

Patient Motivations, Concerns, and Perspectives on Sharing Their Electronic Medical Records (EMRs) using Digital Health Applications: A Preliminary Study

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INTRODUCTION & OBJECTIVES

- > With the implementation of the 21st Century Cures Act¹, integrating patients' Electronic Medical Records (EMRs) with digital health technologies (DHTs) offers valuable insights into their health, medication adherence, and treatment outcomes². EMR data can also be leveraged to validate findings from clinical trials in the real world.
- > This study's primary objectives of this research were to:
 - Assess patients' willingness to integrate their EMRs with digital health apps.
 - Explore the barriers and motivations influencing this integration.



METHODOLOGY



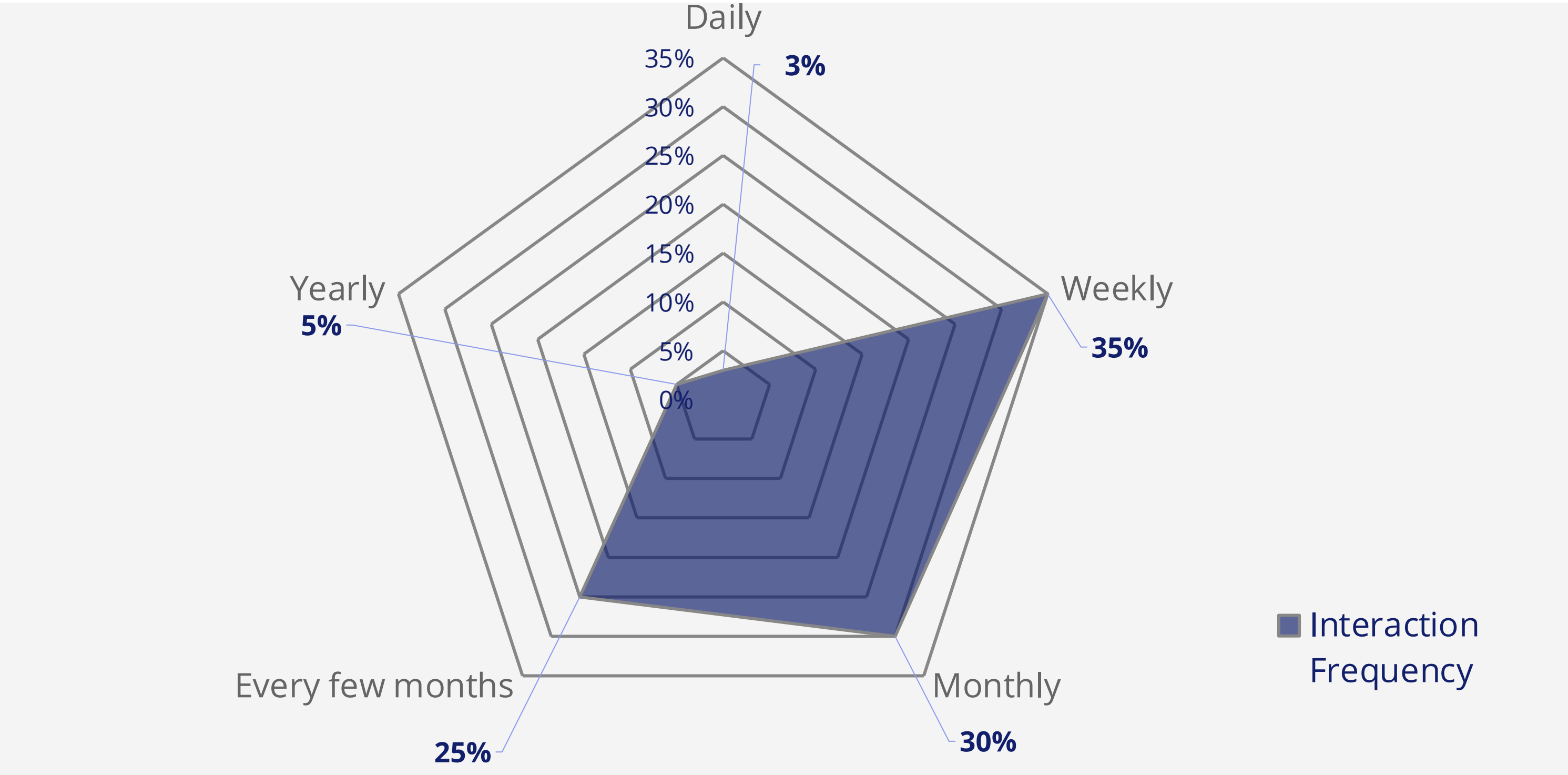
- > We developed and descriptively analyzed responses to a questionnaire³ that was distributed via email (following IRB approval) to patients living in the US who were existing users of a digital health application. Participants were invited to share their experiences and perspectives on interacting with their EMRs through a variety of multiple choice and free text questions.



RESULTS

- > 40 respondents completed a survey of which 80% were female, with an even age distribution between 35 years and 65+ years of age. Patients report a variety of conditions, with 40% of patients reporting 2 or more conditions. The most commonly reported conditions were mental health and autoimmune conditions.
- > Survey responses indicate that all participants have experience interacting with their EMRs. As seen in Figure 1, majority of participants access their EMRs via their patient portal regularly, with 35% doing so on a weekly basis, 30% on a monthly basis, and 25% every few months.

Figure 1. Frequency of EMR Interaction



- > Patients access their EMRs for various purposes, with the primary uses being to review laboratory test results, monitor their health and symptoms over time, and facilitate communication between their healthcare providers.



CONCLUSION

- > Patients are divided on whether to share their EMRs with digital health apps, with trust in data privacy and security being the main barrier. However, patients who were motivated by easy access to integrated health data and the ability to share it with their healthcare providers present a valuable opportunity to promote EMR integration.
- > Further, addressing patients' privacy concerns is critical to increasing patient participation in sharing their EMRs. By fostering trust through secure, transparent systems, organizations can encourage broader data sharing, leading to richer real-world data and more patient-centered healthcare insights.



REFERENCES

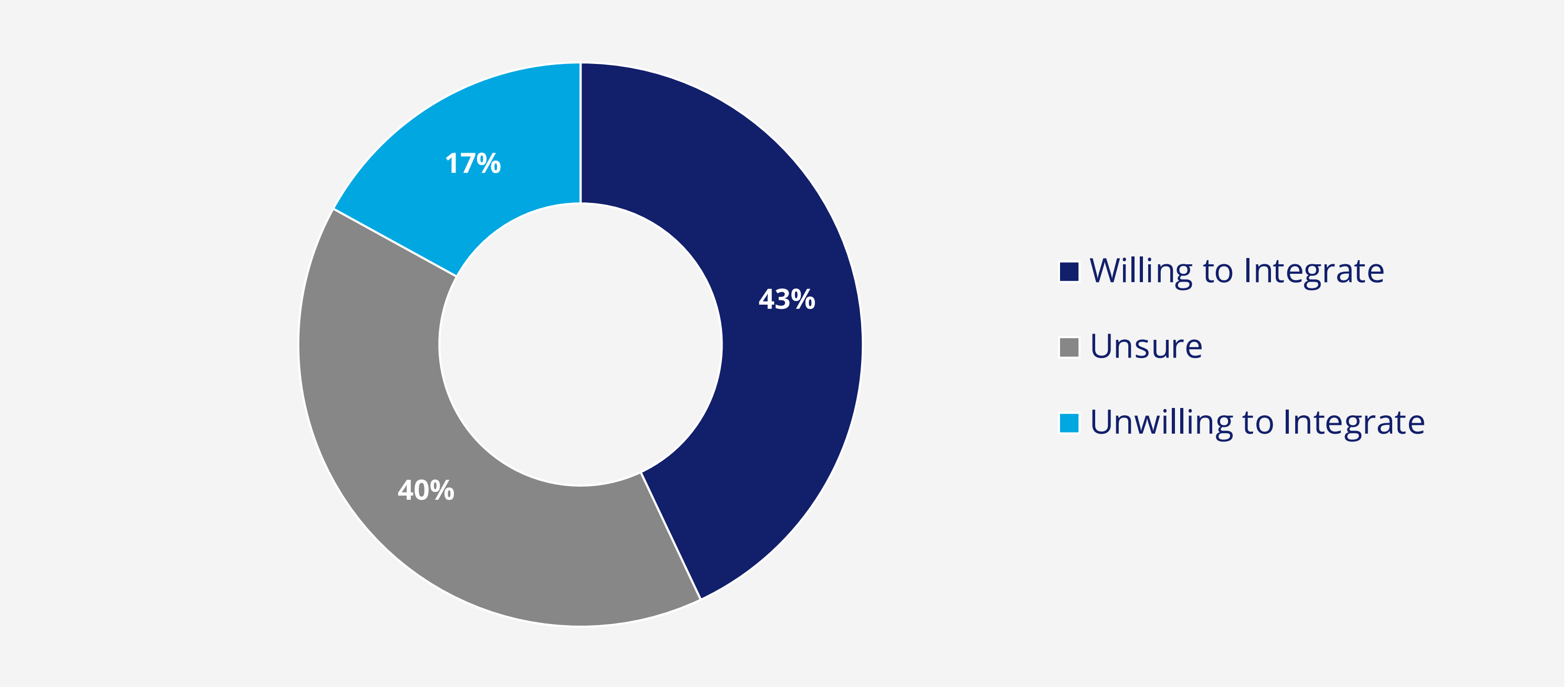
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Table 1. Reasons Patients Access Their EMRs

Patients' Reasons to Access Their EMR	Count
View lab test results	14 (26%)
Keep track of symptoms and health	11 (20%)
Communicate with physicians	9 (17%)
Reference medical history	8 (15%)
Keep track of medications	5 (9%)
Manage appointments or reference doctor's notes	4 (7%)
Verify accuracy of records or quality of care	3 (6%)

- > Only 15% of patients reported prior experience linking their EMRs with a digital health application, with the majority of those integrations occurring through Apple Health.
- > As shown in Figure 2, patients are nearly equally divided in their willingness to sync their EMRs with a digital health app, with 43% expressing willingness and 40% reporting uncertainty.

Figure 2. Patient Willingness to Integrate EMRs With Digital Health Applications



- > 72.5% of patients report the privacy and security of their data to be the primary concern when considering whether to link their EMRs with a digital health app.
- > The primary motivators for integrating EMRs with a DHT are the convenience of accessing medical records and the ability to combine them with in-app tracking for enhanced health insights (Table 2). This is closely followed by the desire to share medical records with other healthcare providers and caregivers.

Table 2. Patient Motivations to Integrate EMRs with DHTs

Patient Motivations to Integrate their EMRs with DHTs	Count
Easy access to EMRs	19 (22%)
Combine EMR data with health tracking data to gain more insight into trends and changes over time	18 (21%)
Share my EMRs with healthcare providers or caregivers	18 (21%)
View up-to-date medical records and health tracking in the same place	17 (20%)
Contribute EMR data to research	13 (15%)

