Health Self-Tracking
How Can Doctors Use Your Data?
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How do we track health?

**Apps**
Mood tracker, Caffeine tracker

**Wearable sensors**
Apple Watch, Fitbit, Jawbone
(heart rate, physical activity, sleep)
Semi-Structure Interviews

13 clinicians of different roles.
Experiences with patient’s bringing in their own data.
What they think the future might be.

<table>
<thead>
<tr>
<th>Clinical role</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiologist</td>
<td>P1, P2, P3, P4</td>
</tr>
<tr>
<td>Mental health specialist</td>
<td>P5, P6</td>
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<tr>
<td>Emergency doctor</td>
<td>P7</td>
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<tr>
<td>Junior surgeon</td>
<td>P8</td>
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<tr>
<td>Hospital doctor</td>
<td>P9</td>
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<tr>
<td>General practitioner</td>
<td>P10</td>
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<tr>
<td>Heart failure nurse</td>
<td>P11</td>
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<tr>
<td>Oncology nurse</td>
<td>P12</td>
</tr>
<tr>
<td>Audiologist</td>
<td>P13</td>
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</tbody>
</table>
How doctors use your data

1. Align patient and clinician objectives
2. Evaluate data quality
3. Judge data utility
4. Rearrange the data
5. Interpret the data
6. Decide on a plan or action
Can we filter data down to only what is needed?  
How are health events are related?
Thank You