



Edward King
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Clinical Care Options, LLC

inPracticeAfrica.com

Who we are



CLINICAL CARE OPTIONS®

A global leader in the development of innovative, interactive, online, and live CME/CE-certified continuing education programs and proprietary medical education technologies for healthcare professionals

*in*Practice®

Launched in 2009, *inPractice*® is a continually updated point-of-care clinical reference tool that can also be used for structured learning. Available for multiple therapeutic areas: HIV; oncology; oncology nursing; rheumatology; viral hepatitis

*in*Practice® Africa 
Information *in*time | Education *in*depth

Launched in April 2013, a version of *inPractice* developed specifically for use in resource-constrained settings, with unique technology and content features

Challenges in medical education in resource-constrained settings

- In settings where the Internet is unavailable, unreliable, and/or costly, clinicians are deprived of digital tools
- Even in resource-constrained settings (RCS) that do have Internet access, most digital medical resources do not reflect the realities of those settings (eg, diagnostics, treatments, equipment, personnel)
- Consequently, much medical education in RCS comprises in-person training sessions
 - Requires thinly stretched clinicians to travel lengthy distances and be absent for multiple days from the patients who require their care.
- In addition, many resources are produced in offline formats such as printed manuals, CD-ROMs, or PowerPoint slidesets that cannot be updated when treatment options or guidelines change, so outdated information circulates long after it has become redundant.

Our response: *inPractice*® Africa

- Adaptation of *inPractice* to address the identified needs
- South African partners:
 - Foundation for Professional Development
 - University of the Witwatersrand
- Public-private alliance for grant support

inPractice® is supported by a Public-Private Alliance between the following funding agencies:



inPractice Africa: key features

- Web site adapted for low-bandwidth settings
- Offline as well as online functionality
- Use for structured education or to search for info at the point of care
- 3 new curricula created with South African faculty
 - Applying national guidelines on antiretroviral therapy (10 modules)
 - TB in HIV-infected patients (5 modules)
 - Nursing care for HIV (10 modules)
- Reference database of HIV and TB drugs used in South Africa
- Full-text South African and WHO practice guidelines
- South African CPD certification, plus certificates recognizing curriculum completion

Offline apps for Android, Apple, and Windows

- Available for Windows (XP and later) via CD-ROM as well as Android and Apple phones and tablets
- Installed once and can then be used everywhere, regardless of Internet availability
 - Includes full text of 25 modules, drug database, and guidelines
 - Interactive case studies and CPD tests can be taken offline
 - Multitenancy: multiple users can share the same device with their own “local account”
- If connected to Internet, content updates are downloaded, test results and participation metrics are uploaded for all users

Tracking and reporting

- Metrics recorded for each participant include
 - Number of visits
 - All searches
 - Responses to case vignettes within each module
 - CPD tests completed
 - Curriculum certificates earned
- Can be used for basic assessment of educational gaps
- Provides data required for countries that are formalizing their accreditation process and allows reporting of progress to the MOH and other bodies

Welcome

inPractice® Africa is a continually updated reference and learning resource for South African clinicians, available both online and offline.

The program provides continuing professional development certificate programs, practice guidelines, and drug reference information, as well as referral clinical support. inPractice® Africa is also available as downloadable apps for tablets, smartphones, and Windows PCs

How It Works

inPractice® Africa content can be accessed in 2 ways:

- Easy-to-search point-of-care reference information as you treat your patients
- Review complete modules and earn credit

Accredited curricula offered through inPractice® Africa consist of learning modules to complete in any order, and when all are successfully completed you receive your program certificate. CPD credit is also offered for each learning module.

Certification Programs

- ▶ **Applying South Africa National Guidelines on Antiretroviral Therapy**
 Comprehensive 10-chapter curriculum on the use of antiretroviral therapy in South Africa:
 - ▶ Identify and prepare patients for treatment, recommended regimens, monitoring treatment, managing adverse effects, treatment failure, and considerations in specific populations including women, children, and patients with advanced disease.
- ▶ **Management of Tuberculosis in HIV-Coinfected Patients**
 5 chapters detailing:
 - ▶ The prevention, diagnosis, and treatment of drug-sensitive and drug-resistant tuberculosis in HIV-infected patients in South Africa.
- ▶ **Nursing Care of HIV-Infected Patients**
 A 10-chapter comprehensive curriculum designed to:
 - ▶ Provide nurses and nurse managers with guidance on diverse aspects of HIV care, including models of service delivery, management of antiretroviral therapy, and on treatment considerations such as adverse events, adherence, and care of

The desktop application interface shows a 'Browse' view of a module. The module title is 'Considerations for Concurrent Treatment of Tuberculosis and HIV'. The content includes sub-topics such as IRIS, Shared Adverse Events of Tuberculosis Treatment and Antiretroviral Therapy, Drug-Drug Interactions and Their Management, Optimal Timing of Antiretroviral Therapy Initiation in TB/HIV-Coinfected Patients, Receiving TB Treatment, Isoniazid Preventive Therapy, and Adjunctive Steroids. A 'Case Vignette 1' section is also visible, starting with 'A 24-year-old African female presents with a new diagnosis (1 month ago) of HIV infection. She is single,'.

The mobile application interface shows a search result for 'Starting art'. The search bar contains 'Starting art'. Below the search bar, it indicates 'Programs (10 of about 195)'. The results are categorized into 'Programs', 'Drugs', and 'Guidelines'. The first result is 'Considerations for Initiating ART at Up-Referral Sites...' with a brief description: 'There has historically been some controversy on whether it was safe to start antiretroviral the...'. The second result is 'Criteria for Initiation of Antiretroviral Therapy...'. The mobile app has a bottom navigation bar with icons for Home, Search, Browse, Certification, and Support.

inPracticeAfrica.com

Welcome

inPractice[®] Africa is a continually updated reference and learning resource for South African clinicians, available both online and offline.

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How It Works

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- *Review complete modules and earn credit*

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- ▶ **Nursing Care of HIV-Infected Patients**
A 10-chapter comprehensive curriculum designed to:
 - ▶ Provide nurses and nurse managers with guidance on diverse aspects of HIV

How to Get Started

 First, register with *inPractice[®] Africa*, then access content and download applications. Click [here](#) to register. To take tests or receive certificates, you must be registered with the Foundation for Professional Development (FPD). Click [here to get an FPD student ID](#).

 *inPractice[®] Africa* includes apps for iOS (Apple), Android tablets and smartphones, and for Windows PCs. Click [here](#) to download the app.

 Start learning now. To search for the information you need, enter a search term in the main search bar in the upper right-hand corner. To study the curricula, click on the title of one of the 3 accredited programs above.

 Need technical support? Forgot your FPD student ID? Click the help link above to access technical or program support.

▶ [For more information on how to use this site, click here.](#)

inPractice[®] Africa at a Glance

The mission of the *inPractice[®] Africa* program is to provide physicians, nurses, and other healthcare professionals in both resource-rich and resource-constrained settings with relevant, practical training and certification to support and improve the existing healthcare infrastructure, clinician education, and patient outcomes. It is currently designed to support South African physicians and nurses in the management of HIV-infected and HIV/tuberculosis-coinfected patients.

Browse to curricula, drug database, and guidelines

Training modules written by country experts

A single search queries all of the content

Referral to existing support services



Filter Your Results

- All Results
- Certification Programs
- Drug Information
- Guidelines

Search results for 'breastfeeding'

▼ Certification Programs

5 of about 80 results

Immediate Postnatal Care: Breast-feeding and Prophylactic Nevirapine

Prophylaxis for HIV infection (ie, interventions directed at preventing the infant from acquiring HIV) starts immediately after birth. The following s...

Source: *Antiretroviral Treatment of HIV-Positive Children*

Breast-feeding While Receiving Antiretroviral Therapy

Exclusive breast-feeding is recommended^[ref: WHO Infant Feeding; ref: Tshwane 2011] for women living with HIV [guideline: WHO Infant Feeding]^{[re...}

Source: *Nursing Care of Antiretroviral Therapy in Women of Childbearing Potential*

Infant Feeding Practices and HIV

The question of how to best feed infants to maximise infant health while minimising the risk of acquiring HIV has undergone dramatic shifts through th...

Source: *Antiretroviral Treatment of HIV-Positive Women of Childbearing Potential*

Antiretroviral Treatment of HIV-Positive Women of Childbearing Potential

Source: *Antiretroviral Treatment of HIV-Positive Women of Childbearing Potential*

Essential Care for HIV-Exposed Infants

Source: *Antiretroviral Treatment of HIV-Positive Children*

▼ View 10 more results

▼ Drug Information

5 of about 35 results

Efavirenz

Trade Names | Drug Classification | Formulations | Indications and Pharmacology | Dosage | Warnings | Drug-Drug Interactions | Considerations for Special Populations | Adverse Effects

Didanosine

Trade Names | Drug Classification | Formulations | Indications and Pharmacology | Dosage | Warnings | Drug-Drug Interactions | Considerations for Special Populations | Adverse Effects

Search results shown from ALL content sources: here, modules....

...and here, drug information

About Certificate Programs

Three fully accredited curricula are offered through inPractice® Africa. Each curriculum consists of learning modules that you may complete in any order. When you have successfully completed all modules in a curriculum, you will receive your program certificate. You can also earn CPD credit for each learning module completed.

Certification Programs

- ▶ Applying South African National Guidelines on Antiretroviral Therapy
- ▶ Management of TB in HIV-Coinfected Patients
- ▶ Nursing Care of HIV-Infected Patients

3 different curricula available...

...each containing multiple CPD modules...

...updated whenever key information changes

Certification Programs

▼ Applying South African National Guidelines on Antiretroviral Therapy

1-1 The Initial Assessment of the HIV-Infected Patient

Authors: Ashraf Grimwood, MBChB, MPH; Joel E. Gallant, MD, MPH
Editor In Chief: Ian M. Sanne, MBBCh, FCP(SA)

Last Reviewed: April 26, 2013

Abstract: Although HIV prevalence has stabilised at approximately 17% in South Africa, the... (more)

1-2 The South African Antiretroviral Armamentarium

Authors: Ian M. Sanne, MBBCh, FCP(SA); Brian Gazzard, MA, MD, FRCP
Editor In Chief: Ian M. Sanne, MBBCh, FCP(SA)

Last Reviewed: April 26, 2013

Abstract: In the course of the 30 years since the identification of HIV infection, more th... (more)

1-3 Starting Adult Patients on Antiretroviral Therapy in South Africa

Authors: Dean A. Solomon, MBBCh, Dip HIV Man (SA); Joel E. Gallant, MD, MPH
Editor In Chief: Ian M. Sanne, MBBCh, FCP(SA)

Last Reviewed: September 26, 2013

Abstract: The overriding concept in starting antiretroviral therapy is that patients must ... (more)

1-4 Laboratory Assays in the Management of Antiretroviral Therapy

Author: Ian M. Sanne, MBBCh, FCP(SA); Lesley Erica Scott, BSc Hons, MSc, PhD; Wendy Susan Stevens, MD
Editor in Chief: Ian M. Sanne, MBBCh, FCP(SA)

Last Reviewed: December 6, 2013

Abstract: For persons living with HIV, the repertoire of tests employed for disease diagno... (more)

1-5 Treatment Failure, HIV Resistance, and Later Regimens

Authors: David Spencer, MD; Mark Nelson, MA, MBBS, FRCP
Editor In Chief: Ian M. Sanne, MBBCh, FCP(SA)

Table of Contents

Antiretroviral Treatment of HIV-Positive Children

- Introduction
- HIV-Exposed Infants
 - **Breast-feeding and Nevirapine**
 - Assessment and Referral
 - Case Vignette 1
 - Cotrimoxazole Prophylaxis
 - BCG Vaccination
 - Vaccinations
- Natural History
- Monitoring
 - Clinical HIV Identification
 - HIV and Tuberculosis
- Clinical Complications
 - Pneumocystis jirovecii Pneumonia
 - Oesophageal Candidiasis
 - Extrapulmonary Cryptococcosis
 - Lymphoid Interstitial Pneumonia
 - Gastroenteritis
 - Tuberculosis
- CHER
 - Study Findings
- Initiating ART
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 - Recommended ART
- Major Adverse Effects
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 - Family-Based Care Challenges
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 - Resistance to Nevirapine
- Growing up With HIV
 - Developmental Problems
 - Nutrition
 - HIV Disclosure
- ART Adherence
- Adolescents
- Module Test
- Module Evaluation
- Tables and Figures

Applying National Guidelines on ART - ART for Children

Authors: Mark Cotton, MD; Louise Kuhn, PhD
Editor In Chief: Ian M. Sanne, MBBCH, FCP(SA) (More Info)

Last Reviewed: April 26, 2013 (What's New)

CREDIT INFORMATION

inPractice® Africa's Continuing Education Unit (CEU) provider, FPD, offers clinicians 3 CPD points for completing this individual module. To learn more on how to earn CPD credit, click here.

[Recommend](#) 0

[Claim Credit](#) [Save](#) [Share](#) [Print](#)

[Previous Section](#)

Immediate Postnatal Care: Breast-feeding and Prophylactic Nevirapine

Prophylaxis for HIV infection (ie, interventions directed at preventing the infant from acquiring HIV) starts immediately after birth. The following steps should be taken within 1 hour of delivery (Management Guidelines for HIV-Positive Women)

- Infants born to HIV-infected women should receive skin-to-skin contact with their mothers, regardless of infant feeding choice.
- All infants should be **breastfed** (exclusive breastfeeding is recommended).
- HIV-exposed infants should receive nevirapine prophylaxis immediately after birth or very soon after (within a 72 hour window).
- After delivery and prior to discharge, a complete treatment plan should be developed for the mother-infant pair. ^[SA NDOH PMTCT] Ensure that the mother understands the planned course of treatment and that the road-to-health booklet (RTHB) is completed prior to discharge. Completion of the RTHB should include a record of prenatal HIV treatment and prophylaxis, maternal illnesses, any HIV prophylaxis received by the infant and the intended method of feeding. Should the mother/caregiver become concerned about an infant's health due to poor feeding, jaundice, or lethargy, they should be counselled to return to a health care facility immediately.

Table 1 includes the postnatal care provided to mother and infant from birth to 18 months of age. See subsequent sections of this chapter for a more complete discussion of infant care.

For more information on postnatal care for the HIV-infected mother, click here.

Table 1. Postnatal Care for HIV-Infected Women and Their Infants to 18 Months of Age^[SA NDOH HIV]

	First 6 Wks	EPI Visit Wk 6	EPI Visits Wks 10 and 14	Visits at Mos 6 (EPI), 9 (EPI), 12, and 18 (EPI)
Mother [†]	Any postnatal visit <ul style="list-style-type: none"> • ART 	<ul style="list-style-type: none"> • Cervical screening 	<ul style="list-style-type: none"> • Evaluate adherence to ART 	<ul style="list-style-type: none"> • If still breast-feeding, continue ◦ Counsel to

Hyperlinked TOC always available

CPD credit available

Drug names all linked to drug information

Guidelines all linked to full-text PDFs

References all linked to source information

Tables and figures included

Hyperlinks open in bubbles so you don't lose your place....

...but let you drill into detailed information when you need it

Applying National Guidelines on ART - ART for Children

Authors: Mark Cotton, MD; Louise Fuhn, PhD
Editor In Chief: Ian M. Sanne, MBBCh, FCP(SA) ([More Info](#))
Last Reviewed: April 26, 2013 ([What's New](#))

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Previous Section

Immediate Postnatal Care: Breast-feeding and Prophylactic Nevirapine

Prophylaxis for HIV infection (ie, interventions directed at preventing the infant from acquiring HIV) starts immediately after birth. The following steps should be taken within

- Infants born to HIV-infected women should receive breastfeeding choice.
- All infants should start feeding (exclusive breastfeeding).
- HIV-exposed infants should receive [nevirapine](#) (within 2-hour window).
- After delivery and prior to discharge, a complete pair. ^[SA NDOH PMTCT] Ensure that the mother understands the health booklet (RTHB) is completed prior to discharge. Prenatal HIV treatment and prophylaxis, maternal intended method of feeding. Should the mother/caregiver become concerned about an infant's health due to poor feeding, jaundice, or lethargy, they should be counselled to return to a health care facility immediately.

Table 1 includes the postnatal care provided to mother and infant from birth to 18 months of age. See subsequent sections of this chapter for a more complete discussion of infant care.

For more information on postnatal care for the HIV-infected mother, [click here](#).

Nevirapine

- [Trade Names](#)
- [Drug Classification](#)
- [Formulations](#)
- [Indications and Pharmacology](#)
- [Dosage](#)
- [Warnings](#)
- [Drug-Drug Interactions](#)
- [Considerations for Special Populations](#)
- [Adverse Effects](#)

Drug Detail

Recommend 0

Save Share Print

Nevirapine

Last Updated April 26, 2013

Trade Names

- Nevirapine: *Viramune, Aspen Nevirapine, Auro-Nevirapine, Cipla-Nevirapine, Adco-Nevirapine, Sonke Nevirapine;*
- Stavudine/lamivudine/nevirapine: *Triomune-30, Triomune-40*

Drug Classification

Nonnucleoside reverse transcriptase inhibitor antiretroviral.

Formulations

- Nevirapine: 200 mg tablets; 50 mg/5 mL suspension;
- Stavudine/lamivudine/nevirapine: 30/150/200 mg and 40/150/200 mg tablets

Indications and Pharmacology

Indication: treatment of HIV infection in combination with other antiretrovirals, reduction of perinatal transmission of HIV.

Mechanism of action*: binds directly to reverse transcriptase, which interferes with HIV viral RNA-dependent DNA polymerase inhibiting viral replication.

Pharmacokinetics: metabolized in the liver by CYP 3A4 and 2B6. CYP 3A4 and 2B6 inducer. Half life: 25-30 hours; autoinducer.

Dosage

Adult Dose: 200 mg once daily x 14 days, then 200 mg twice daily.

- Omit lead-in phase if patient is receiving rifampicin.†

Prevention of mother-to-child transmission: 200 mg to mother at onset of labour.

Use in Renal or Hepatic Insufficiency:

- No dose adjustments needed in renal insufficiency.*
- Use with caution in hepatic impairment or porphyria. Avoid if significant hepatic impairment or active hepatitis B or C.†

Use in Pregnancy and Breastfeeding: Category C. Excreted into breast milk. Safety in lactation not established.

Mobile Applications

Click on the links below to download your inPractice® Africa application.



Apps for phones and tablets

Installable versions can be used entirely offline. If they go online, updates are downloaded and usage metrics are uploaded

Take inPractice® Africa With You Everywhere You Go—Online or Offline!

Take tests, earn credit, reference drugs, and get clinical support in your clinical setting right from your smartphone, tablet, or PC. With each app you get:

- Point-of-care reference resources at your fingertips
- Regularly updated modules by and for South African clinicians
- 3 continuing professional development certificate programs
- Ability to take tests and earn credit in your clinical setting
- South African practice guidelines
- South African drug reference information
- Referral clinical support for clinicians

All inPractice® Africa apps offer the ability to operate when not connected to the Internet—in offline mode—allowing you to use almost all of the features of the application when not connected to the Internet.

Technical Support

Having trouble downloading the application? Forgot your user name and password? Email techhelp@inpracticeafrica.com to access technical support.

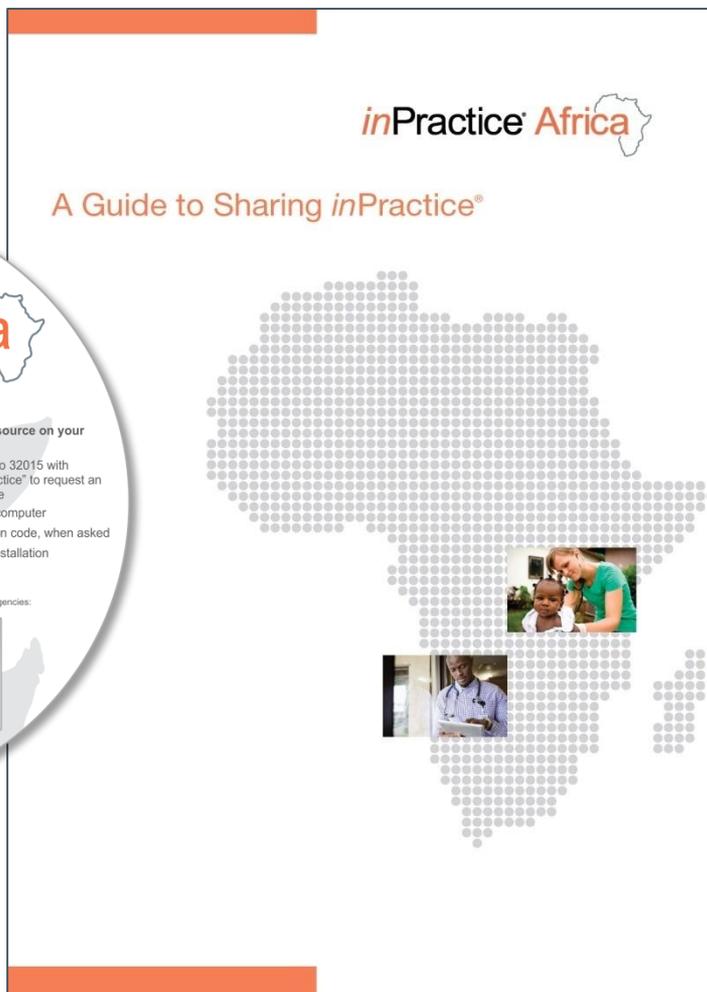
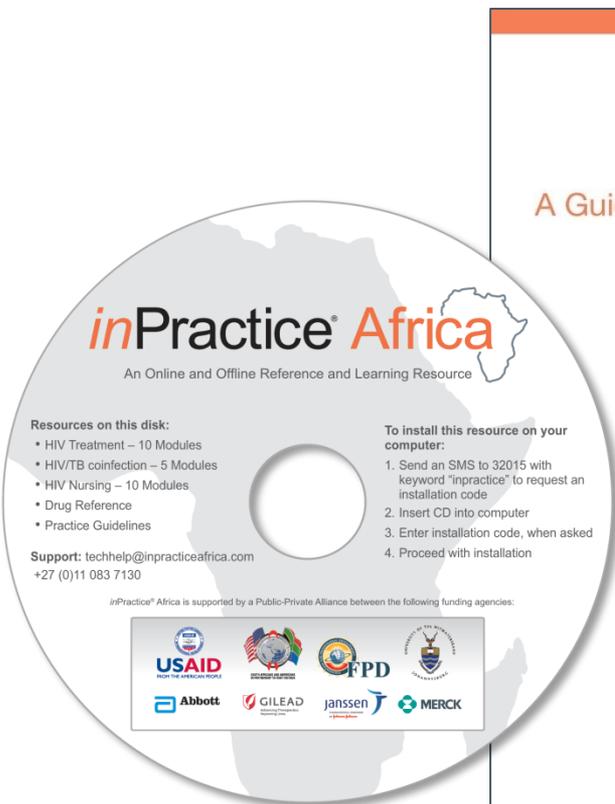
For inPractice Africa telephone assistance, please call +27 (0)11 083 7130. Our team will return your call in 24 hours.

For any other help, [click here](#).

Windows version available on CD



Training guides



Getting Started:

How to Access inPractice Africa

inPractice Africa is **free to access** and can be used with or without an Internet connection.

With an Internet connection, users can register online with inPractice Africa through the Web site or download the apps to install on iOS or Android devices or on Windows computers.

Without an Internet connection, users will need the CD-ROM Windows app installer and an installation code (requested and provided via SMS).

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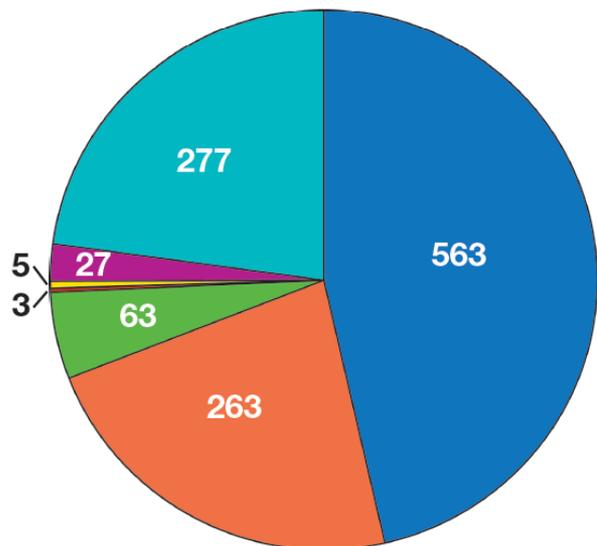
graph TD
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    Start --> No[No, I do not have Internet access]
    
    Yes --> Web[Via web browser]
    Yes --> Mobile1[Via mobile app (1st user)]
    
    No --> Mobile2[Via mobile app (additional users)]
    No --> CD[Via CD]
    
    Web --> WebSteps[Go to inpracticeafrica.com and complete inPractice Africa registration. Sign using the program.]
    Mobile1 --> Mobile1Steps[Download free app from inpracticeafrica.com. If already registered with inPractice Africa, use those credentials. If not, complete inPractice Africa registration. Sign using the program.]
    Mobile2 --> Mobile2Steps[For additional users, create local account. Complete inPractice Africa registration. Sign using the program.]
    CD --> CDSteps[Send an SMS to the number listed on the installer CD to request installation code. Enter installation code into desktop installer. Complete local account registration. Sign using the program.]
    
    WebSteps --> Cert1[Request an FPD student number if you do not already have one.]
    Mobile1Steps --> Cert1
    Mobile2Steps --> Cert2[Request an FPD student number if you do not already have one.]
    CDSteps --> Cert3[When you have Internet access, complete the inPractice Africa registration and request for an FPD student number if you do not already have one.]
    
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Key notes on access: Multiple users may access inPractice Africa on the same device; each just needs to create a local account.

The program can be used both with and without an Internet connection, but an Internet connection is required for initial download of the iOS and Android apps, to upload user information to claim credits, and to download updates to the program.

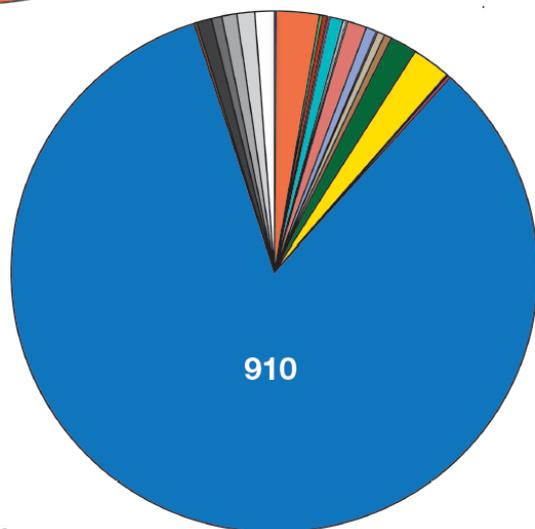
- The Windows app can be used without an Internet connection and requires only occasional Internet connectivity to complete information uploads/downloads.
- The iOS and Android apps require an Internet connection for initial download, but then only require occasional Internet connectivity to complete information uploads/downloads.
- When devices that normally use offline become connected to the Internet, user information (CPD credit information) is uploaded into the inPractice Africa system and any updates to the program content is downloaded to the device.

Current users (as of July 2014)



Users by Profession (Total users = 1,213)

- Physicians
- Nurses
- Pharmacists
- Nurse practitioners
- Physician assistants
- Other healthcare professionals
- Non-healthcare professionals



- | | | |
|-----------------|--------------------------|-------------|
| ■ Algeria | ■ Lesotho | ■ Swaziland |
| ■ Botswana | ■ Libyan Arab Jamahiriya | ■ Tanzania |
| ■ Cameroon | ■ Malawi | ■ Uganda |
| ■ Congo | ■ Mozambique | ■ Zambia |
| ■ Côte D'Ivoire | ■ Namibia | ■ Zimbabwe |
| ■ Egypt | ■ Nigeria | |
| ■ Ethiopia | ■ Papua New Guinea | |
| ■ Ghana | ■ Rwanda | |
| ■ Guinea | ■ South Africa | |
| ■ Kenya | ■ Sudan | |

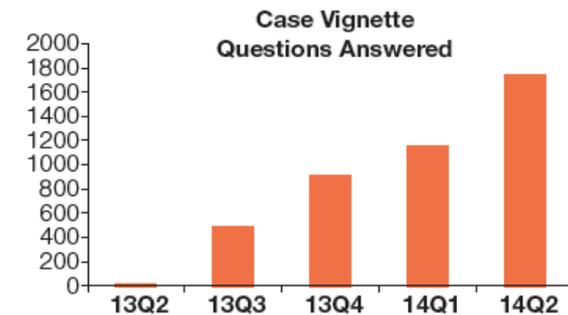
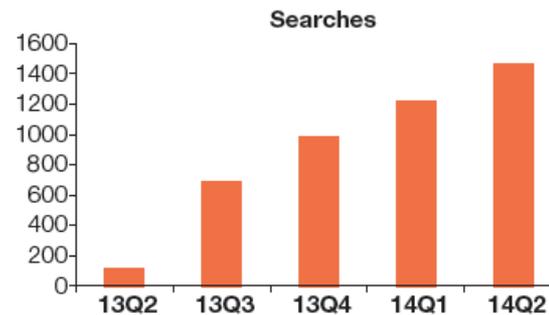
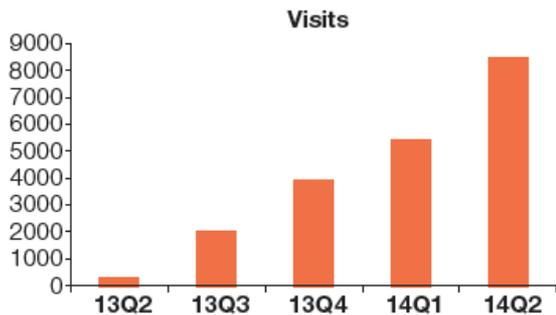
inPractice Africa: A Unique Offline and Online Interactive Training and Point-of-Care Resource to Provide Digital Medical Education in Settings With Limited or No Internet Access. USAID/PEPFAR-Funded Pilot Program

Dual Use: Point-of-Care Decision Making and Structured Education

Curricula	Unique Users	CPD Credits Earned
Applying South African National Guidelines on Antiretroviral Therapy	595	1587
Management of TB in HIV-Coinfected Patients	363	642
Nursing Care of HIV-Infected Patients	219	588

In 1 year:

- 2817 module credits were claimed
- 939 module certificates were earned
- 73 curriculum certificates were earned



Mobile Applications

Use of the Apple, Android, and Windows apps

- 140 unique users of the apps
- 719 unique visits via the apps
- 53 searches
- 171 questions answered

King E, et al. 20th International AIDS Conference. Abstract WEPE419.

Key learnings: Partnerships

- Outreach to clinicians on what the resource is and how to use it is critical
 - Need multiple avenues for reach and distribution
- Local partnerships are a key cornerstone to success
 - Academic oversight from Wits and involvement of leading South African authors and editors provides significant credibility
 - FPD brought a significant network of trainees for the program and offered many outlets for outreach and recruitment through their existing programs
 - SAHIVCS endorsed and recommended the program to their members and we set up accounts for them

Key learnings: Technology

- Users report that offline functionality is indeed critical to minimize real-world barriers to use
- Need to support multiple different platforms
 - At this conference, we have installed software for users on Windows, iPhone, iPad, Android phone, and Android tablets!
 - Users may need help in understanding their device itself (eg, how to install apps), not just in using the inPractice software
- Need to generate metrics, integrate with existing systems is essential but adds some complexity
 - eg, to track participation, users must set up an account and sign in
 - eg, to earn CPD credits, users must register with the provider

Conclusion

- Digital education can be successfully extended to resource-limited settings through technology that works both online and offline
- An appropriate technology platform can provide both structured training and a resource to enable clinicians to find answers to specific management questions at the point of care
- Partnerships with local organizations to provide distribution and training are essential to ensure effective engagement
- We are currently completing evaluation and final report to USAID
- Discussion ongoing with USAID and other funders/partners regarding program expansion within South Africa and new projects in other countries in Africa