

*For immediate release*

## **New smartphone ‘asthma app’ launched for children and young people**

A new smartphone app that will help children and young people to better understand and manage their asthma has been developed by the NECLES\* Health Innovation Education Cluster in collaboration with QApps.

*My Asthma Log* enables patients to log appointments and asthma attacks, and build up a history of their asthma that they can show to their doctor. The app also includes pictures of asthma medication and information on how it works, along with links to Asthma UK’s Facebook and Twitter forums, and youtube videos about inhalers.

The free app was developed by the North East London, North Central London and Essex Health Innovation Education Cluster’s Asthma Children and Young People team, in association with QApps, Queen Mary’s ground-breaking app development venture, which aims to translate ground-breaking research and expertise into smartphone technology.

Asthma is the most common chronic childhood disease in the UK and affects 1.1 million (1 in 10) children. Studies suggest that up to 75 per cent of hospital admissions with asthma are avoidable, and that patient-centred educational tools that support knowledge of treatments have the potential to improve treatment adherence, symptom control and quality of life.

Ms Robyn Hudson, Managing Director of NECLES HIEC, explains: “We think that smartphone technology and other similar platforms are ideal tools to support self management and better health. We all have forgotten pieces of paper and written instructions, but not many people leave without their mobile phone anymore! We hope that this app is a useful self management tool that helps young people take control of their Asthma.”

Catherine Clapton, HIEC Fellow for Asthma in Children and Young People at Queen Mary, University of London added: “We know from empirical research that when people have an action plan, their asthma management is improved. Hopefully this app will encourage increased dialog between patients and clinicians and this will lead to better understanding of their symptoms and control.”

Professor Peter McOwan, co-founder of QApps, added: “This is exactly the sort of thing QApps was created for. We have world class research work going on in the medical school here at Queen Mary, and it’s great to play a part in getting it out there, helping the community. It’s an exciting time for QApps, we have a number of other innovative health related projects in the pipeline and I’m looking forward to their release too.”

My Asthma Log is free, and available on the Android Market, or online here:  
<http://www.qappsonline.com/apps/my-asthma-log/>

**Ends**

A video explaining the new app is available online here:  
<http://www.youtube.com/watch?v=bPOwmKv5u6Y>

**For more information, please contact:**

Siân Halkyard  
*Communications Manager*  
Queen Mary, University of London  
020 7882 7454  
07970 096 175  
s.halkyard@qmul.ac.uk

**Notes to Editors**

**QApps**

QApps has been established within Queen Mary, University of London to distribute smart phone and social networking apps produced by its students and staff.

QApps is the brain child of Professor Peter McOwan, who for a number of years has supervised projects developing smart phone apps. Professor McOwan joined forces with Queen Mary Innovation Ltd (QMI), Queen Mary's in-house specialist knowledge transfer company, to develop the framework for establishing QApps in a university environment.

**Queen Mary, University of London**

Queen Mary, University of London is one of the UK's leading research-focused higher education institutions with some 15,000 undergraduate and postgraduate students.

Amongst the largest of the colleges of the University of London, Queen Mary's 3,000 staff deliver world class degree programmes and research across 21 academic departments and institutes, within three sectors: Science and Engineering; Humanities, Social Sciences and Laws; and the School of Medicine and Dentistry.

Queen Mary is ranked 11<sup>th</sup> in the UK according to the *Guardian* analysis of the 2008 Research Assessment Exercise, and has been described as 'the biggest star among the research-intensive institutions' by the *Times Higher Education*.

The College has a strong international reputation, with around 20 per cent of students coming from over 100 countries.

Queen Mary has an annual turnover of £220 million, research income worth £43 million, and generates employment and output worth £600 million to the UK economy each year.

Queen Mary, as a member of the 1994 Group of research-focused universities, has made a strategic commitment to the highest quality of research, but also to the best possible educational, cultural and social experience for its students. The College is unique amongst London's universities in being able to offer a completely integrated residential campus, with a 2,000-bed award-winning Student Village on its Mile End campus.

## **\*NECLES HIEC**

North East London, North Central London and Essex Health Innovation Education Cluster has three founding organisations UCL Partners, Post Graduate Medical Institute Anglia Ruskin and Queen Mary, University London (host organisation).

The aim of the group is to transform the health of the public in our region. This will be achieved through the identification and evaluation of new models of delivering care, empowering people to manage their own health and the coordination-dissemination of best practice.

We currently have dynamic professional and patient communities working to these aims in the following clinical areas of Chronic Obstructive Pulmonary Disease, Maternity, Migrant Health, Asthma in Children and Young People and Glaucoma.

There are 17 Health Innovation Education Clusters in England.

<http://www.necles.org.uk/>