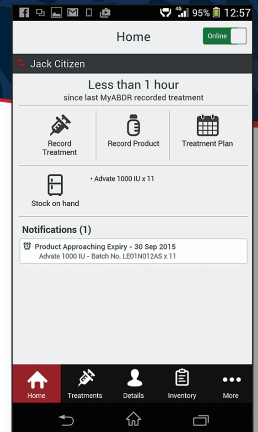# MyABDR

Getting started with the **MyABDR** app

6 easy steps for recording treatment

STEP 1 > Download MyABDR app

STEP 2 > Register

STEP 3 > Login to MyABDR

STEP 4 > Add stock to inventory

STEP 5 > Record a treatment

STEP 6 > Recording a bleed

STEP 1 > Download MyABDR app

Download the **MyABDR** app (free of charge) from:
App Store (Apple), or **Google Play** (Android)

STEP 2 > Register

It's easier to register on the web site!

- Go to https://www.myabdr.blood.gov.au
- Click on **New user? Click here to register** and complete the registration form.

But if you register on the app

- Tap the **MyABDR** app icon.
- Tap **CREATE AN ACCOUNT**.
- Complete the registration form.

If you register on the app, make sure you
- Open and read all of the Terms and Conditions.
- And tap on **ACCEPT** at the end of the Terms and Conditions page.

After you register, your Haemophilia Centre will process your access to MyABDR (*Allow up to 7 days*).

After approval you will receive both an SMS and an email with your account details and a temporary password, telling you that your account has been activated.
You can now start using MyABDR.

STEP 3 > Login to MyABDR

When you receive your password, open the app and login to MyABDR.
Change your temporary password to a password of your choice.
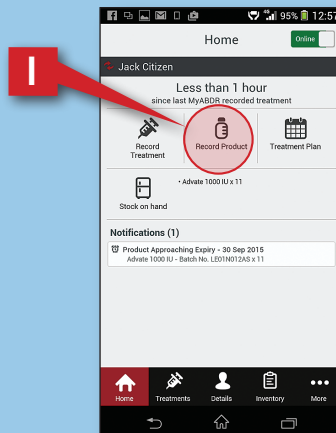
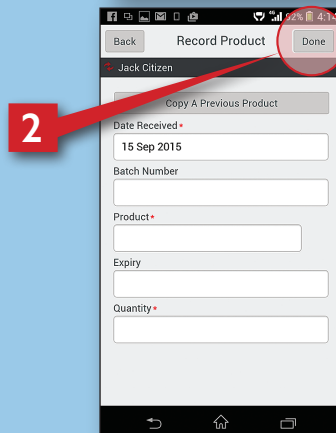# STEP 4 > Add stock to inventory

Important!

Add your treatment product stock to your inventory first before recording a treatment.

1 Tap the **RECORD PRODUCT** shortcut on the home screen.

Only the treatment products that are in your treatment plan will be shown.

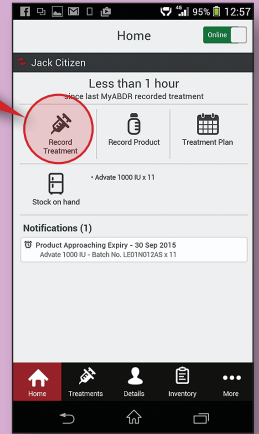**2** Enter product details and tap **DONE** when finished.

Timesaver for clotting factor products!
Start typing the first couple of charecters to find your batch number. When you select it, the full batch number, product name and expiry date will autocomplete.

1

Tap the **RECORD TREATMENT** shortcut on the home screen.

2 What type of treatment?

Tap on the (i) information button for a list of the treatment definitions –

Routine Prophlyaxis
Your regular treatment to prevent "spontaneous" bleeds occurring.

Bleed
Treatment for a bleed, including follow-up treatments.

Preventative
Treatment before activity to prevent bleeds.

Temporary Prophylaxis
Short-term regular treatment to manage a specific bleed or joint problem.

Surgery/Procedure
Treatments before, during or after surgery or a medical/dental procedure.
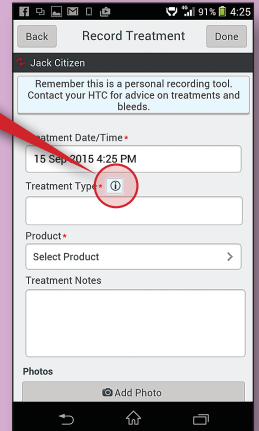
Immune Tolerance Therapy
Treatment for inhibitors involving frequent doses of factor concentrates over a long period of time in an attempt to train the body to recognise the treatment product.

Other
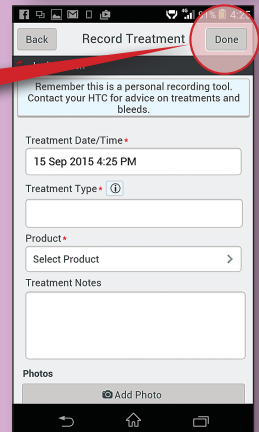Treatments for other reasons. Type in the reason.

3

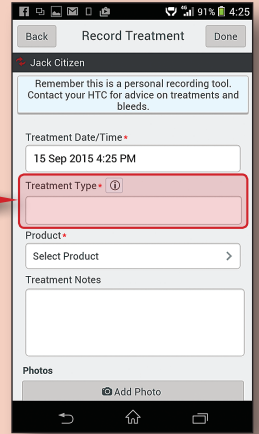Enter treatment details and tap **DONE** when finished.

STEP 6 > Recording a bleed

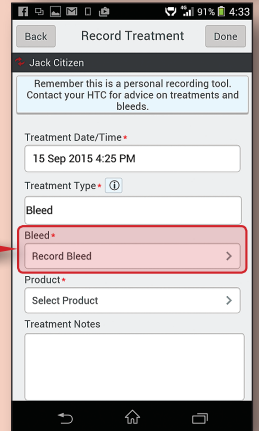You can record bleed details when you are recording a treatment for the bleed

Go to the **RECORD TREATMENT** screen.

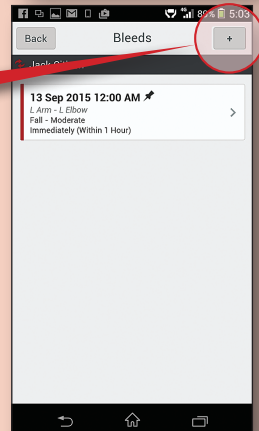**1** Tap in the **TREATMENT TYPE** box and select **BLEED** from the pop-up list.

A **BLEED** field will appear underneath.
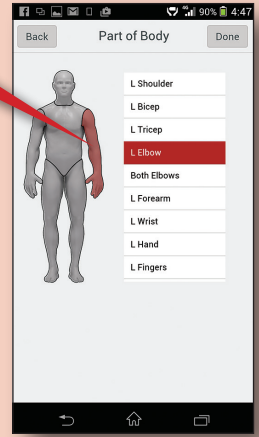

2 Then tap **RECORD BLEED.**

3 Tap ✚ (top right) to activate the bleed section.

4 Use the body map to select the location of the bleed.

5 # What level of severity?
Tap on the ⓘ information button for a list of the severity definitions –

Minor
Bleed is barely noticeable. It does not make you uncomfortable or have any effect on what you normally do during the day or how you do it.

Moderate
Bleed makes you uncomfortable. It affects how you do the things you routinely do every day.
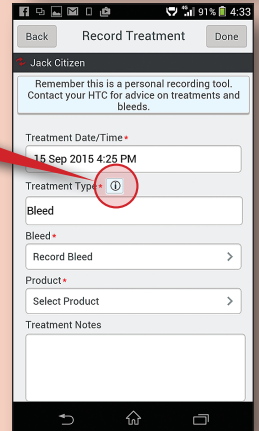
Major
Bleed is very painful or uncomfortable. It stops you from doing normal daily activities. It may keep you awake when you are trying to sleep. You may need to go to hospital for treatment or review.

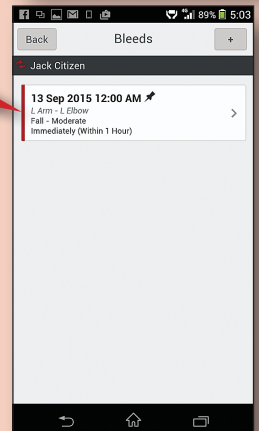**6** Enter the details of the bleed and record the treatment.

7 # Recording a follow-up treatment for a bleed

7a. Follow steps **1** and **2** for recording a bleed.

7b. When you tap **RECORD BLEED** on the **RECORD TREATMENT** screen, it will display a list of existing bleeds.

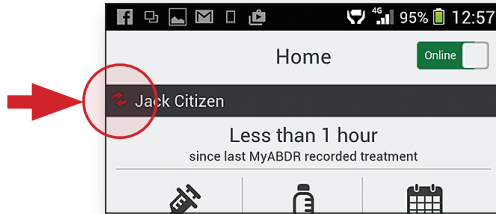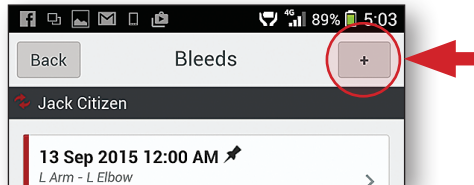**7c.** Select the bleed you are treating and record the treatment.

MORE TIPS!

You can slide to **YES** with **REMEMBER ME?** on the login screen to stay logged in. But be careful to lock your handset to maintain your privacy!
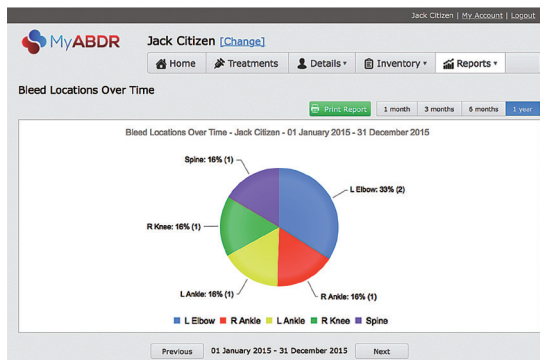
Use 🔄 (top left) on home page to switch family members.

Tap **+** (top right) to enter new treatments, bleeds, memos etc and **DONE** (top right) when finished.

Use your password to login to the web site https://www.myabdr.blood.gov.au to see graphs of product use, bleeds and a full history of your treatment.

NEED HELP?

MyABDR Support
(24 hours/7 days a week)

T: 13 000 BLOOD (1300 025 663)
E: myabdr@blood.gov.au

Or contact:

Haemophilia Foundation Australia

T: 1800 807 173
E: hfaust@haemophilia.org.au
W: www.haemophilia.org.au/myabdr

More information:

W: www.blood.gov.au/myabdr

MyABDR is a collaboration between Haemophilia Foundation Australia (HFA), the Australian Haemophilia Centre Directors' Organisation (AHCDO) and the National Blood Authority (NBA) on behalf of all Australian governments.