

## 1 Pocket First Aid and CPR

Price: US\$3.99 (S\$5.60)

### Features

This comprehensive application by the American Heart Association covers all the topics normally taught in a basic first aid course.

Topics include cardiopulmonary resuscitation (CPR), choking, bandaging and seizures.

Although text-heavy, the app is accompanied by videos on almost all the topics. Exceptions include poisoning, bites, stings and heat and cold injuries.

You can key in your personal medical information and insurance information for easy access in case of an emergency.

### Review

Mr Abdul Rasheed Doad, the training director of Singapore First Aid Training Centre, a



# Pocket medic

With so many iPhone health applications, just how reliable or useful are they? STACEY CHIA asks medical, health and fitness professionals to suss out five

ST PHOTO: CHESSA LIM

private organisation, felt it would be better if the application had step-by-step, real-time video guidance to help people follow the CPR instructions.

For example, the video should interact with the user by "asking" simple yes and no questions to ensure that he does not miss a step.

"Even people who are trained in first aid can get flustered in a real emergency," he said.

He believed that improvements to the application would help those who are not trained to gain confidence to attempt first aid in a medical situation.

## 2 AcneApp

Price: US\$1.99

### Features

AcneApp by Dermapps claims to be able to fight acne through its blue and red light functions. You simply activate the function and place your iPhone directly on your face.

The blue light supposedly fights bacteria while the red light is said to help heal skin.

The application was created based on a study

published by the British Journal Of Dermatology. It found that blue and red light treatments could help eliminate p-acne bacteria and reduce blemishes by 76 per cent.

### Review

"Blue light may be beneficial but only at high intensities and with prolonged and repeated treatments," said Dr Wong Su-Ni, a dermatologist at Dr SN Wong Skin, Hair, Nails & Laser Specialist Clinic.

Dr Wong is against using this application until it has been approved by the relevant authorities.

"Blue light is near the ultraviolet light spectrum and I am not certain that the light source is not emitting any ultraviolet light which may be harmful to the skin," she said.

## 3 iHeadache

Price: US\$4.99

### Features

Based on your input, this application produces reports on the number of headaches you have, tracks the medication you have taken

and records how your body is affected by your headaches.

#### Review

Dr Lim Li Ning, a consultant neurologist and sleep physician at the Singapore Neurology and Sleep Centre, said detailed information on headaches is very helpful for doctors to make an accurate diagnosis.

"It is a small price to pay if it is a convenient tool for recording useful medical information. But a low-tech headache diary can also do the job," Dr Lim said.

#### 4 Epocrates Rx

Price: Free

#### Features

You can access information on more than 3,500 drugs.

By searching for a particular drug by name, the application will list its uses,

side effects and precautions. If you are currently on medication, the drug interaction function can tell you which other drugs to avoid.

#### Review

Dr Daniel Chia, a general practitioner at The Family Doctor Clinic and Surgery, felt that the app was more useful for medical practitioners than for the layman.

"Many of the drugs listed go by their scientific names, which people may not be familiar with," he said.

#### 5 Body Fitness

Price: Free

#### Features

Fitness junkies will probably find this application useful as it has over 320 exercises which are categorised into

core, lower body, arms, chest, shoulders, back and even yoga.

There are step-by-step instructions both in text and illustration form.

You can also monitor and plan your training with the fitness calendar provided.

#### Review

Freelance fitness instructor Jonathan Woon found this application easy to understand, largely because of the illustrations depicting each step.

He said that the downside to this application is that it caters more to the gym-savvy crowd.

"It does not place much emphasis on proper posture and the pace of execution, and lacks sufficient information on cardiovascular exercises," he said.

staceyc@sph.com.sg