IBPTouch

Blood Pressure Tracking and Reporting

User Guide

Introduction:

IBPTouch is a simple to use iPhone or iPod Touch application that allows the user to track and report his or her blood pressure readings. IBPTouch does not limit the time period over which users can track their blood pressure or the number of entries a day that can be made. Users can select arbitrary begin and end dates for reporting of blood pressure. Reports can be emailed as desired and charts that have been saved to either the iPhone of iPod Touch photo album can also be emailed. Optionally the user can choose to save or not save their pulse. Any reading can be tagged with an optional activity type and the user can create activity types that meet with their particular needs. Activity type can be used to filter a report or chart.

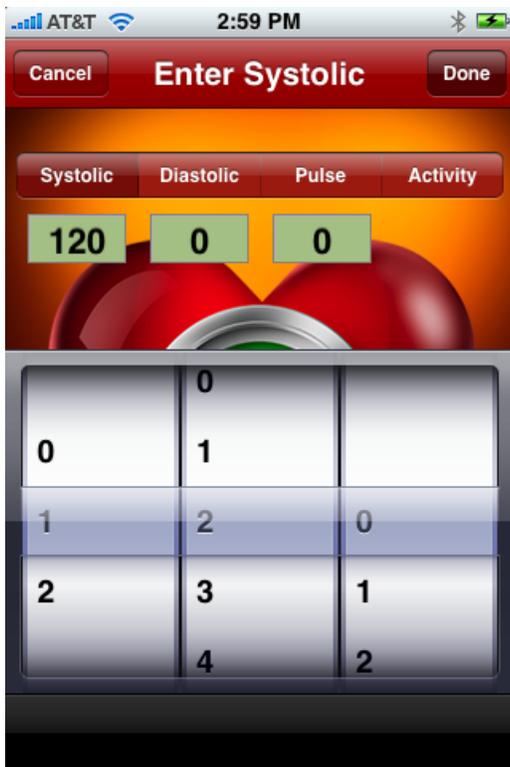## IBPTouch Overview:

Illustration 1: Record Reading Tab

IBPTouch is designed as a tab bar interface. Tab bars provide for a logical means of presenting information by functionality. The tab bar is located at the bottom of the application screen and is divided into three sections, Record Reading, History, and Reports. IBPTouch always begins in the Record Readings tab. The Record Readings tab is as you would suspect, the tab in which a blood pressure reading data is entered for storing in the database. The History tab provides a detailed view of blood pressure readings that have been entered, beginning with the latest reading entered. The Reports tab provides for the selection of blood pressure readings to be reported or charted.

Record Reading Tab

The Record Reading Tab is the initial tab displayed when you launch iBPTouch. The Record Reading Tab provides for the entering of your blood pressure, pulse, and activity information. Each blood pressure reading that is entered must have a non-zero value for Systolic and Diastolic entered. The user has the option of entering values for Pulse or Activity. When the reading is saved to the database, date and time are also recorded.

Entering Systolic, Diastolic, and Pulse Values

Illustration 2: Systolic, Diastolic, Pulse Data Entry

Entering values for Systolic, Diastolic, and Pulse is simple. Simply touch the segment of the large segmented control for the data type you wish to enter. In Illustration 2, Systolic has been chosen. Upon touching a segment, a numeric picker will appear. Also note that the Title will change to reflect the data item being entered and the SAVE button will change to a DONE button. Select an appropriate value for each of the 3 segments in the picker. As you select values, you will see them appear in the appropriate green rectangle located below the segmented control. When you have finished selecting values, you may touch the DONE button that is on the top right hand corner of your device. When the DONE button is touched, the numeric picker will disappear. Repeat this procedure for the Diastolic and Pulse values.

Selecting An Activity

Activities provide a means for categorizing and reporting information about your physical state at the time you took your blood pressure reading. IBPTouch provides built in basic activity types for you to choose from or allows you to create your own custom activity types that meet your specific needs.

To select an existing Activity Type, touch the ACTIVITY segment on the segmented control. The menu shown in Illustration 3 will appear. Touch the button labeled "Select an Activity". An Activity Picker, as shown in Illustration 4, will appear. Select the Activity Type you desire and then touch the DONE button which will hide the Activity Picker.

Illustration 3: Activity Menu

Illustration 4: Select Activity

Creating A New Activity Type

Illustration 5: Create Activity

If the built in activity types do not meet your needs, you can easily create your own custom activity types. Touch the ACTIVITY segment on the segmented control. When the menu shown in Illustration 3 appears, touch the "Create New Activity Type" button. A green text box and a keyboard will appear. Enter the the new activity type by typing on the keyboard and touching the DONE button on the keyboard when you are finished. The keyboard and text box will disappear and an informative prompt will appear stating that the Activity has been saved to the database. Touch OK to clear the prompt and the Activity can no be selected when entering blood pressure readings.

 *** WARNING *** Creating an Activity does not add it to a reading. You must select it after it has been added to the database just as you would have selected any other Activity.

Save Button

The SAVE button which is located on the top right hand corner of the device screen will attempt to save the current blood pressure reading to the data base when touched. If either the Systolic or Diastolic values entered are zero, you will not be allowed to save the reading. If the Pulse value is zero, you will be prompted with an informative message stating that you have entered a pulse value of zero and you will be given the option of saving the reading with the zero pulse value or entering a non-zero value. NOTHING IS SAVED in the database until after the SAVE button has been touched.

When a Picker is active, the SAVE button changes to the DONE button. Touching the DONE button releases the picker and the button changes back to the SAVE button.

Cancel Button

The CANCEL button is located on the top left hand corner of the device screen. When touched the CANCEL button clears any values not saved and resets the application to its initial state.
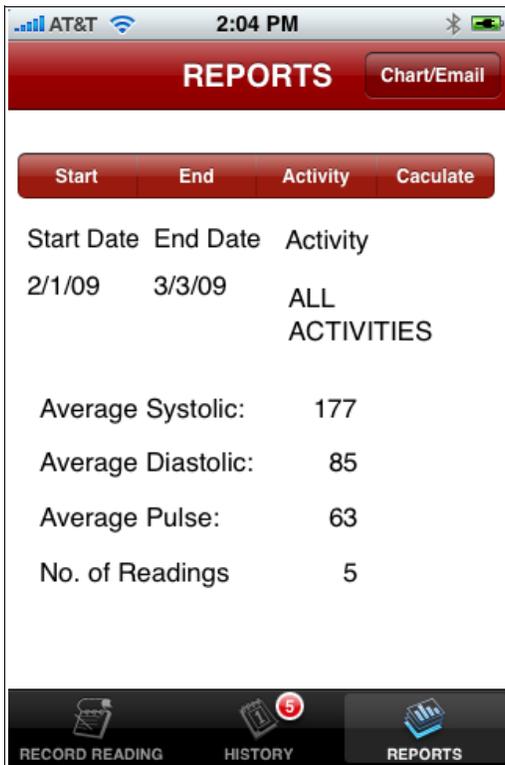
The History Tab

The History Tab provides a view of all blood pressure readings that have been saved in the database. The most recently entered data points are displayed first with the oldest readings being displayed last. In addition to displaying a history of blood pressure readings taken, an editing capability that provides for the deleting of one or more blood pressure readings is provided. Touching the EDIT button allows multiple deletions and swiping to the right provides for a single deletion.

Illustration 6: History Tab

The Reports Tab

The Reports Tab provides a number of functions. First it provides a quick summary of the blood pressure readings that have been entered for the past 30 days. The summary includes the Average Systolic, Average Diastolic, Average Pulse, and count of the readings for the past 30 days. The calculated average for pulse readings only includes readings where a pulse value was entered.

Start and End Dates

The user has the option of selecting the start and end dates for the summary screen. When selected these dates also serve as a filter for charting and emailing of reports. To choose a start or end date other then the default, touch the START or END segment of the segment control. A date picker will appear from which you can pick a date. When you have selected your date touch the CALCULATE segment of the segment control and the summary page will be updated. Touching the CACULATE segment does not change any database values, only displayed values.

Activities

The user can choose to limit the summary page and charting and emailing of reports to a selected activity. By default the "ALL ACTIVITIES" category is chosen. Another special activity is the "NONE SPECIFIED". "NONE SPECIFIED" will report on any blood pressure readings in which the user did not enter an activity. To select an Activity, touch the ACTIVITY segment of the segment control. An Activity Picker will appear from which you can select the desired activity. Touch the CALCULATE segment of the segment control to release the Activity Picker.

Chart/Email

When you have selected your desired start date, end date, and activity touch the CHART/EMAIL button to email a report or chart it. The user will be presented with a menu allow him or her to "View Chart" or "Email Selected Readings". Touch the appropriate button to proceed.
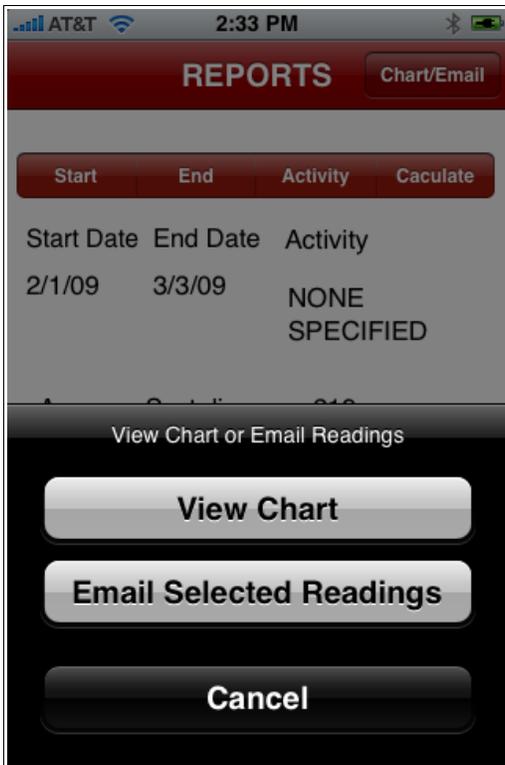
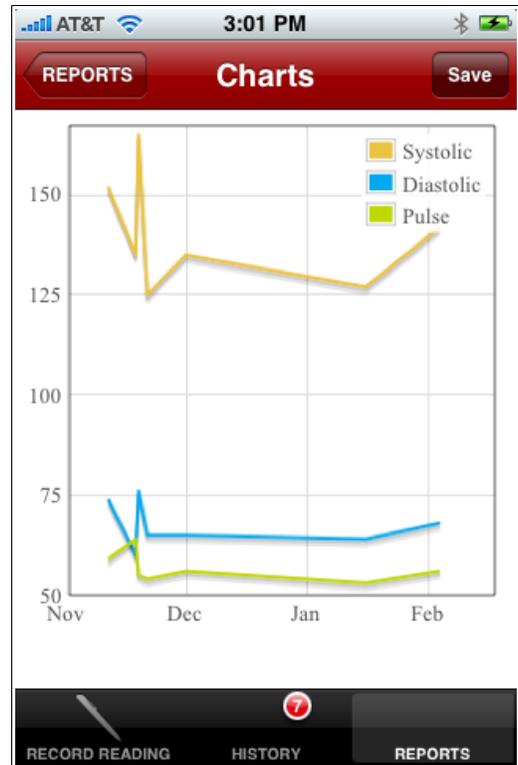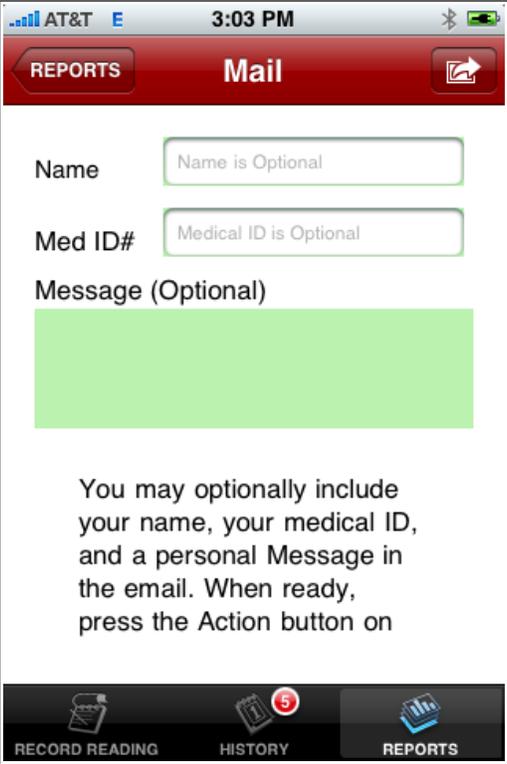*Illustration 7: Charts/eMail Menu*

Illustration 8: Charts

Charts

The Charts page displays a plot of the Systolic, Diastolic, and Pulse readings as recorded over time. The time frame of the chart corresponds to the start and end dates selected on the Summary page. Only the activity type chosen on the Summary page is charted. You can save the chart being displayed to your photo album on your device by touching the SAVE button on the top right hand corner of the device.

Email

The user can choose to email a report to selected persons in his or her contacts. To do so, touch the "Email Selected Readings" button on the Charts/email Menu. You will be presented with a form that allows you to optionally enter your name, a medical id, and a personal message. When you have finished entering the information that you want to provide, touch the ACTION button on the top right hand corner of the device. This will launch your email application and IBPTouch will exit. Once in your email application, you can choose recipients from your reports from your contacts