



national science week 2018

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An app a day keeps the doctor away

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Ever wonder why we get sick or how people stay healthy? Or how what we do and the world around us changes our health? Maybe you've used an app and wondered how it works?

I'm not quite sure when I started to think science was cool but it wasn't until after high school that's for sure! Now, I love sharing ideas to better understand what helps people stay healthy and how technology might be useful for our doctors, nurses and patients. This led me to move to Tasmania to start an exciting research project almost 18,000km from home!

For my project, I have developed an app to collect information from patients by asking questions and measuring their blood pressure. We then send this information directly to their doctor to help them decide if they need treatment to prevent a heart attack or stroke. We will then test to see if it works and more importantly, if people like it! To do this we will look at what happens after someone uses the app and if it is useful for healthcare.

I love how science can result in real change that can improve lives. Whether that is looking at comparing Australia as a whole to other countries or focusing on the experience of individuals, I want to use science to understand the problems people face and hopefully change things for the better.



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