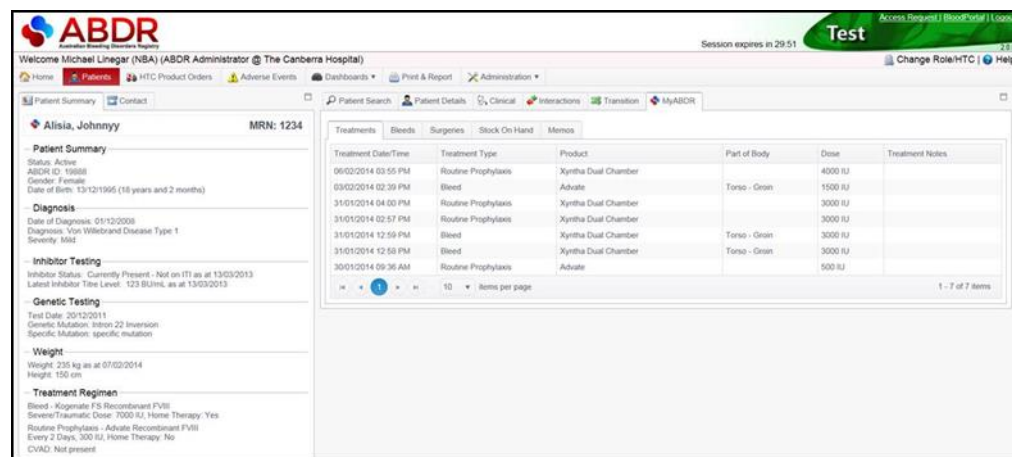
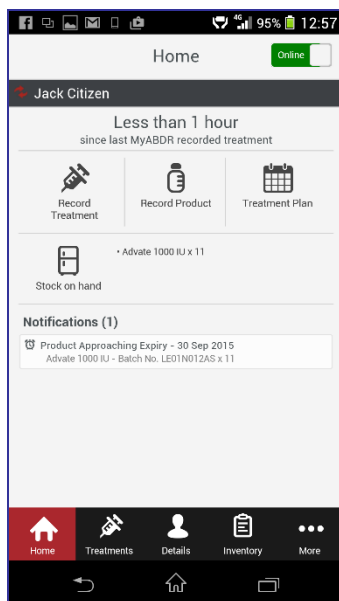
MyABDR patient treatment diary

There is also a paper-based MyABDR patient treatment diary as an alternative



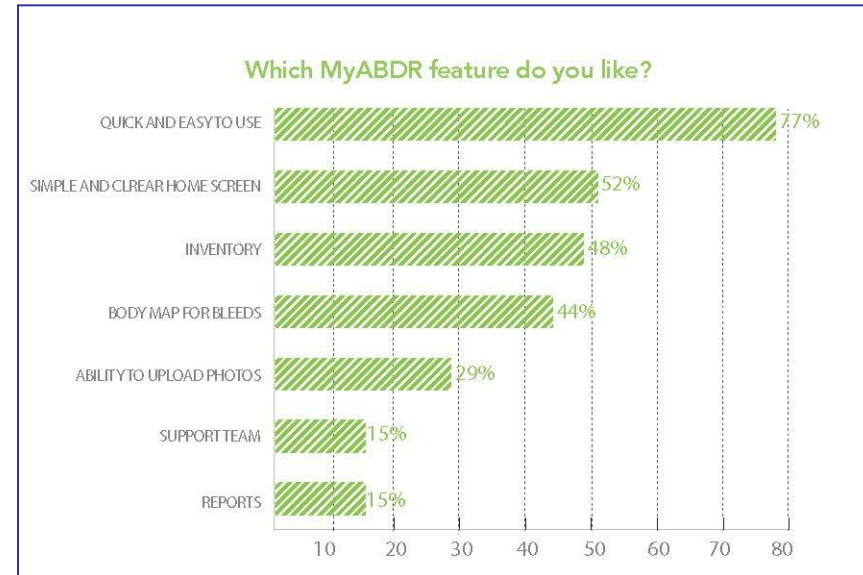
MyABDR and ABDR

- **MyABDR** links directly to the **ABDR**
- **ABDR** = Australian Bleeding Disorders Registry
 - System used by Haemophilia Treatment Centres for care of their patients



Community consultation

- Usability
- Motivation to use
 - Community surveys
 - MyABDR Focus group
 - Foundation feedback
 - MyABDR Feedback form
 - Also feedback to MyABDR Support team



Enhancements - usability

Examples of priorities for 2018 development
(*NBA Crimson Project*)

- Fewer steps to record
 - Barcode scanning project: inventory and treatment
- Recording multiple bleed sites
- Graphs on app



Motivation to use



Community feedback:

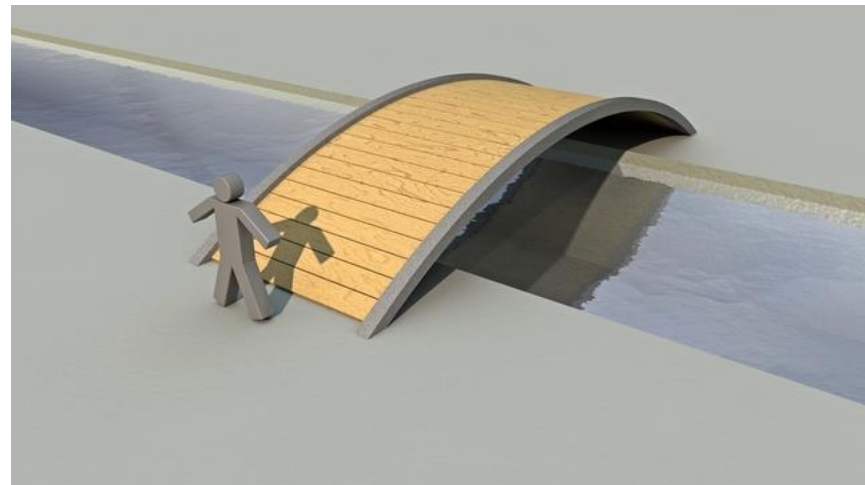
- Needs to be quick and easy to use
- And part of regular review with HTC

And when they know they should use it and are reminded by HTC and still do not?

- Stick AND carrot

Dilemma

- What constitutes an acceptable
 - Stick (consequence/reinforcement)
 - Carrot (incentive/reward)to record treatments and bleeds for Australians with bleeding disorders?



Australian approach to health

Given the Australian cultural approach to health promotion?

DECEMBER 2012



INFORMATION UPDATE

Bicycle helmets

Don't ride without one

The problem

Over 300 cyclists are seriously injured or killed in Victoria each year. Head injuries are a major cause of death and serious injury to cyclists.

Children are not the only cyclists injured, as about 85 per cent are over 16 years of age. Bicycle crashes occur in metropolitan and country locations, on quiet streets, bike paths and busy roads – in fact any place you can ride.

Helmets work!

The foam in a helmet is designed to spread the force and absorb the energy of an impact. This reduces the risk of head injury, when your head hits an object or the road.

For information about research that show bicycle helmets reduce the risk of head injury visit vicroads.vic.gov.au/bicyclehelmets

The Law

Victorian cyclists are required by law to wear a helmet that complies with the Australian/New Zealand (AS/NZS) 2063 standard for bicycle helmets.

If the helmet is manufactured or imported from 1 July 2012, it must be marked with the symbol of a body accredited by the Joint Accreditation System of Australia and New Zealand (JAS-ANZ), certifying compliance with AS/NZS 2063.

Helmet fit

A bicycle helmet will only protect your head in an impact if it is the right size for your head and is fitted correctly. For these reasons it is important to try a helmet on before buying it.

Your helmet should fit snugly on your head and be comfortable to wear. Helmets currently range in size from those for infants up to a head size of 66 centimetres.

Adjustment pads provided with the helmet may help to make it fit more comfortably. If you have to put very thick pads in your helmet to make it fit firmly or comfortably, the helmet is probably too big or the wrong shape for your head.

When fitted correctly, it should **not** be possible to tilt the helmet:

- A. backwards to uncover your forehead
- B. forwards to cover your eyes
- C. sideways to uncover the side of your head.





Questions





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