

# The U-Bar: Connecting Patients to Technology that Improves their Health



UNIVERSITY OF UTAH  
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## BACKGROUND:

Consumers and health care professionals use mobile health technologies for their potential to improve health outcomes. An inter-professional team started in early 2015 to determine how the University of Utah Health Care could optimize use of this emerging technology.



## OBJECTIVE:

The U-Bar, a mobile technology hub, was established where patients and visitors get expert assistance on navigating and utilizing apps and wearable devices. Many are motivated by this technology to become more involved in their own health care. The U-Bar opened on February 8, 2016.

## METHODS:

- The initial apps were chosen based on top diagnoses and popularity.
- The IT Department installed the equipment and loaded the apps onto iPads.
- Student employees from the College of Health staff the U-Bar approximately 30 hours per week.
- Healthcare providers refer patients to the consumer health library and the U-Bar, as they are co-located..
- Visitors try the apps and wearables at the U-Bar and receive valuable information on their capabilities.
- A visitor survey tracks the number of visits, the usefulness of the information given, and seeks suggestions for improvement.

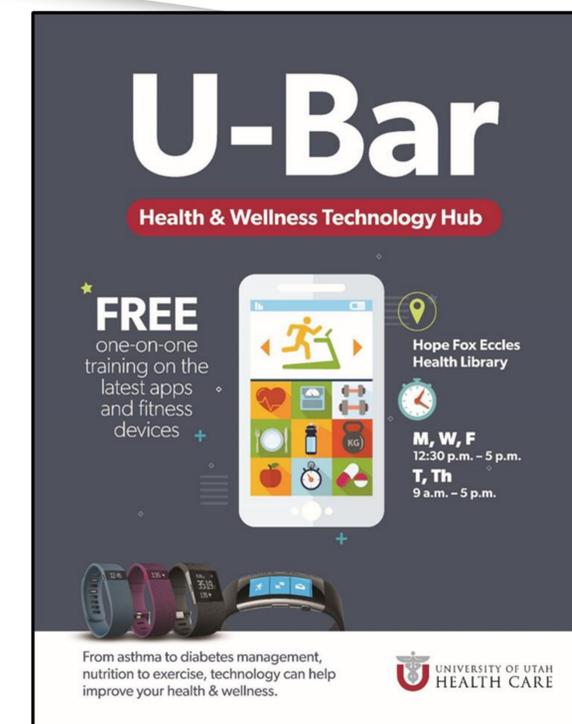
## NEXT STEPS:

Data collected by consumer devices and software will play a large role in health care, and will be applied to prevent and treat disease. To prepare for this, future plans include the following:

- Select more visible location that offers easy access to patients and visitors
- Enable physician referrals via EPIC with instructions on recommended apps
- Include apps that are locally created to showcase technical expertise and talent
- Add more medical devices, such as inhaler sensors, Bluetooth weight scales, and glucose monitors
- Include disease-specific apps and clustered app bundles
- Expand U-Bar to remote clinic sites and affiliate hospitals
- Conduct research to highlight efficacy

## IMPACT:

Offers the opportunity for patients and families to learn about new technologies to improve health, manage diseases, and become more engaged in their personal health care.



***The one-on-one consulting offered by the U-Bar enhances patients and families' experiences.***

**PROJECT TEAM:** UU Health Care, Center for Medical Innovation, School of Business, Wellness Office, UU Health Plans, Library, IT, Biomedical Informatics Department, Marketing & Public Affairs, and Facilities & Design

