Exercise as Medicine User Guide

Logging in to CarePro

1. Unlock your iPad
2. Open the CarePro App
3. Log in to CarePro with your unique CarePro Account

Create an Owner (Patient)

1. Navigate to the Owners (Patients) Tab
   (Second tab from the left on the bottom navigation bar)
2. Tap on the + Button in the top left
3. Add in the Patient First Name
4. Add in the Patient Last Name
5. Tap on Groups
6. Assign them to the Exercise as Medicine Group
7. Assign them to the Main condition type group (OA Hip or Knee, COPD or CCF)

TIP – Step 7 is optional, but it will allow you to filter your patients in the future, which will help you sort them by type of condition

8. Tap the arrow back to "Create Owner"
9. Save

Add in Patient (Owner) Demographic Data

1. View the Patient you created
2. Tap on the three dots in the top right
3. Tap on "Edit User Profile" from the dropdown
4. Add in Patient Demographic data (Birthday & Gender are a minimum)
5. Save

Send the Assessments

TIP: At the first appt you must complete all 3 surveys: Eligibility Checklist, Interventions Checklist & SPPB

1. Go to the Surveys Tab
2. Tap on the icon & arrow to the right of the Eligibility Survey name
3. Tap send from the drop down
4. Set the date and time of the first appointment with the patient (Due Date)
5. Tap on the "Patients" option & scroll to find the patient
6. Tap on the Patient (Owner) name
7. Tap Send
8. Tap Save
9. Repeat this step for the SPPB Survey

TIP: You can send surveys to a Patient OR a Group. You cannot select both.

TIP: Create Failed Error "A survey for this person already exists"
This error is shown when a patient already has had the survey assigned to them.
Any outstanding surveys must be completed before a new survey is assigned to that patient (owner) Go back into the Owners tab, find the patient and either complete or delete the outstanding survey.

Complete the First Appointment

1. Go to the Owners tab
2. Find your Patient (Owner) in the list and tap on their name

TIP: Tapping on the arrows above the Owners name, hides the patient list and makes the page full screen.

3. Go to the Assignments Module

TIP: You may need to refresh if the assessment does not appear by tapping on the patient name again

4. Tap "More"
5. Find the incomplete Survey you just sent
6. Tap on the Survey name to complete the survey
7. Start with the Eligibility Checklist
8. Confirm the patient is at least 50 years old
9. Capture the Primary Enrolling Condition
10. Confirm consent has been given to participate in the program
11. Once the last question is answered you will be taken back to the patient dashboard and the assessment is now shown as "Completed"
12. Tap on the "Interventions Checklist"
13. Capture the strategies the Patient (Owner) has been using.

TIP: You can select multiple strategies

14. Once you select next you will be taken back to the patient dashboard and the assessment is now shown as "Completed"
15. Tap on "Short Physical Performance Battery"
16. Complete the Balance Score as per instructions
17. Complete the Walk Score as per instructions
18. Complete the Chair Stand Score as per instructions
19. Score Total is displayed. You can review or tap Dismiss.

TIP: Score is immediately saved, so tapping Dismiss will not result in losing the Score

20. All assigned surveys show as completed

TIP: Tapping on the PDF button next to the survey name will generate a PDF of the scored assessment.
TIP: The Eligibility Checklist only needs to be created when the Owner (Patient) is created
TIP: At each appointment you should aim to complete the Exercise Interventions Checklist.
TIP: The SPPB survey must to be completed at least every three months.
TIP: At the Next Appointment, you will start the process by Sending the Assessments to the existing Owner (Patient) and follow the steps through.

Exercise as Medicine Flow Diagram