

Chicago's Own Launches SymptomMD App

Self Care Decisions LLC unveiled SymptomMD, a decision support tool to determine what to do for common symptoms and minor injuries, as an iPhone/iPod application according to David Thompson M.D., clinical faculty member at Northwestern Memorial Hospital.

College students and their parents, new parents and people on-the-go use these guides to provide more than symptom identification and health information. Now, they access the next level decision support regarding appropriate response and instructions for symptom relief wherever they are - at home, on vacation, or away at school.

"The main purpose of SymptomMD is to help you decide how sick your symptoms indicate you are; then, if and when you need to call your doctor or go to the emergency department. The second purpose is to provide self care direction on how to best relieve symptoms at home when it is safe to do so," according to Dr Thompson, author of SymptomMD adult protocols, and a practicing emergency department physician.

SymptomMD content is written by Drs. Barton Schmitt and David Thompson, both practicing physicians, whose clinical protocols are used by more than 10,000 physician practices and 400 nurse advice hotlines. They've been tested in more than 15 million symptom calls over the past 15 years.

Through SymptomMD's easy-to-use iPhone app, consumers now have 24/7 access to 173 current head-to-toe adult and pediatric symptom guides which direct them through a course of action that their own physicians would advise. Users can navigate three quick steps to:

- identify their symptoms
- decide if they need to Call 911, Go to the Emergency Department, Call their Doctor, or
- provide self care for symptom relief.

Using age, gender, alphabetical index, body area or keyword filters, users will find easy-to-understand definitions and visual images to identify symptoms and injuries or link to other related symptoms.

Next they will follow a decision tree to determine what action is appropriate based on the severity of symptoms. With the iPhone application they can immediately connect with 911, their personal physician or locate the closest emergency or urgent care facility through geo-coded mapping.

Finally when appropriate, the self care instructions include over-the counter medications and dosage guides for symptom relief in private.



Dr. David Thompson



SymptomMD