

Abstract limit = 350 words (currently 344 words including abstract title, body and keywords).
Abstract uses the ATC template. Please do not modify the template.

Design and uptake of the palliMEDS app

Elizabeth Reymond ^{a,1} and Matthew Cunningham ^b

^a*Brisbane South Palliative Care Collaborative*

^b*NPS MedicineWise*

Introduction

The palliMEDS app was developed to support health professionals who prescribe palliative care medicines or care for people at their end of life.

Approach

The palliMEDS app was a collaboration between NPS MedicineWise and *caring@home*, a national palliative care project funded by the Australian Government.

NPS MedicineWise has experience developing independent, evidence-based content and programs. *caring@home* is being conducted by a consortium led by Brisbane South Palliative Care Collaborative, part of Metro South Palliative Care Service.

We aimed to develop an evidence-based app that would advise on the appropriate prescribing of medicines endorsed by the Australian & New Zealand Society of Palliative Medicine (ANZSPM).

Health professionals with palliative care experience helped to draft, revise and test the palliMEDS app.

Body

palliMEDS concept and design started in January 2018. The app was launched end October 2018.

Following exploration of existing Australian palliative care guidelines and apps, we based the palliMEDS app on the Australian Therapeutic Guidelines (eTG). The Australian Medicines Handbook did not have a chapter on palliative care.

The eTG for palliative care (2016) included recommendations on emergency, ongoing and end-of-life palliative care. Following a review of eTG recommendations for these indications for each ANZSPM-endorsed medicine, we focused on end-of-life care to ensure we could develop a concise and easy-to-navigate mobile app.

A search of the Therapeutic Goods Administration (TGA) showed that the number of brands for each ANZSPM-endorsed medicine decreased when filtering by endorsed route of administration, concentration, or pack size. There were fewer options still when filtering for medicines that were also subsidised by the Pharmaceutical Benefits Scheme (PBS). Therefore, we also thought it important to summarise the TGA and PBS status of each ANZSPM-endorsed medicine.

We will present findings from our research into palliMEDS uptake and use. Initial research shows that palliMEDS had > 200 downloads 1 week post launch.

Conclusions

It is hoped that the palliMEDS app will contribute to the provision of quality palliative care for the increasing number of Australians who wish to be cared for, and to die at home if possible.

Keywords

Palliative care, end-of-life care, symptom management, subcutaneous medicines

¹ Corresponding Author.