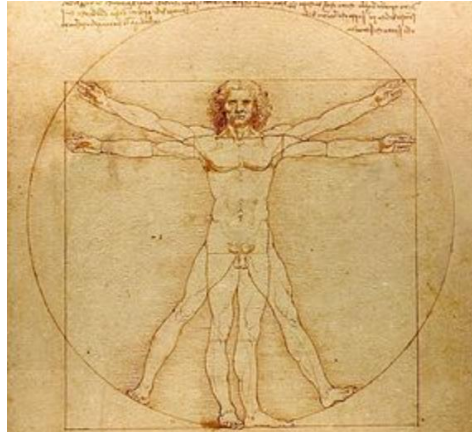


# Treatment Response and Client Tracking (TRACT)



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.

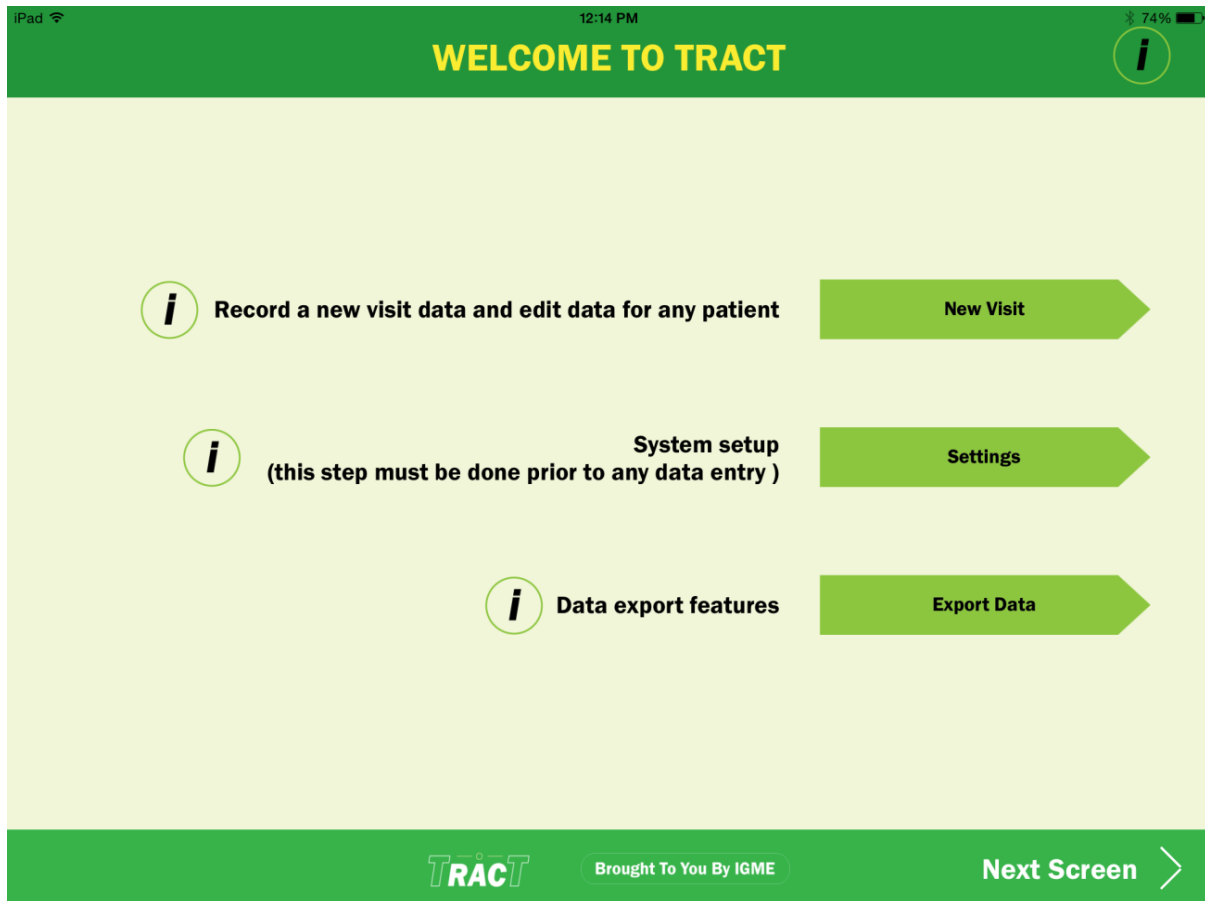
Or you may simply track the outcomes of your patients within a classification of disorders. You may use the graphics for patient teaching and feedback.

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!

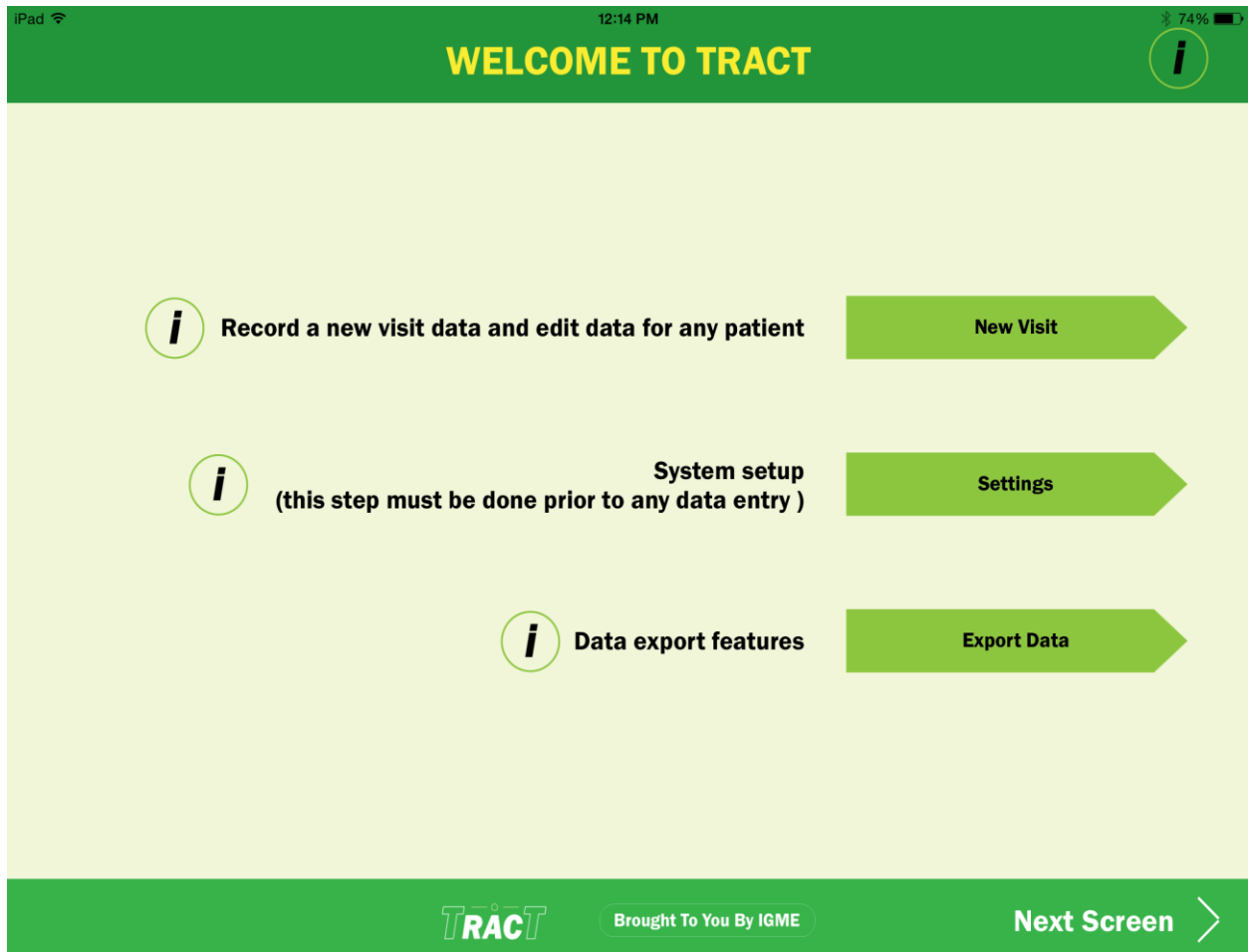
All the information you enter into TRACT is stored on the iPad (not anywhere else). You are the custodian of the information that you capture. You may export by email gathered clinical information separately from unique identifiers, and thereby protect the privacy of your patients.

## 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.

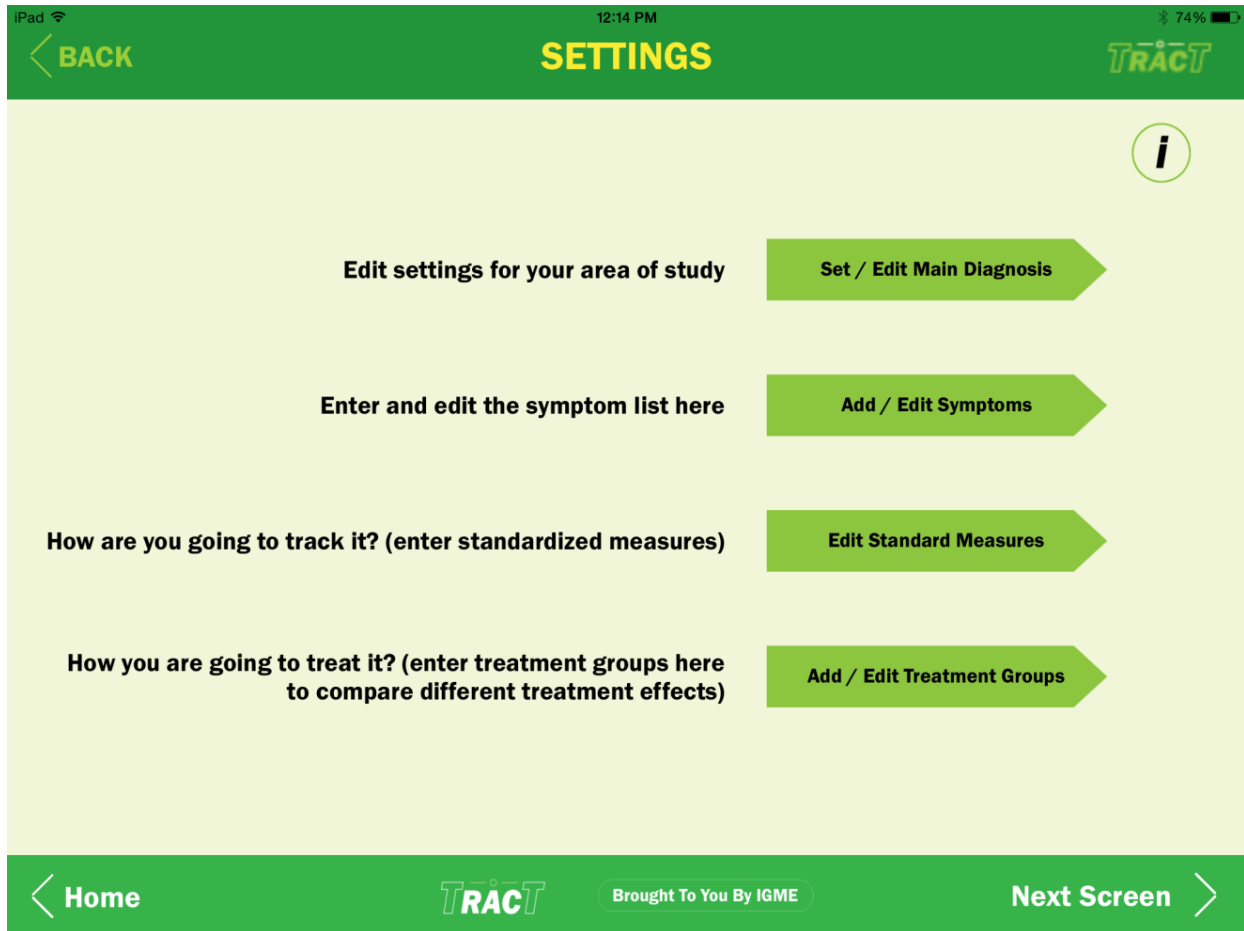


IMPORTANT – select New Visit - used ONLY after the TRACT setup process is complete. We will return to this selection.



## 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.

iPad 1:03 PM 34%

**ADD/EDIT MAIN DIAGNOSIS**

**BACK**

**New Diagnosis** **Search**

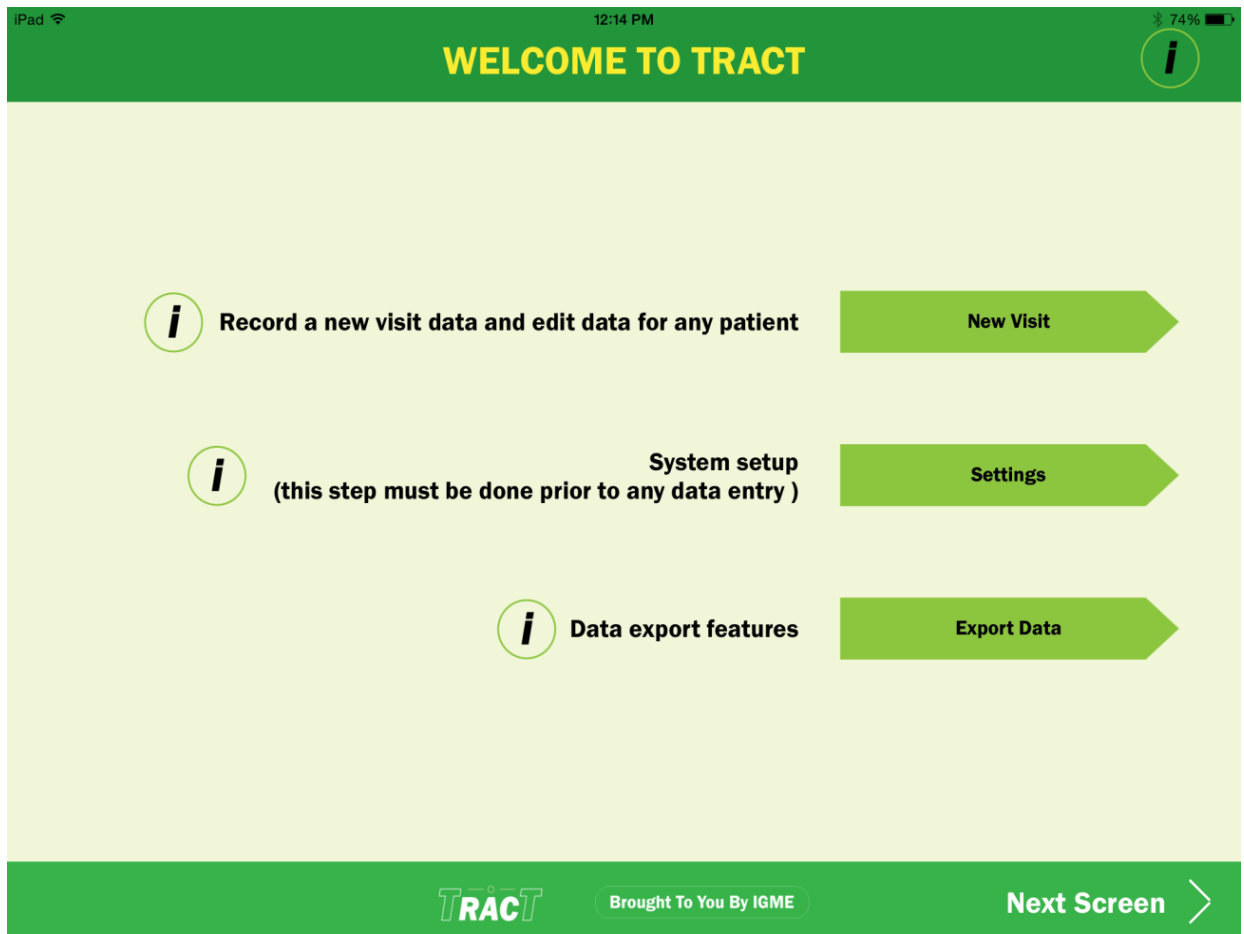
▼ ▲

Describe or name what you wish to study!	Current	Edit	Delete
Once setup, select the diagnosis for the patient visiting	<b>Set Current</b>	<b>Edit</b>	<b>Delete</b>

**Home** **TRACT** **Brought To You By IGME** **Next Screen**

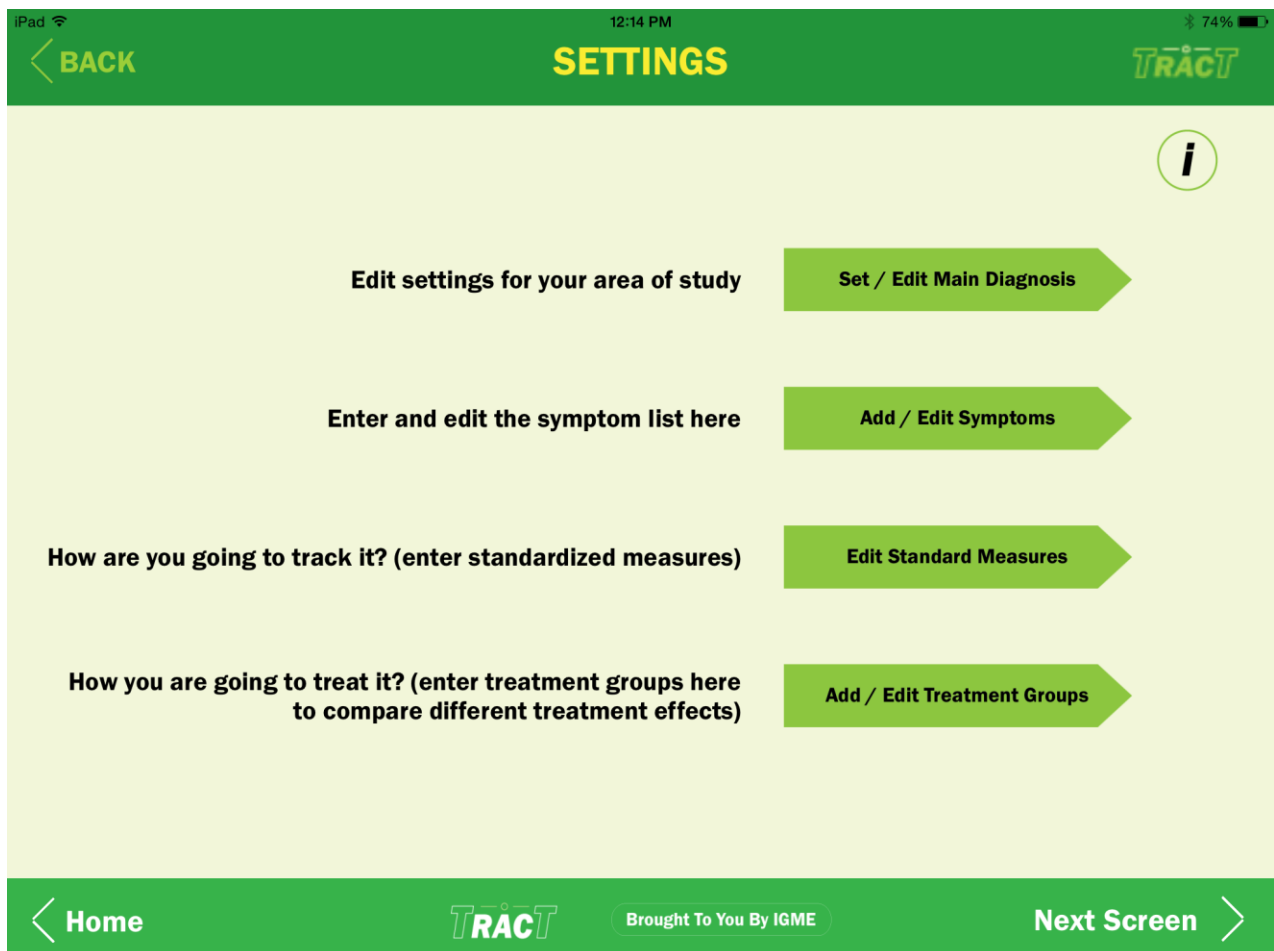
## Export Data

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 decrease red to the patients in Arm 1. You would under no circumstances reassign a patient from arm 1 to arm 2 during the trial.

The screenshot shows the 'ADD/EDIT TREATMENT GROUP' screen in the TRACT mobile app. The status bar at the top indicates 'iPad', signal strength, '12:15 PM', and '74%' battery. The app header is green with a 'BACK' button, the title 'ADD/EDIT TREATMENT GROUP', and the 'TRACT' logo. Below the header, a light green bar displays 'Main Diagnosis: Depression' and an information icon. The main content area has a light yellow background with three buttons: 'New Group', 'Search', and an empty text input field. Below these buttons are two small green and yellow triangles. A table lists four treatment groups: A, B, C, and D. Groups A, B, and C are in light yellow rows, while Group D is in a green row. Each row has 'Edit' and 'Delete' buttons. The bottom navigation bar is green with a 'Home' button, the 'TRACT' logo, and the text 'Brought To You By IGME'.

12:15 PM 74%

[BACK](#) **ADD/EDIT TREATMENT GROUP** **TRACT**

Main Diagnosis: Depression

**New Group** **Search**

▼ ▲

<b>A</b>	<b>Edit</b>	<b>Delete</b>
<b>B</b>	<b>Edit</b>	<b>Delete</b>
<b>C</b>	<b>Edit</b>	<b>Delete</b>
<b>D</b>	<b>Edit</b>	<b>Delete</b>

[Home](#) **TRACT** Brought To You By IGME

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.

iPad

1:03 PM

34%

BACK

ADD/EDIT MAIN DIAGNOSIS

i

New Diagnosis

Search

▼ ▲

Describe or name what you wish to study!	Current	Edit	Delete
Once setup, select the diagnosis for the patient visiting	Set Current	Edit	Delete

Home

TRACT

Brought To You By IGME

Next Screen

## 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.

iPad 11:50 AM 37%

[< BACK](#) **ADD/EDIT SYMPTOM** **TRACT**

**Main Diagnosis: Depression** **i**

**New Symptom** **Search**

▼ ▲

add all symptoms here for the disorder you define **Edit** **Delete**

[< Home](#) **TRACT** Brought To You By IGME **Next Screen** [>](#)

## Standardized Measures

Add any standard measure in any format (by item, domain, or total score)

The screenshot shows the 'ADD/EDIT STANDARDIZED MEASURES' screen in the TRACT app. The top status bar indicates 'iPad', signal strength, '11:52 AM', and '36%' battery. The app's header is green with a 'BACK' button, the title 'ADD/EDIT STANDARDIZED MEASURES', and the 'TRACT' logo. Below the header, a light green bar displays 'Main Diagnosis: Depression' and an information icon. The main content area has a light yellow background and contains a 'New Measure' button, a 'Search' button, and a text input field. Below these are two small triangles (green pointing down, yellow pointing up) and the text 'Add any measures in any format here'. To the right of this text are 'Edit' and 'Delete' buttons. The bottom navigation bar is green and includes a 'Home' button, the 'TRACT' logo, the text 'Brought To You By IGME', and a 'Next Screen' button with a right arrow.

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).

The screenshot shows a mobile application interface on an iPad. At the top, a green header bar contains the text "ADD/EDIT STANDARDIZED MEASURES" in yellow, the "TRACT" logo, and a status bar with "iPad", "11:52 AM", and "36%". Below the header, a light green bar displays "Main Diagnosis: Depression" and an information icon. The main content area has a light yellow background. It features a "NAME:" label next to a text input field containing the placeholder "Add any measures in any format here". Below this is a "DESCRIPTION:" label next to a larger text area containing the text "Here you may add standardized measures any way you want, by item or by total score 😊 your choice!". At the bottom of the main area are two buttons: "SAVE" and "CANCEL". The bottom navigation bar is green and includes a back arrow, "Home", the "TRACT" logo, "Brought To You By IGME", "Next Screen", and a forward arrow.

ADD/EDIT STANDARDIZED MEASURES

TRACT

Main Diagnosis: Depression

NAME: Add any measures in any format here

DESCRIPTION: Here you may add standardized measures any way you want, by item or by total score 😊 your choice!

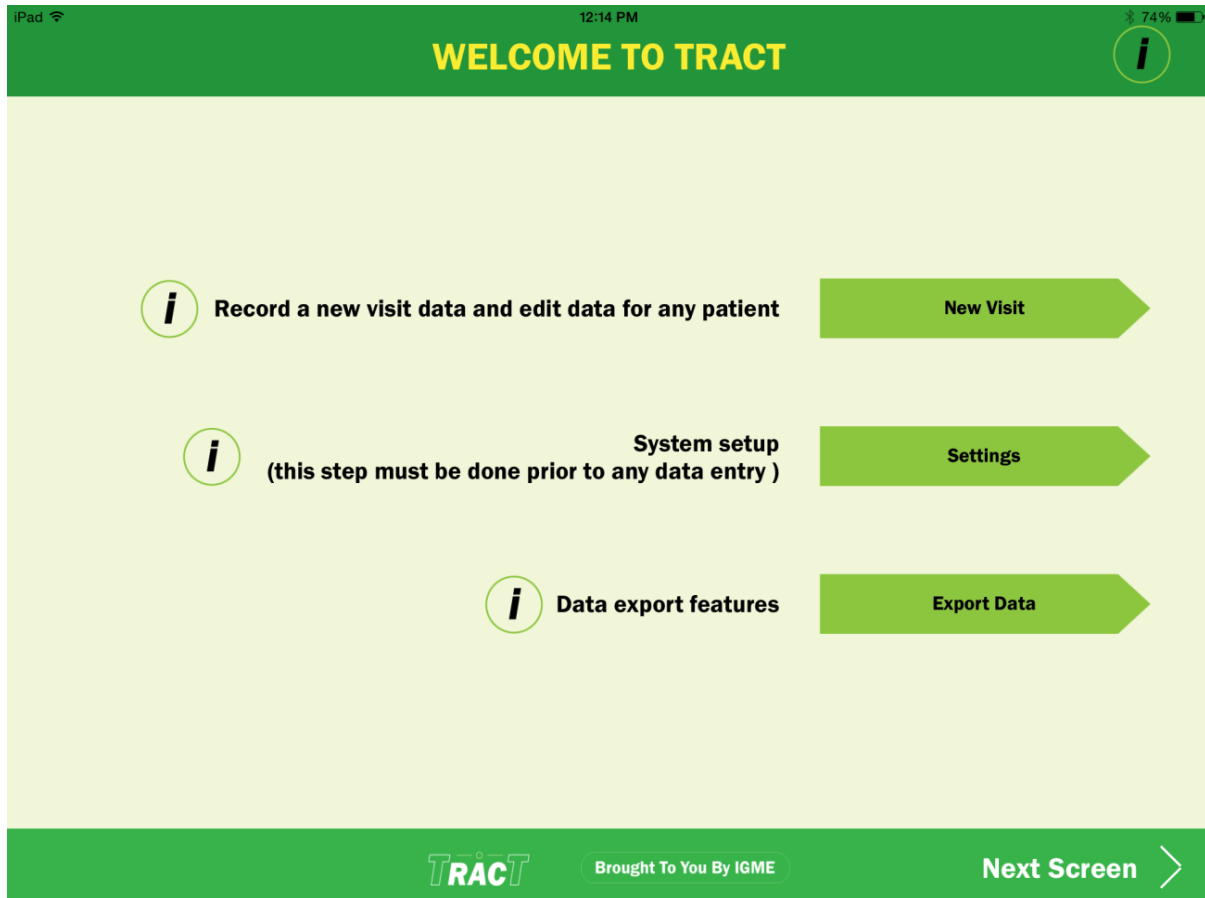
SAVE CANCEL

< Home TRACT Brought To You By IGME Next Screen >



## 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.

iPad 1:04 PM 34%

[BACK](#) **ADD/EDIT PATIENT** 

New Patient


Search

▼ ▲

▼ ▲

Jane Doe   A	Next visit:	New Visit	Edit Patient
John Doe   B	Next visit:18/12/2014	New Visit	Edit Patient
Bob Doe   C	Next visit:	New Visit	Edit Patient
Mary Doe   D	Next visit:	New Visit	Edit Patient


[Home](#)

 Brought To You By IGME

## 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.

iPad 1:04 PM 34%

[BACK](#) **ADD/EDIT PATIENT** 

**Name:**

**Phone:**

**Patient ID:**

7

**Sex:**

Male

☒

Female

**PHN:**

**Assign Patient to Treatment Group:**

—Select Group—

▼

DOB:

Add Demographic Info

Save

Cancel

[Home](#)  Brought To You By IGME

## New Visit

Once you select a new visit you must first record the date and the next visit date or close the file.

iPad 8:47 AM 100%

**< BACK**

Jane Doe Tel: 2123231234  
Diagnosis: Depres... Group: A

**i**

**i** SYMPTOMS

**i** STAND.MEASURES

**i** SUB DIAGNOSIS

**i** LIFE EVENTS

**i** CLINICAL NOTE

Set Today's Visit Date

Set Next Visit Date

Close Files

**< Home** **TRACT** Brought To You By IGME **Next Screen >**

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).

The screenshot shows the TRACT app interface on an iPad. The top status bar indicates 'iPad', signal strength, '1:43 PM', and '28%' battery. The app's header is green with a 'BACK' button, patient information (John Doe, Tel: 12323212343, Diagnosis: Describ..., Group: B), and navigation options 'SYMPTOMS' and 'GRAPH DATA'. The main content area is divided into two columns. The left column, titled 'Visit 3 Past Visit', shows 'Sleep Disturbance' with a '+1' button and 'Sadness' with a '-1' button. The right column, titled 'Current Visit Visit 4' and 'CLINICAL NOTE', shows the same symptoms with a 'Slide Left/Right' control (a slider between '+1' and '-1') and a 'Click to select' button labeled 'No Change'. The bottom navigation bar is green with 'Home', the TRACT logo, 'Brought To You By IGME', and 'Next Screen'.

iPad 1:43 PM 28%

**BACK** John Doe Tel: 12323212343 **SYMPTOMS** **GRAPH DATA**

Diagnosis: Describ... Group: B

**Visit 3** **Current Visit** **CLINICAL NOTE**  
Past Visit Visit 4

**Sleep Disturbance** **+1**

**Sadness** **-1**

Slide Left/Right Click to select

**+1** **+** **-** **Sleep Disturbance** **No Change**

**+1** **+** **-** **Sadness** **No Change**

**Home** **TRACT** Brought To You By IGME **Next Screen**

## 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.

The screenshot shows the TRACT application interface on an iPad. The top status bar indicates 'iPad', signal strength, '1:05 PM', and '34%' battery. The app's header is green with a 'BACK' button on the left, patient information 'Jane Doe' and 'Tel: 2123231234' in the center, and 'STANDARD MEASURES' and 'GRAPH DATA' on the right. Below the header, there are two tabs: 'Visit 1 Past Visit' and 'Current Visit Visit 9'. The 'Current Visit' tab is active. The main area is divided into two sections. The left section is empty. The right section is titled 'Enter Value For This Visit' and contains a text input field with the value '12' in red. To the right of the input field is a dropdown menu and an information icon. Below the input field is a text area with the placeholder 'Add any measures in any format here'. At the bottom of the screen is a standard iPad keyboard with a blue 'Done' button.

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.

The screenshot shows the TRACT app interface on an iPad. At the top, a green header bar contains a status bar with 'iPad', signal strength, '1:38 PM', and '28%' battery. Below the status bar, a yellow box displays patient information: 'Jane Doe', 'Tel: 2123231234', 'Diagnosis: Describ...', and 'Group: A'. To the left of this box is a green button labeled 'BACK' with a left arrow. To the right are two green buttons: 'LIFE EVENTS' and 'GRAPH DATA' with a right arrow. Below the header, a light green bar contains three navigation options: 'Visit 1 Past Visit' (with left and right arrows), 'Current Visit Visit 5', and 'CLINICAL NOTE' (with a right arrow). The main content area is divided into two columns. The left column, titled 'Current Events:', contains a single entry: 'x - cat died | Negative'. The right column is titled 'NEW LIFE EVENT' and contains a text input field with the placeholder 'Record a life event...'. To the right of the input field is a 'Set Valence' section with a minus sign, a green toggle switch, and a plus sign. Below the input field is a green circular icon with a white 'i' inside. At the bottom right of the right column is a grey button labeled 'Record'. The bottom of the screen features a green footer bar with three elements: a green button labeled 'Home' with a left arrow, the 'TRACT' logo in the center, and a green button labeled 'Next Screen' with a right arrow. Below the logo is a small grey box that says 'Brought To You By IGME'.

iPad 1:38 PM 28%

BACK Jane Doe Tel: 2123231234 LIFE EVENTS GRAPH DATA

Diagnosis: Describ... Group: A

Visit 1 Past Visit Current Visit Visit 5 CLINICAL NOTE

Current Events:

x - cat died | Negative

NEW LIFE EVENT

Record a life event...

Set Valence - +

i

Record

Home TRACT Brought To You By IGME Next Screen

## Recording Secondary Diagnoses and Treatments

Add and record any secondary diagnosis or treatment observed on a patient visit.

iPad 1:37 PM 28%

BACK

Jane Doe Tel: 2123231234  
Diagnosis: Describ... Group: A

SECONDARY DIAGNOSIS

GRAPH DATA

Visit 1  
Past Visit

Current Visit  
Visit 4

CLINICAL NOTE

Current Secondary Diagnosis:  
  
x - Diagnosis:flu  
Treatment:fluid rest

Secondary Diagnosis

Add a concurrent diagnosis...

SDE Treatment

how did you treat it?

Record

i

Home

TRACT

Brought To You By IGME

Next Screen



## Recording Clinical Notes for Each Visit

Add a clinical note to record information relevant to providing context and additional observations.

The screenshot shows a mobile application interface on an iPad. At the top, a green header bar contains a 'BACK' button, patient information (Jane Doe, Tel: 2123231234, Diagnosis: Describ..., Group: A), a 'NOTES' title, an information icon, and a 'GRAPH DATA' button. Below the header, a light green section titled 'Clinical Note:' features a large text input area with the placeholder 'Add your visit note here...' and a 'Record' button. A horizontal line separates this from the 'Historical Notes:' section, which is currently empty. At the bottom, a standard iOS keyboard is visible, including keys for letters, punctuation, and a 'Done' button.

iPad 1:06 PM 33%

**BACK** Jane Doe Tel: 2123231234 **NOTES** **GRAPH DATA**

Diagnosis: Describ... Group: A

**Clinical Note:** Record

Add your visit note here...

**Historical Notes:**

Q W E R T Y U I O P [Back] [Done]

A S D F G H J K L

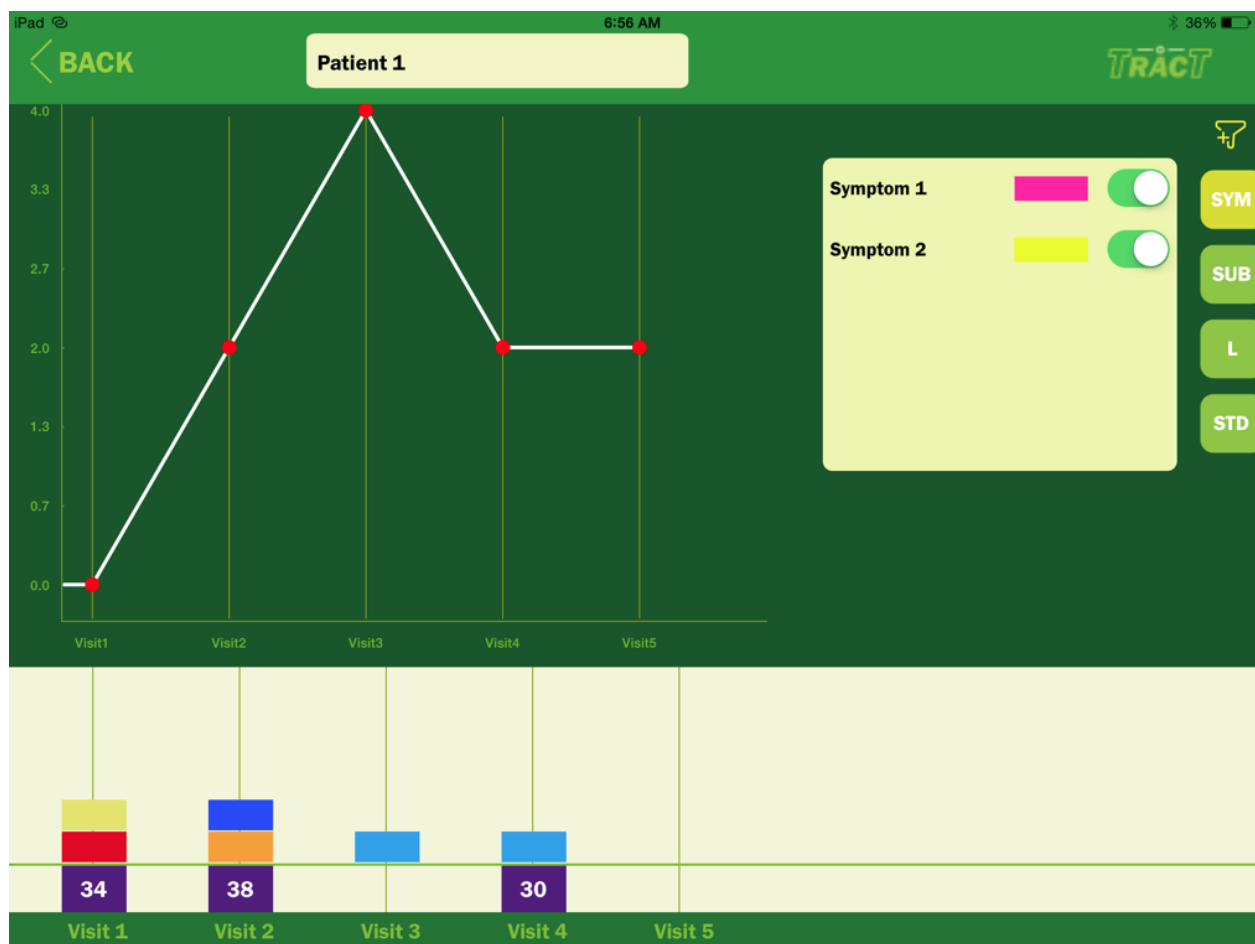
[Shift] Z X C V B N M ! , . ? [Shift]

.?123 [Emoji] [Voice] [Keyboard] .?123 [Keyboard]

## 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.