

mHIC's mCare Research Accepted for Publication in the Journal of Military Medicine

TATRC's Mobile Health Innovation Center (mHIC) team was notified in mid-October that their journal article entitled: "Does 'mCare' improve quality of life and treatment satisfaction among Service Members rehabilitating in the community? Results from a 36-week, randomized controlled trial," has been accepted for publication in the Journal of Military Medicine. This article was authored by key members of mHIC's Lab, specifically: mHIC Lab Manager Ms. Jeanette Little, Ms. Holly Pavliscsak, Ms. Mabel Cooper, Dr. Louis Goldstein and Dr. Stephanie Fonda.

As suggested in the title, the article outlines aspects of the implementation of the mCare app, in conjunction with the back-end Mobile Health Care Environment—Research usage by caregivers, for our transitioning warrior's, particularly amongst Traumatic Brain Injury patient's and / or those afflicted with Post Traumatic Stress Disorder and / or mental / behavioral health afflictions, on their treatment outcomes and quality of life reporting. Of the 182 participants recruited, 95 were randomized to receive standard care plus mCare, and 87 were randomized to receive standard care alone. The active period of the study lasted for 36 weeks, with data collection for the outcome measures taking place at baseline, 12, 24, and 36 weeks through a web-based survey system, *Survey Monkey*®. The mCare system used text message prompts to notify users when there was new information to view and respond to within the mCare application (i.e. appointment reminders or health tips). The system also used a secure website, MHCE-R, which case management team members utilized to track all data from the mobile devices and which generates escalation triggers to the care team.

Standard Care involved at least one contact per day by the Service Member's Platoon Sergeant, and one contact per week by their case manager. Semi-structured interviews and surveys were also implemented to assess both groups.

While no statistically significant differences were noted in regards to quantitative data collections on treatment outcomes, qualitatively both patient users of mCare, and their service provider's reported the use of mCare favorably and as a valuable tool. The article goes on to discuss these findings and the reported virtues of mCare, as well as lessons learned going forward.

TATRC's Senior Project Officer Mr. Robert Chewning stated, "These kinds of results are exactly why we do this work. We are inspired by our wounded warrior population and are honored that our mobile outreach platform is helping them with their health."

The exact publication date is not yet known, but is expected in early 2018. Stay tuned for this exciting read!

