Treatment Response and Client Tracking (TRACT)

iPAD Manual

Version 1.0
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**Introduction**

The Treatment Response And Client Tracking application for iPad may be used for the following purposes: 1) evaluate the efficacy of treatment in your own practice, 2) teaching students where multiple users evaluate common patients within a diagnostic cluster and compare their assessment and treatment results with an expert clinical teacher. 3) conduct a randomized controlled trial.

When you download tract from iTunes you will be able to select one of these purposes for use. Additionally, TRACT contains a clinical record, a scheduling function and the graphical interface permits the clinician a handy resource for in situ patient education.

You may use TRACT for thirty days for free.
Overview
From the first page you select the main purpose TRACT for which you will use TRACT. After making this selection, each time you open TRACT, thereafter you will see the following as the first navigation screen.

Basically, the main idea is to track your patients and compare treatments (Standard of care vs. new treatments). You may set up for a range of diagnoses multiple complex randomized controlled trial studies each with multiple treatment arms.

Or you may simply track the outcomes of your patients within a classification of disorders. You may use the graphics for patient teaching and feedback.

If you are a teacher, your students may use TRACT to examine, assess, diagnose and treat patients, and compare their results to the expert – YOU!

All the information you enter into TRACT is stored on the iPAD (not anywhere else). You are the custodian of the information that you capture. You may export by email gathered clinical information separately from unique identifiers, and thereby protect the privacy of your patients.
Setup
From this screen you will subsequently set up the TRACT app for the first time by choosing the main function for its use with the Settings tab.
IMPORTANT – select New Visit - used ONLY after the TRACT setup process is complete. We will return to this selection.
Settings
By selecting settings you will be guided through the setup process and there are some very important things to remember.
Main Diagnosis
If you are using TRACT to evaluate a range of treatments for multiple diagnoses, you will have to remember each time you open TRACT to set the main diagnosis in which you wish to enrol and track specific patients by clicking on “Set Current”. We suggest that you use tract first for only one diagnosis study until you are use to it.
Export Data
Export your data for a selected diagnosis at any time. This export function separates identifiable data from clinical or visit data. You may rejoin these files at the destination using the unique identifier that appears in both exported CSV files.
Settings Details
In each of the setting sections, you will add the information relevant to the main diagnosis you will be examining. Start with defining the main diagnosis, the symptoms on which you want to measure change at each patient visit, any standard measures you want to use. You make add as many or as few items under each heading. Be sure to be thorough at this point in order to avoid changing any items later as you will not have any to date data on items added after setup.
Treatment Groups

Treatment Groups (primarily for RCT) must be thoroughly defined at the outset. You may add as many distinct groups or as few as you choose. The most important thing is to be inclusive at the beginning, for example even if Arm 1 includes a crossover to the drug or dose change or intervention change that started in Arm 2, the whole of Arm 1 would include all treatment events decease red to the patients in Arm 1. You would under no circumstances reassign a patient from arm 1 to arm 2 during the trial.
After setup, when a patient visits be sure to set current the main diagnosis associated with a particular patients’ visits and click “new visit” unless you want to simply graph the data.
Symptoms
Add or edit a complete list of symptoms associated with your main diagnosis on which you want to make judgements at each patient visit.
Standardized Measures
Add any standard measure in any format (by item, domain, or total score)
Be sure to thoroughly define these at the outset to have the same measure for all patients under a particular MAIN diagnosis and treatment arm(s).
Patient Visits
Once everything is set up you are ready to start using TRACT. After making sure you are recording patients under the proper MAIN diagnosis. You may select a new visit for a new or existing patient.
**Add New Patient**

From this page you may select the following: Add a new patient or edit an existing patient demographic profile. Review which patients are visiting on a particular day. Or record a patient visit.

<table>
<thead>
<tr>
<th>Name</th>
<th>Next visit</th>
<th>New Visit</th>
<th>Edit Patient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jane Doe</td>
<td></td>
<td>New Visit</td>
<td>Edit Patient</td>
</tr>
<tr>
<td>John Doe</td>
<td>Next visit: 18/12/2014</td>
<td>New Visit</td>
<td>Edit Patient</td>
</tr>
<tr>
<td>Bob Doe</td>
<td></td>
<td>New Visit</td>
<td>Edit Patient</td>
</tr>
<tr>
<td>Mary Doe</td>
<td></td>
<td>New Visit</td>
<td>Edit Patient</td>
</tr>
</tbody>
</table>
**New Patient Details**

For new patients, you must first assign them to the appropriate treatment group under a MAIN diagnosis. From this page you may add as many demographic variables for that patient, as you deem suitable to fully describe the treated population.
New Visit
Once you select a new visit you must first record the date and the next visit date or close the file.

The next few screens outline the screens requiring data for each visit.
Recording Symptoms
You simply select to record if a symptom has improved (-), gotten worse (+), or not changed (The user may define the desired change valence).
**Recording Standard Measures**

Record the result of completing any standard measure on a total score, domain or per item basis depending on how you set up the standard measure section of the TRACT application.

Pay attention in all screens where it is required to select the "record" button to store specific visit information.
**Recording Life Events**

Similarly, you may add and record the valence of any positive or negative life event observed or reported during any patient visit.

<table>
<thead>
<tr>
<th>Current Events:</th>
</tr>
</thead>
<tbody>
<tr>
<td>✗  - cat died</td>
</tr>
</tbody>
</table>

**NEW LIFE EVENT**

- Set Valence
  - 
  -

**Record a life event...**

- Record
Recording Secondary Diagnoses and Treatments
Add and record any secondary diagnosis or treatment observed on a patient visit.
Recording Clinical Notes for Each Visit
Add a clinical note to record information relevant to providing context and additional observations.
Displaying Graphics
Select the graph button to graph the results.

You can use the dialogue box to change colors and switch symptoms, life events, and co-morbidities on and off to see the treatment effect on selected symptoms.
Using TRACT for Clinical Practice Evaluation
To evaluate your own practice (unless you are adding or comparing treatments) you would usually have only one arm under each diagnosis for which you want to track the effects of your current standard of care. To compare a new treatment to the standard of care set up two arms for the diagnosis.

Using TRACT as a Clinical Teacher
To use TRACT as a clinical teacher, your students would create the same treatment group under specific diagnoses in which their skills are being examined. TRACT can be used for a single diagnostic assessment or a complete treatment regime. As such, TRACT is like a mobile 'Objective Structured Clinical Examination' (OSCE). The results can be emailed for comparison to the clinical teacher who also completes TRACT using the same protocol.

IMPORTANT NOTE
Be sure to check the patient and verify your data entries before exiting each window as the data is indelible until exported and you cannot in this version edit a previous record, as is the case with most electronic records. You will be able to manipulate the CSV export files.