

The impact of smartphone applications on bowel preparation, compliance with appointments, cost-effectiveness, and patients' quality of life for the colonoscopy process: A scoping review





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Introduction	Study	Intervention	Study Design	Age/years	Population	Outcomes	Results	
cancers in the United States - CRC costs during the first year of diagnosis range from 12,757\$ to 58,704\$ - Colonoscopy reduces CRC's incidence and mortality. - A mobile app can instruct patients and guide them through appointments, bowel preparation, having a better understanding conditions, and possible outcomes - The aim of this scoping review is to evaluate the impact of smartphone application (SPA) in patients undergoing elective colonoscopy to measure compliance with appointments, cost- effectiveness, bowel preparation, and quality of life compared to standard instructions	Sharara et al., 2017	Smart phone app-based instruction	RCT	>18	160	Primary outcome (PO): Adherence with instructions Secondary outcome (SO): Quality of Preparation	No statistical difference in overall adherence (P=0.40) or bowel cleanliness (P=0.68).	
	Walter et al., 2020	Smart phone app-based instruction	RCT	>18	500	PO: Quality of preparation (BPPS) SO: Compliance with diet, laxative	The Smartphone application (SPA) vs. Standard instructions: BPPS: 7.6±0.1 vs. 6.7±0.1, P<0.0001. Insufficient bowel preparation: 8% vs. 17%, P=0.0023. Adenoma detection rate: 35% vs. 27%, P=0.0324. Adherence and decreasing level of discomfort: P<0.0001.	
	Denizard- Thompson et al. 2020	Smart phone app-based instruction	RCT	>18	408	PO: completion of a CRC screening test within 24 weeks SO: intent to screen within 30 days		CRC screening: 30% vs. 15%. Ordering the test: 69% vs. 32%. Overall, likely to complete colorectal cancer tests once they were ordered (43%)
(Verbal or/and written).	Lorenzo-	.	RCT	>18	260	PO: Bowel preparation	The SPA vs. Control group: Number of Optimum bowel preparation: 100% vs. 96.1%, P=0.037. Also, patient-reported tolerability and overall experience with the prescribed bowel preparation was significantly higher for the SPA group.	
Methods and Materials		app-based instruction				assessment with the Harefield Cleansing Scale. SO: Patient satisfaction with a specific Questionnaire at the time of colonoscopy		
screened up to Oct 14, 2020, and bibliographies of the retrieved articles were included. Based on pre-specified inclusion and exclusion criteria, 8 primary studies were included in the final analysis from a total of 3,979 non-duplicate articles.								
	Cho et al. 2017	Smart phone app-based instruction	RCT	>18	142	PO: The quality of bowel cleansing using the BBPS. SO: Patient satisfaction with a Questionnaire	The SPA vs Control group: BBPS: 7.70±1.1 vs. 7.24±0.8, I 5.97±2.2, P<0.001.	P=0.007. The mean score of the satisfaction questionnaire: 7.62±2.2 vs.
	Walter et al. 2017	Smart phone app-based instruction	RCT	>18	50	•	The SPA was sufficiently working with stable function during the time of colonoscopy preparation in the SPA group. For bowel	
Bowel Preparation: 6 studies showed better bowel preparation in the SPA arm. 1 study didn't find a significant difference. Adherence to colonoscopy screening: 1 study showed; SPA arm more likely to complete a screening test. Patients' satisfaction: 5 studies reported higher patients' satisfaction in the SPA arm. Cost-effectiveness: None of studies measured cost-effectiveness.							cleanliness assessment, mean BBPS scores was 8.1±0.25 vs. 7.1±0.41, P=0.02	
	Guo et al. 2019	Smart phone app-based instruction	RCT	>18	293	PO: Rate of adequate bowel preparation With BBPS scale SO: Compliance with instructions, side Effects and rates of adenoma detection	vs. 33.11%, P<0.001). The overall adverse events: 23.45%	ration: 77.2% vs. 56.8%, =0.029). The rates of incomplete compliance with instructions: 15.17% and 37.84%, P=0.008The SPA was sufficiently working with stable SPA group. For bowel cleanliness assessment, mean BBPS scores was
	2020	Smart phone app-based instruction	RCT	<18	46	score SO: Patient arrival time to	The SPA vs. Control group: BBPS: 7.2 (range 3-9) vs.5.9 (range 3-9), P=0.02. Arrival time average: 46 mins vs. 44 mins, P=0.56. Calls to gastroenterology service: 6 vs. 2, P=0.27. Subjects with improved knowledge after receiving materials: 50% vs 36%, P=0.37.	
Conclusions								
Conclusion: SPAs can increase patients' satisfaction, improve bowel preparation, and improve adherence to colonoscopy, diet, and laxatives.								