

e-Patients: The Future Health Consumer

MASTERCLASS: Beginners Level
Facilitated by Vanessa Carter



Healthcare Communications
and Social Media South Africa





e-Patients: The Future Health Consumer

MASTERCLASS: Beginners Level
Facilitated by

Vanessa Carter

Stanford University Medicine X e-Patient Scholar
Antibiotic Resistance (MRSA) Survivor and Advocate
Marketing, Advertising and Design by Profession

www.vanessacarter.co.za



@_FaceSA

Introduction to e-Patients

What are e-Patients?

e-Patients are health consumers that use digital technologies like the web to educate themselves about their condition, seek out support or navigate the system.

A close-up photograph of a man in a blue athletic tank top. He is wearing white earbuds and a smartwatch on his left wrist. He is holding a smartphone in his right hand, which displays a running application. The app shows a circular progress indicator with the number '20.34 km' in the center, and below it, the time '03:21:00'. The background is a blurred green outdoor setting.

An e-Patient is also a health consumer who uses digital devices like a smartphone or wearable to gather data to better manage their health



As technologies and e-Patients evolve, it will become important for healthcare professionals to be knowledgeable and to stay current as they begin to use these technologies as well as prescribe them.



The man who first coined the term e-Patient was Dr Tom Ferguson.

He was an American medical doctor,
educator and author.

He was an early advocate for
patient empowerment,
urging patients to educate themselves,
to assume control of their own health,
and to use the internet as a way of
accomplishing that.



Society for
**Participatory
Medicine**

Transforming the Culture of Patient Care

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Participatory Medicine? Memberships Conference Blog Journal

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enabled, empowered and engaged in their health and health care decisions. He envisioned health care as an equal partnership between e-patients and health professionals and systems that support them. Before Tom's untimely death in 2006, he was writing the White Paper (PDF) in consultation with the group of advisors he dubbed the e-Patient Scholars Working Group. This site continues the conversations we began with Tom. **Our authors, alphabetically by last name:** (click to view author's posts)



**e-Patient
Dave**



Diagnosed in 2007 with advanced kidney cancer (median survival 24 weeks), e-Patient Dave deBronkart rapidly learned to use every aspect of empowerment, technology, and participatory medicine to beat the odds. A founding co-chair of the Society for Participatory Medicine, in 2009 he became an international spokesman for the e-patient movement, and in 2010 left his previous career to work full time in transforming healthcare.

**Susannah
Fox**



Susannah Fox is Associate Director, Digital Strategy, for the Pew Research Center's Internet & American Life Project and principal author of the Project's survey reports on e-patients and online health. Susannah presents her perspective as a researcher and does not advocate for any policy or behavioral outcomes.

Recent Posts

So, about this "big data" thing ...
January 7, 2019



Gail Phillips:
My journey to
the Society for
Participatory

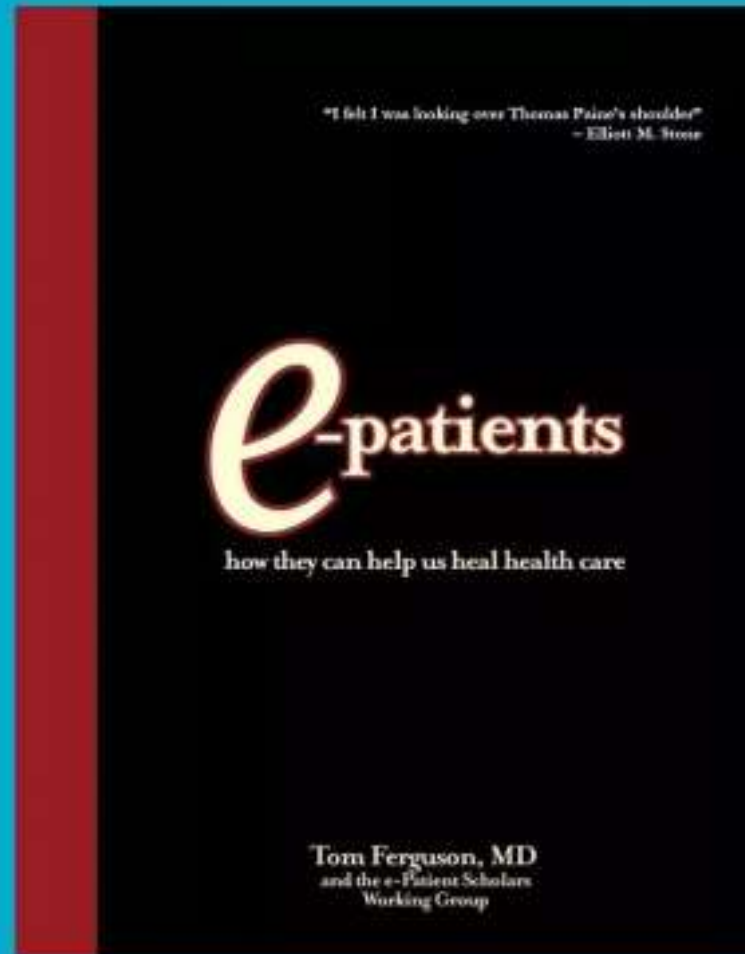
Medicine

December 26, 2018



Meetin' Up
and Building
SPM
Community in

e-Patient Working Scholars Group
www.participatorymedicine.org

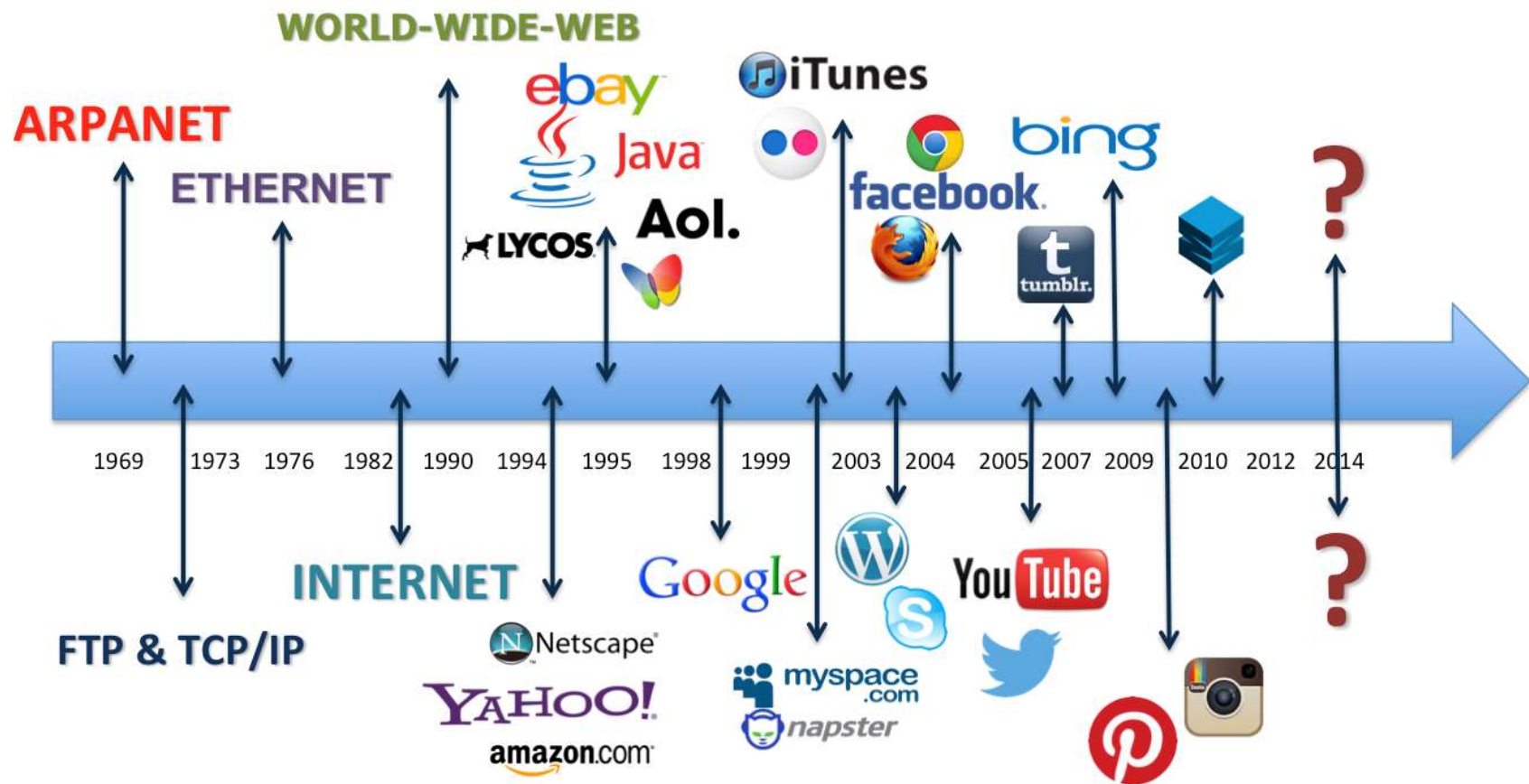


e-Patient Whitepaper

www.participatorymedicine.org/e-patients-white-paper

Doctor
Google





Even though the internet and web had been in development by numerous people including Vint Cerf and Sir Tim Berners-Lee since the late 1960's, it was finally made available in 1991 to the public through the signing of The High Performance and Computing Act of 1991 by Al Gore which gave everyone access to a global information superhighway.



Patient self-diagnoses himself!

Fake News

Minimal internet regulation globally

Cyberchondriac

OXFORD DICTIONARY DEFINITION

"A person who compulsively searches the internet for information about particular real or imagined symptoms of illness."

The term was in fact derived from two words as the internet emerged in medicine back in the 1990's which was cyber and hyperchondriac.

Cyberchondriac



Remember, telling
patients they must not
use or trust digital
technology is
counterproductive
to e-Health

PLEASE **DO NOT**
CONFUSE YOUR

Google

SEARCH
WITH MY

MEDICAL DEGREE 🔍




Patients need to
participate in the
collection of data



FITN

e-Patient


Good Food



Heart Rate



Medicine



The 10 e's of an e-Patient

1. Empowered
2. Engaged
3. Equal
4. Electronic
5. Emancipated
6. Educated
7. Evaluating
8. Expert
9. Enabled
10. Equipped

| FEATURES | GOOGLERS | E-PATIENTS |
|---|----------|------------|
| Use digital technologies in their health management | yes | yes |
| Use the internet with strategy | no | yes |
| Can deal with large volumes of information | no | yes |
| Relationship with their doctor. Ask doctors opinion about online research before self-diagnosing | no | yes |
| Can evaluate information | no | yes |

Based on a Pew Internet Research Study conducted in the US in 2013:

1. 80% of internet users (61% of all adults) search online for health information
2. 60% of them consume social media and 29% contributed content
3. 19% of them consult physician reviews, 18% consult reviews of hospitals
4. 60% of e-Patients that found information online affected a health decision
5. 56% say it changed their overall approach to health management
6. 53% said it lead them to ask a doctor new questions or get a second opinion
7. 38% say it affected a decision whether to see a doctor

Evidence of health technology benefit for providers

A mobile working solution for community nurses



A telehealth hub across 210 care homes



Evidence of health technology benefit for patients



Patients using technology to manage their COPD:



Paternal healthcare

Limited access to online information. Patient is provider dependent

web 1.0

Patients start to search for healthcare information online using search engines

web 2.0

Patients start to use social media and web 2.0 tools to find information and grow their network

web 3.0

Patients use web 2.0 and data generated from their connected objects and electronic health records



Patient 1.0



Patient 2.0



Patient 3.0



e-Patients evolve with technology

Being a tech-savvy patient that can use web 2.0 or web 3.0 technologies, doesn't make you an e-Patient.



| 2.0 TOOL | PATIENT 2.0 | WEB 2.0 |
|---------------------|---|---|
| BLOG | The e-Patient blogs about their experience | Web 2.0 technology enables users to create blogs |
| SOCIAL MEDIA | The e-Patient shares their blog and posts about their journey | Web 2.0 technology enables social media platforms to promote user-generated content |
| WEBSITES | The e-Patient designs websites that curate reliable resources in one place to empower other patients, or provides other services or information | Web 2.0 technology provides the means to enable users to design their own websites using platforms like Wordpress or WIX without hiring a developer to write code |



Powerful patient engagement platform

Bots are carefully crafted by a multi-disciplinary team of healthcare professionals and designers



React in real-time

Use our population health platform to identify at-risk patients and provide the right advice to prevent adverse events



Monitor health risks

Bots use Artificial Intelligence to identify potential healthcare risks, such as problematic symptoms or behaviors, and alert healthcare professionals

A mobile application and platform that uses chatbots to manage population health

Image Credit: TNH Health - <https://tnh.health/en>

LEARN ABOUT OUR POWERFUL POPULATION HEALTH MANAGEMENT PLATFORM



Our AI-powered Bots constantly identify risks in your population



ANALYTICS
Powerful data and analytics help you understand the overall health trends in your population



Chat with patients 1 on 1 to resolve risks before they become major health concerns



See patient profile and chat history

Web 4.0

Bionic eye connected to the web.
Collecting data for the patient's
medical record and generating data
to empower the patient.
"The Singularity"

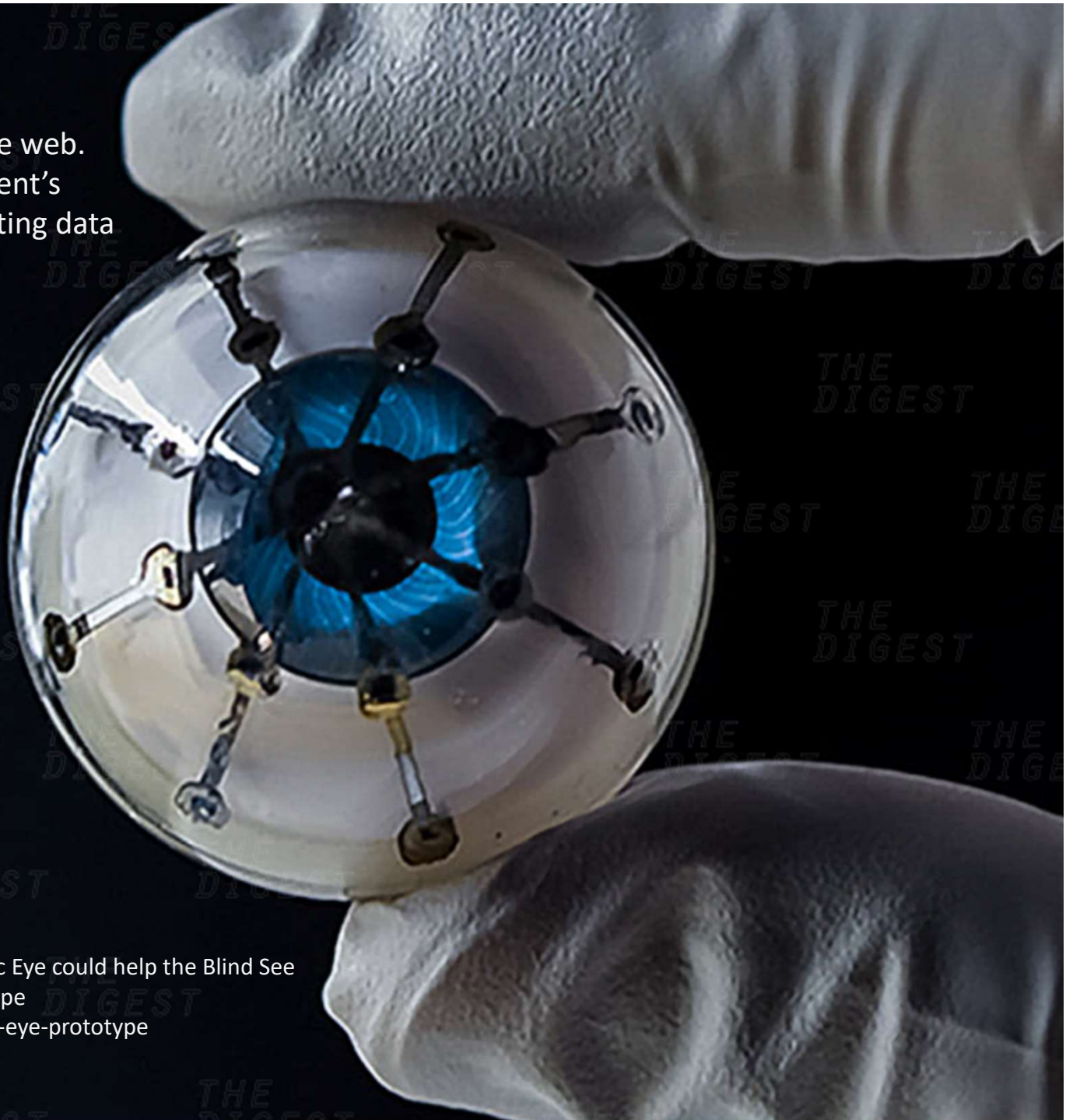


Image Credit: This Experimental Bionic Eye could help the Blind See
University of Minnesota, USA, Prototype
<https://futurism.com/the-byte/bionic-eye-prototype>


Web 3.0
Smart Home
Internet of Things (IoT)



The Age of Autonomy: "Claims that AI can automate everything including health"

Internet of Things (IoT) Internet of Medical Things (IoMT)

However, prepare yourself for many
varying acronyms as we move into the
next generation of the web (3.0)

A woman with long dark hair, wearing a white lab coat, is sitting on a bed with white linens. She is holding a tablet computer in her hands and looking at the screen. The background is slightly blurred, showing a wooden chair and a window. The overall scene is bright and clean.

**Patient:
Janet Smith**

Managing health data via: Wearables, Mobile Applications, Social Media Search Engines, Digital Platforms like www.patientslikeme.com

e-Patient using web 3.0 tools to manage her health on a daily basis. (Patient 3.0)



Image Credit: Pillsy – Digitally Connected Medication Bottle
www.pillsy.com





Image Credit: Spectral Engines Food Scanner – www.spectralengines.com





Doctor On Demand Overview

The Doctor is Always in

Talk to a **US licensed physician** from your computer, smart phone or tablet **right now.**

REGISTER NOW

Takes about 60 seconds



Overview



Non-Emergency Medical Issues



Pediatric Questions



Prescription



Specialists Referral



Travel

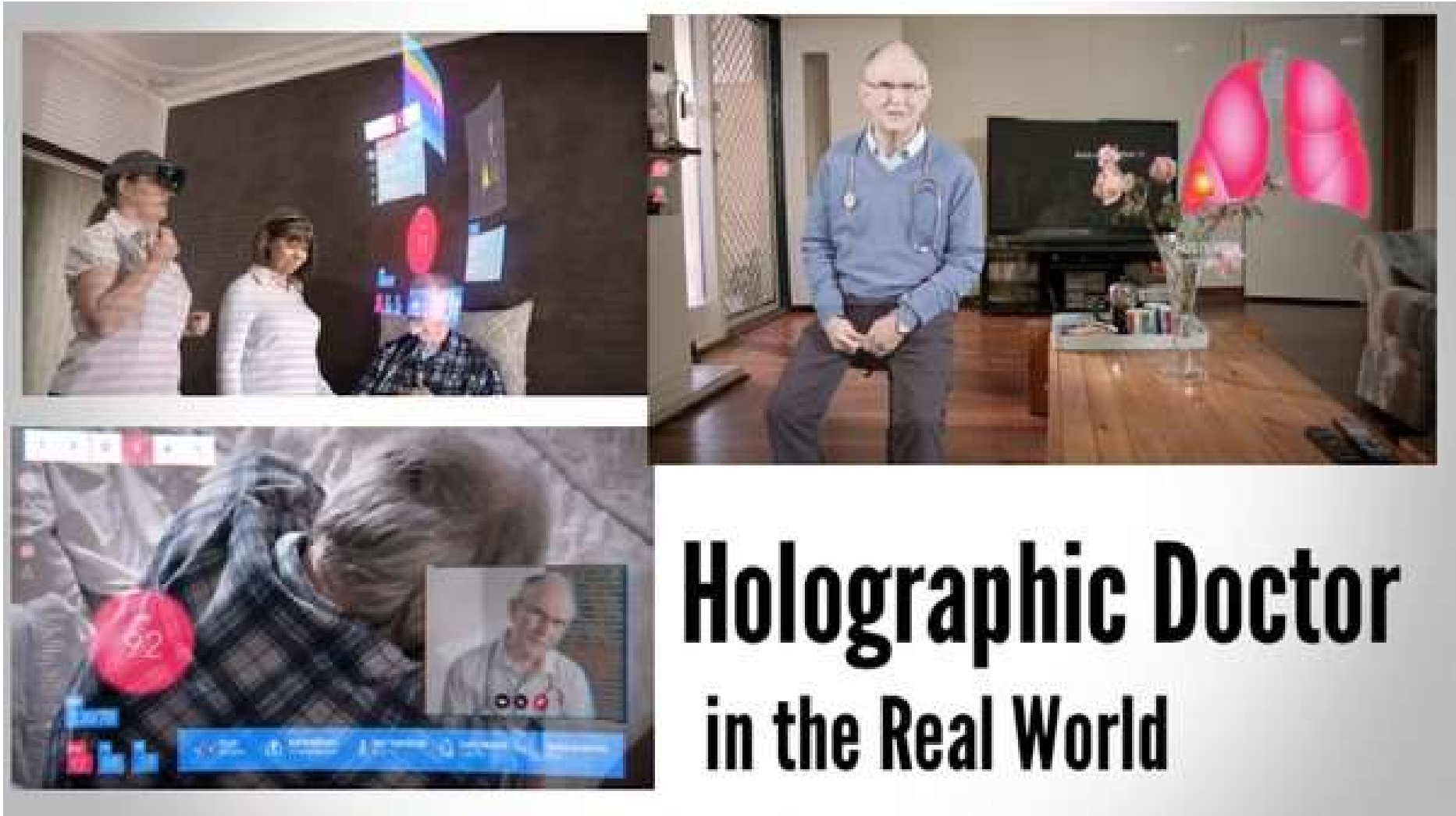


Image Credit: Silver Chain Group – EMMR Holographic Doctor
<https://www.webcooltips.com/holographic-doctors-visit-in-the-real-world/>



Image Credit: ApoQlar

www.nridigital.com/health/virtual-reality-surgery-healthcare-potential-augmented-reality/

apoQlar



Image Credit: MedAdvisor – Virtual Pharmacy
www.medadvisor.com

Patient-Centered Care

Shared-Decision Making

Education was Patient-Friendly

Data and information empowered Janet

The doctor prescribes her with trustworthy web resources

Participatory Medicine

The Doctor advised Janet to continue tracking her health, collect data and information and let him know the progress instead of discouraging her to use digital technology

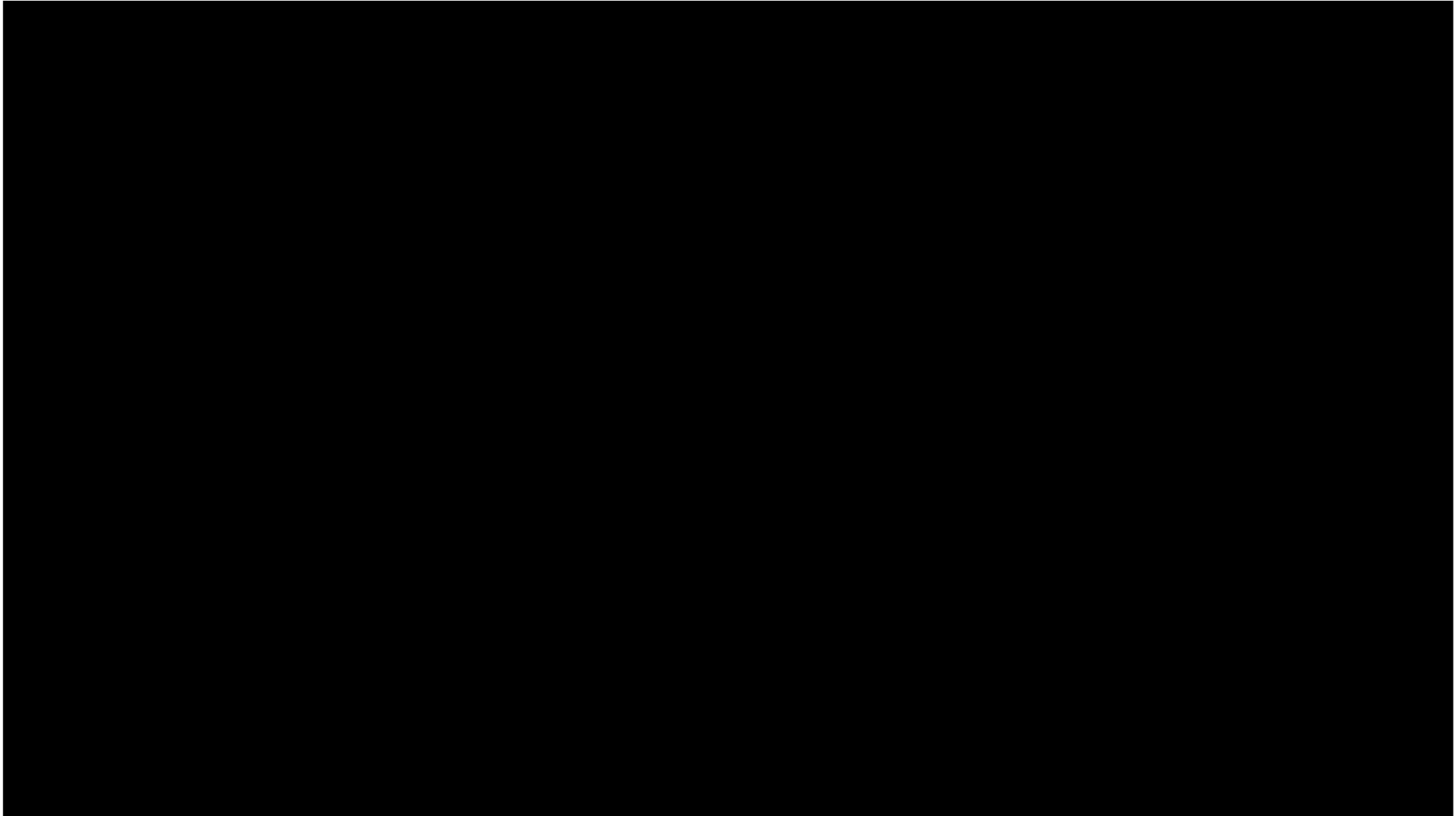


Image Credit: Imagining the future of healthcare at #CES2016
www.youtu.be/gEybaotgZgc

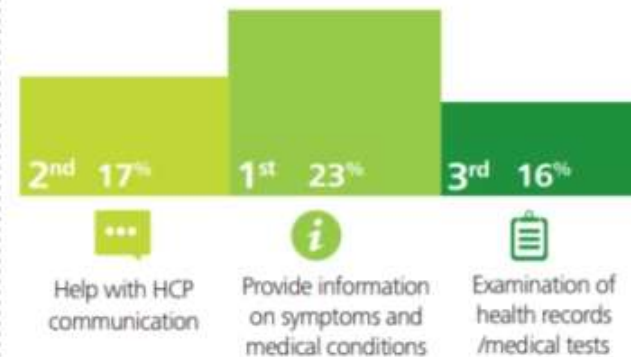
Health provider view

Benefits of digital health for providers



Patient view

Patients single most important use of health apps



Factors that increase the use of health apps:

Trustworthy, accurate data: 69th

Ease of use, simplicity and design: 66th

Guarantee of data security: 62th



Video Credit: Dr Bertalan Mesko – The Medical Futurist

www.themedicalfuturist.com (@Berci)

The e-Patient white paper notes that digital technology will not replace doctors, rather it will provide tools to enable patients and doctors to manage their experiences better

A large, white, lowercase letter 'e' is centered on a solid blue background. The letter is a simple, sans-serif font.

What do the 10 e's mean?

Empowered

Empowerment is a process which not only requires the right tools but also a cultural shift between patients and providers as well as the system itself, which may include policies



Empowerment is a Process

The WHO defines Patient Empowerment as "A process through which people gain greater control over decisions and actions affecting their health."

Engaged

The WHO defines Patient Empowerment as “A process through which people gain greater control over decisions and actions affecting their health.”

A healthcare professional, likely a nurse or doctor, is seated in a clinical setting, wearing a white VR headset and a blue surgical cap. They are smiling and looking upwards, suggesting an immersive and positive experience. In the background, another person is also wearing a VR headset, and the environment includes medical equipment and a metal cart with supplies. The text is overlaid on the lower portion of the image.

VR in healthcare is a good example of a technology that can improve Engagement. Engagement improves through design, usability and the patient experience.

Equal

An equal patient feels comfortable to participate in the management of their healthcare. They are recognised and participate as an equal stakeholder in the team.

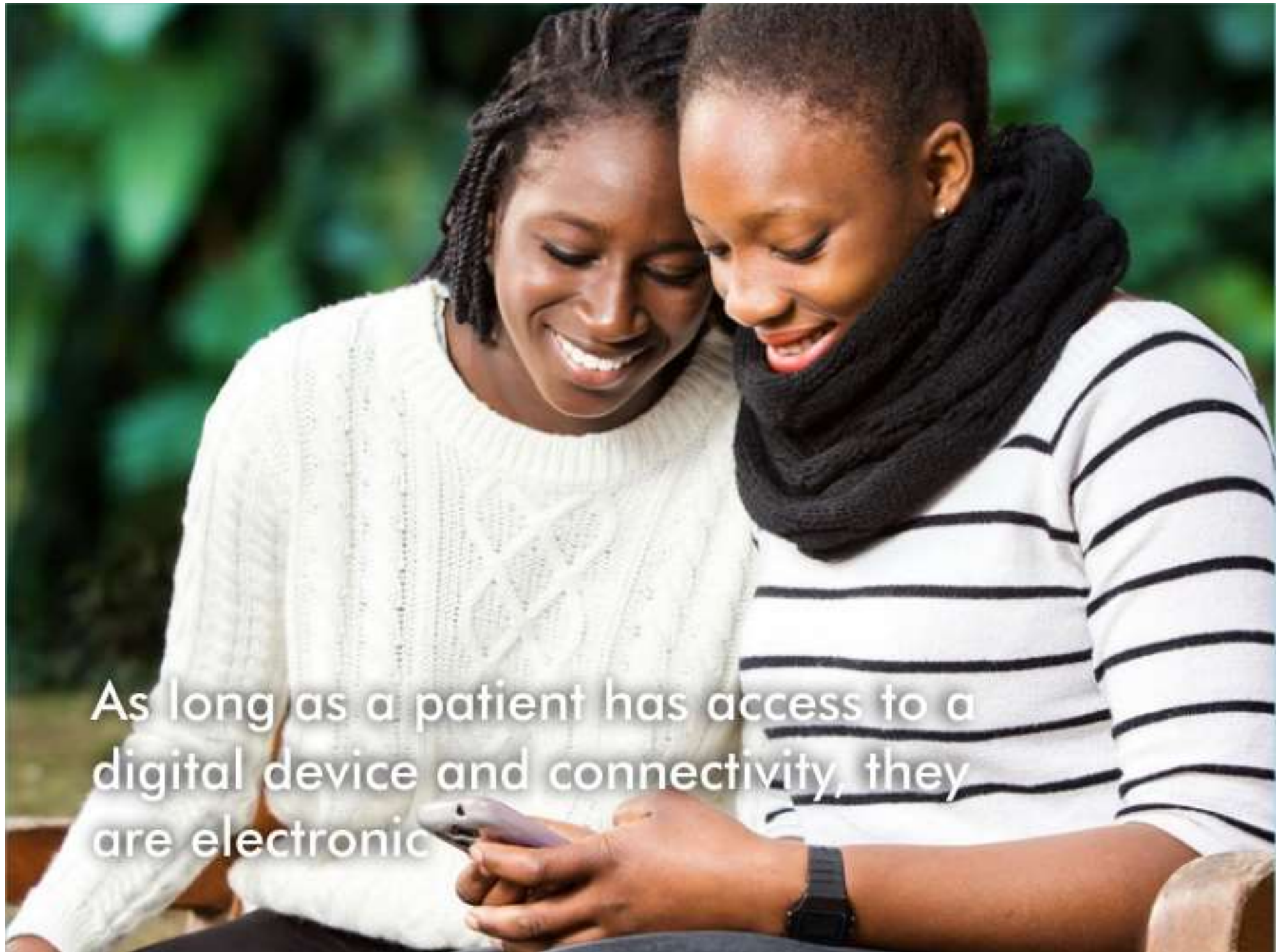


Equal patients are valued stakeholders

Equal patients are recognised as a valuable stakeholder in the healthcare team. They also want to participate as equal partners.

Electronic

An electronic patient has
access to digital devices



As long as a patient has access to a digital device and connectivity, they are electronic

Emancipated

An emancipated patient
is able to use technology
to manage their health
independently



An emancipated patient or caregiver can manage a health independently

Educated

An educated e-Patient demonstrates a good level of health literacy.

In the digital world, that might also be a good level of digital literacy.



Patient education in the digital world can be measured by using metrics as well as provide tools to seek constant feedback as opposed to printed media of the past

Evaluating

An evaluating patient can identify particular issues which make a digital resource questionable.

They seek out advice if unsure.



Diabetes, Blood Pressure, Health Tracker App

Justin Taylor Dev Medical

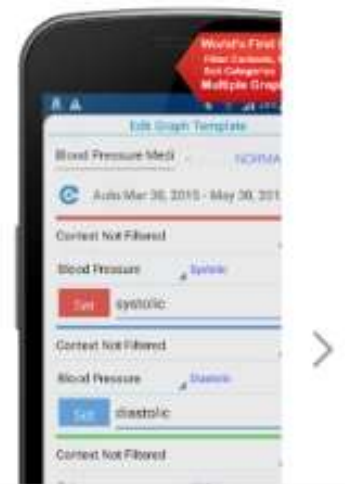
★★★★★ 409



This app is compatible with all of your devices.

Add to Wishlist

Install



REVIEWS

[Review Policy](#)



Richard Sinkler

★★★★★ March 9, 2018



20



Still getting used to it. I (and my doctor) would like the ability to see results in a pie chat instead of a line chart. Easier to see values. Also the ability to print charts and graphs from the app. I used separate apps for glucose and blood pressure. Overall, they were better apps because of the...

[Full Review](#)



Exxeter Organization

★★★☆☆ October 27, 2017



52



I keep looking for an app that will allow me to log medical data and remind me when meds need to be taken. This app does that. Unfortunately, it then adds things I don't want. I have no interest in sharing information with anyone but my doctor. There is no reason I should be required to provide a...

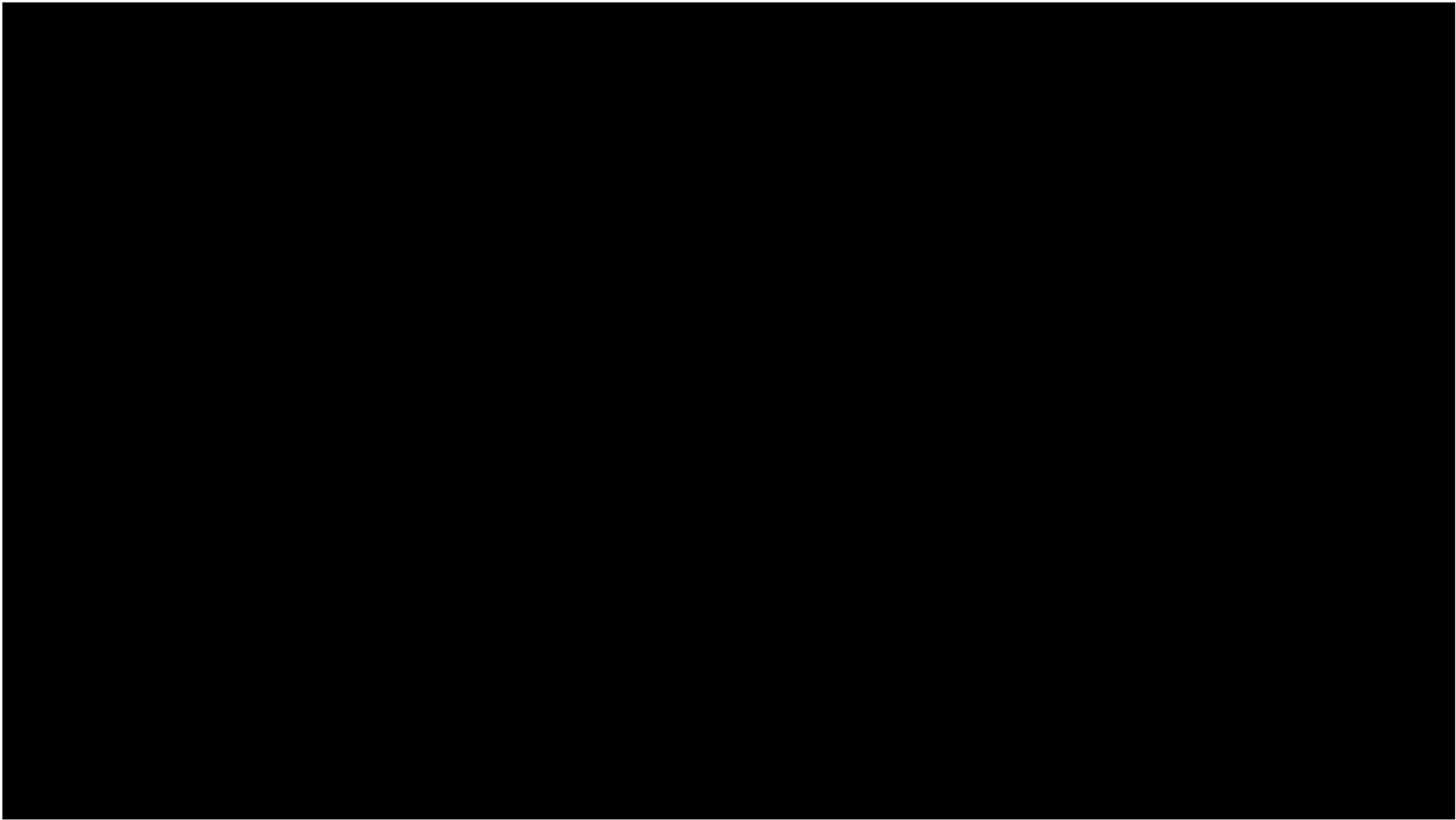
[Full Review](#)

Justin Taylor Dev October 30, 2017

Email is not sent to me, it is just for convenience for default sending address. Anyone

Expert

Expert e-Patients are normally those who have lived with a long-term medical condition, but also use the web and other digital resources to empower themselves, and in some cases empower and educate others.



Example of an expert patient online community and support resource
www.bcsm.org

Enabled

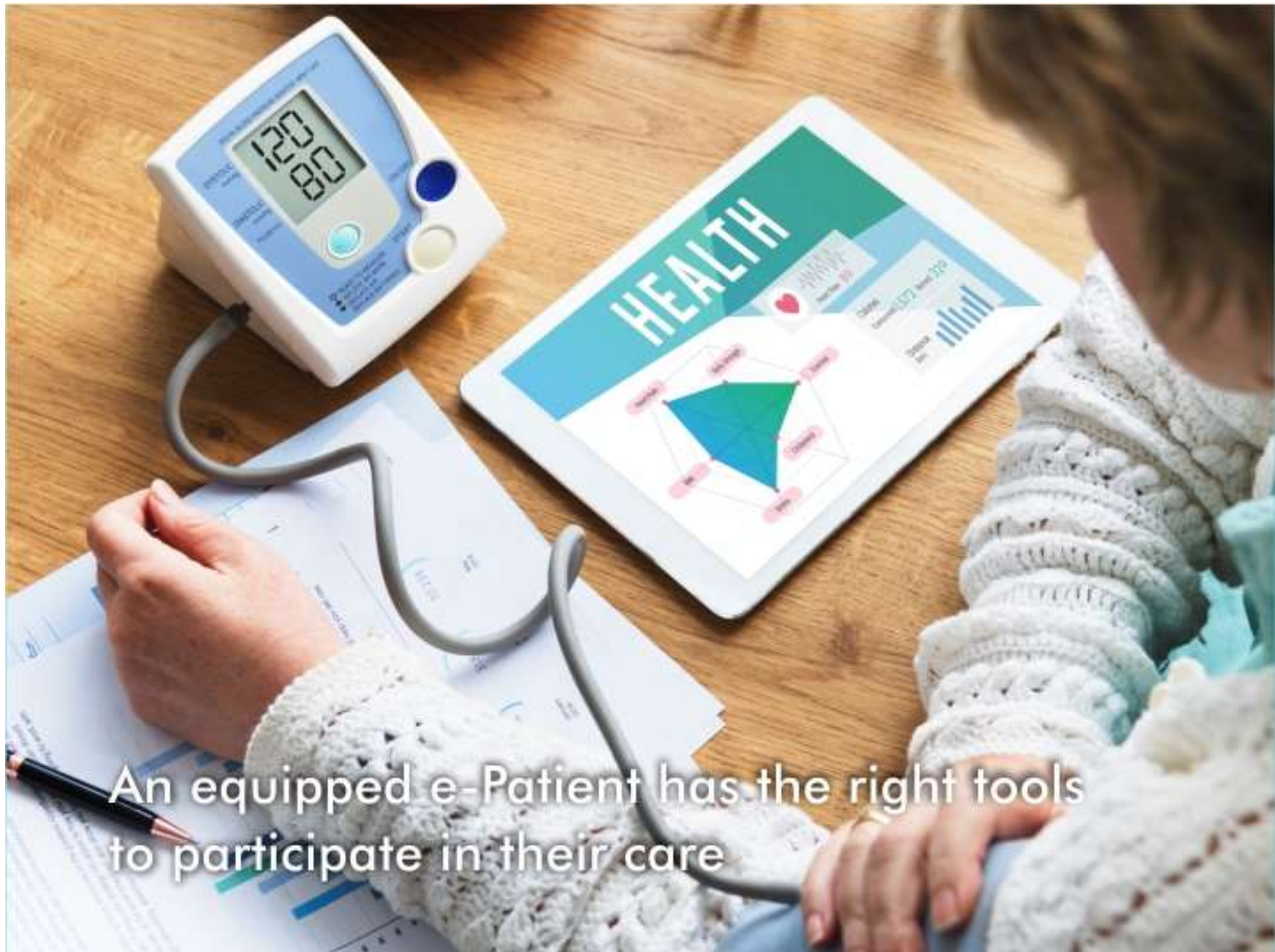
Enabled e-Patients
have access to the right tools
that consider any barriers
which might affect their
ability to participate.



Not all technology considers diversity which might make it difficult to enable all patients to participate equally.

Equipped

An “equipped patient” simply means a patient has access to the right tools like smartphones, digital devices or wearables as well as connectivity.



An equipped e-Patient has the right tools to participate in their care

OPEN DISCUSSION AND QUESTIONS

Considering the Digital Divides

The Well

1. The Well and their Caregivers ("The Well")

The Acutes

2. Those Facing a New Medical Challenge and their Caregivers ("The Acutes")

The Chronics

3. Those with Chronic but stable illnesses and their Caregivers ("The Chronics")

The Well

1. 60-65% of e-Patients are well
2. Most well e-Patients only think about their health occasionally or sporadically
3. Well e-Patients seek out general information about health and wellness (e.g. fitness)
4. They may occasionally look up a pertinent health condition after a doctors visit or for a loved one
5. They generate the lowest internet traffic in comparison to the chronic and acute e-Patients. I.e. they don't spend hours online

The Acutes

1. About 5-6% of e-Patients are those facing a new condition
2. Some may have developed a relatively mild condition like acne, upper respiratory infection, or bladder infection.
3. Others have received a new diagnosis for a more serious condition like HIV/AIDS, Cancer or Diabetes.
4. They search online resources intensively, sometimes using channels like social media to seek information from other patients. They are the heaviest users of the internet for health.

The Chronics

1. About 30 - 35% of e-Patients have one or more stable chronic conditions, but they are not dealing with a pressing short-term medical challenge.
2. They use the internet regularly to keep up to date as well as to manage their condition.
3. They may communicate with other patients in online communities and forums such as Facebook groups and Twitter chats.
4. They are moderately heavy users of the internet.

e-Patient population



Total Internet Traffic



The Well 

The Acutes 

The Chronics 

Group 1

The Accepting - Doctor-dependent and uninformed

Group 2

The Informed - Doctor dependent but informed

Group 3

The Involved - Junior Medical Partners

Group 4

The In-control - Autonomous Patients

Research: The Boston Consulting Group

<https://www.bcg.com/documents/file13698.pdf>

Group 1

The Accepting - Doctor-dependent and uninformed

1. They consider their medical doctors as the ultimate medical authorities.
2. They hardly visit the internet to seek medical information.
3. They are comfortable with the traditional paternalistic medical model and expect their doctors to provide information.

Group 2

The Informed - Doctor dependent but informed

1. The informed e-Patient relies on their doctor and doesn't generally question their opinion.
2. They do use the internet to research their condition before and after a consultation so they understand their condition, as well as interact with their doctor better by asking less questions.

Group 3

The Involved - Junior Medical Partners

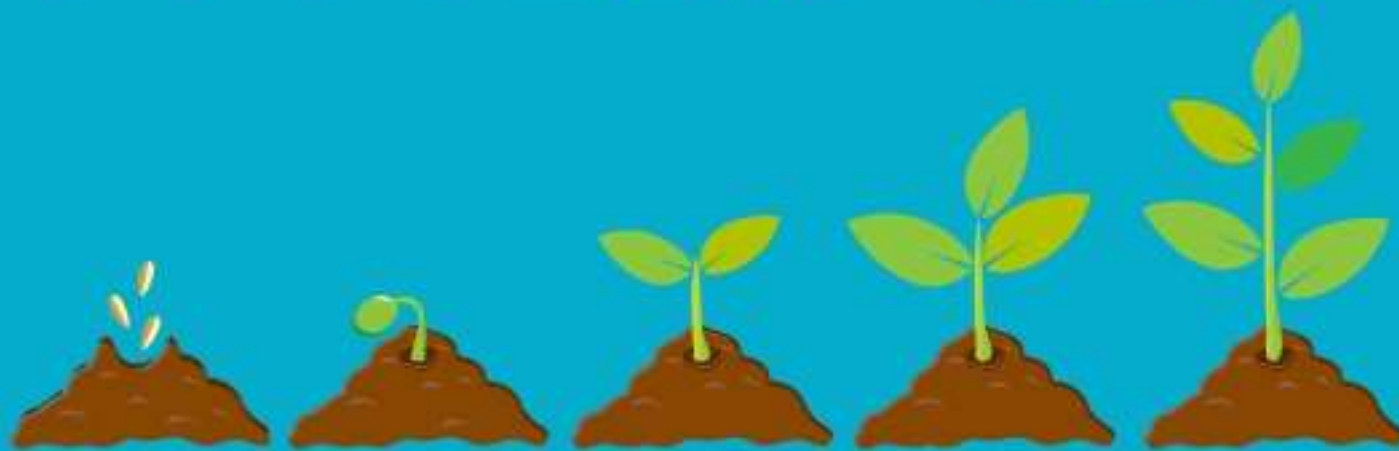
1. Regard themselves as junior members of their medical team
2. Fairly well informed
3. Most prefer to make medical decisions jointly with the healthcare team
4. They are not particularly assertive to their doctors and may or may not voice their views if in disagreement

Group 4

The In-control - Autonomous Patients

1. Believe in making their own medical choices
2. Often insist on managing their own medical tests
3. They may offer advice to the physician about new treatments and studies
4. Some start their own patient groups, blogs and online communities
5. They often develop platforms where they can network with leading clinicians

**The longer an e-Patient was
deals with a disease and
visits their health practitioner
the more likely they are
to move from group 1 to group 4**



Accepting

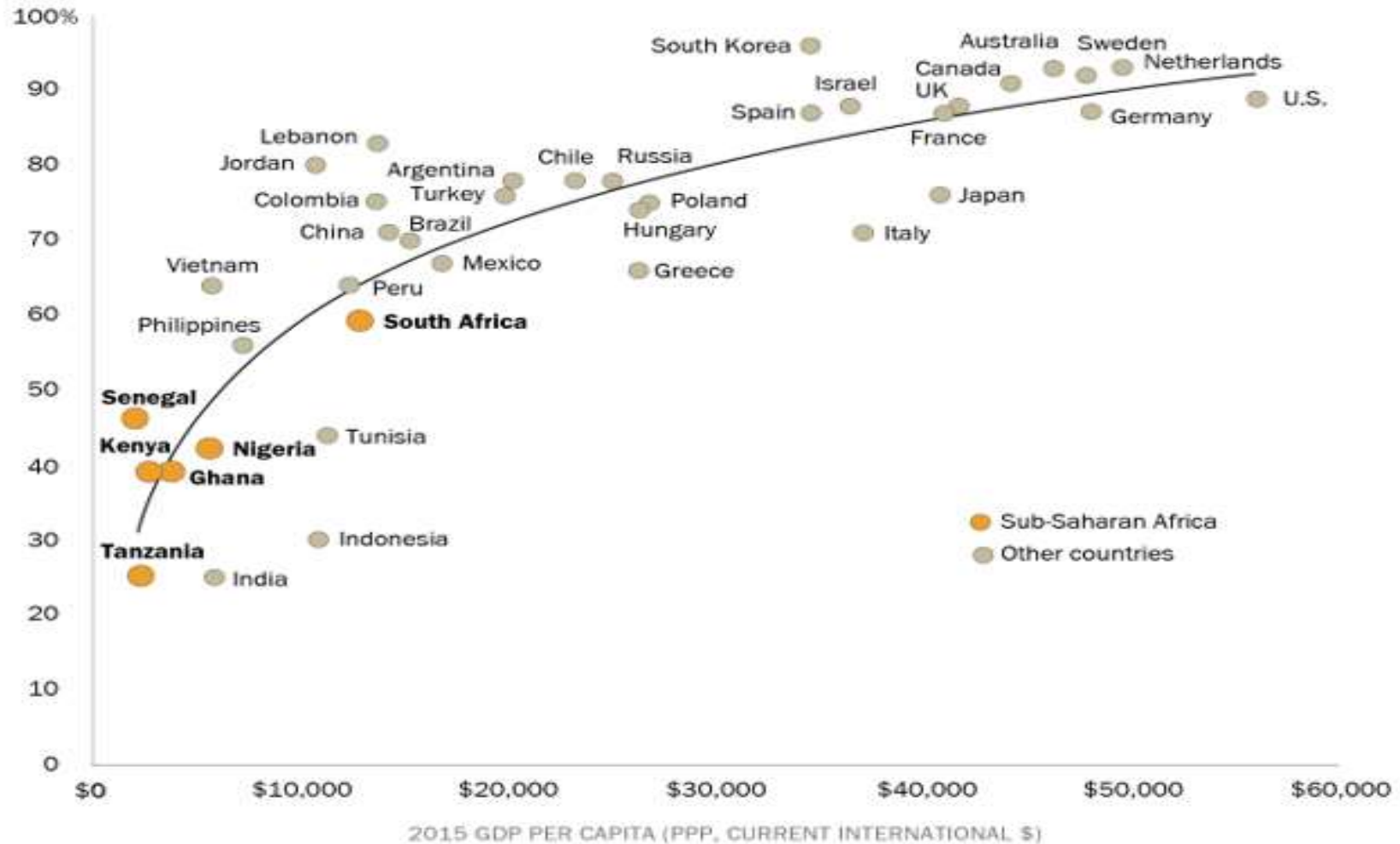


Autonomous

**Is South Africa
ready for
e-Patients?**

Sub-Saharan Africa lags behind wealthier regions in terms of internet use

Adults who use the internet at least occasionally or report owning a smartphone

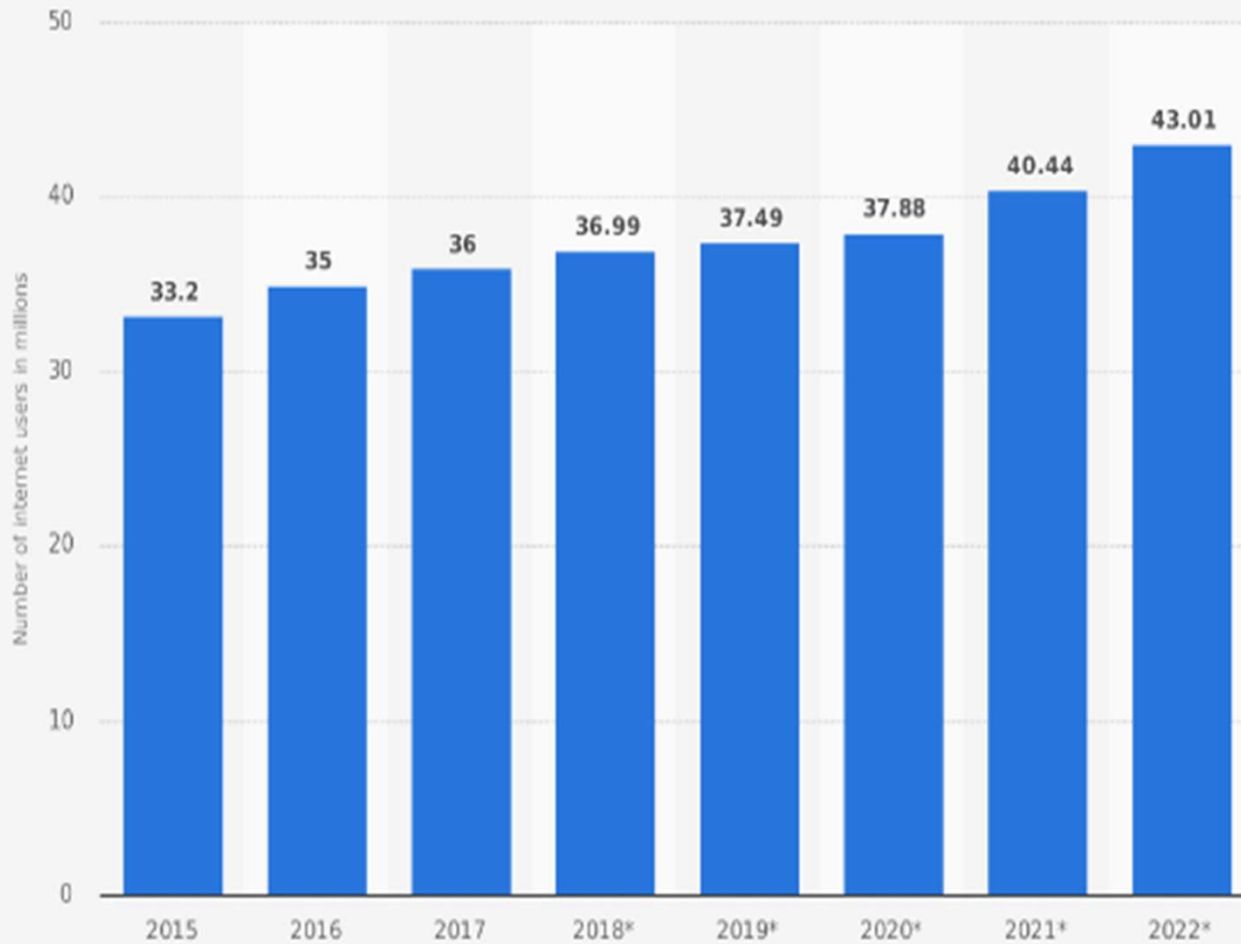


Note: GDP per capita data not available for Venezuela. Percentages based on total sample.

Source: Spring 2017 Global Attitudes Survey, Q63 & Q65. U.S. data from a Pew Research Center survey conducted Jan. 3-10, 2018. China data from 2016 Global Attitudes Survey. GDP data from the World Bank accessed June 2, 2017 (China data accessed May 30, 2018).

PEW RESEARCH CENTER

Number of internet users in South Africa from 2015 to 2022 (in millions)



Sources
Statista; Statista DMO
© Statista 2018

Additional Information:
South Africa; Statista DMO; 2015 to 2017

statista

Projected growth by 2022 – 43.01 Million users. 400 000 – 500 000 new users per year
www.statista.com/statistics/484933/internet-user-reach-south-africa

Internet user penetration in South Africa from 2015 to 2022

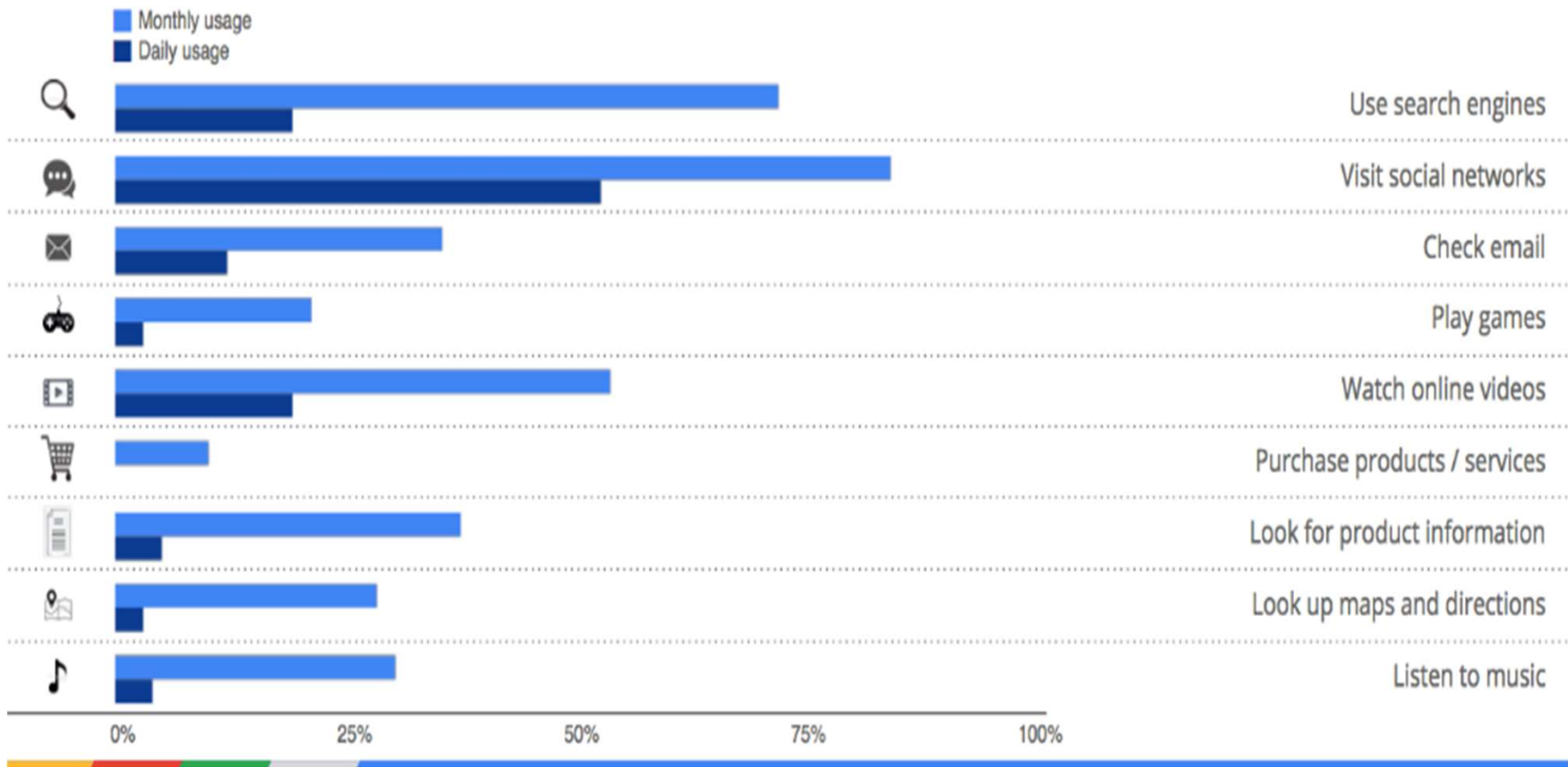


Sources
Statista; Statista DMO
© Statista 2018

Additional Information:
South Africa; Statista DMO; 2015 to 2017

statista 

Projected growth by 2022 – 71.71% of the South African population
www.statista.com/statistics/484933/internet-user-reach-south-africa



Question asked: QIA1_N [How often do you do the following activities online, via any device, via app or browser?]
 Base: Online users 16 years and older // n (Local) = 646
 Source: Connected Consumer Study 2017

South African citizens are social with close to 80% of the internet time spent on social media
 Image resource: www.themediaonline.co.za/2017/11/changing-behaviour-of-online-consumers-across-generations



To prevent and cure diabetes and to improve the lives of all people affected by diabetes.



American Diabetes Association
9,564 subscribers

SUBSCRIBE 9.5K

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- PLAYLISTS
- COMMUNITY
- CHANNELS
- ABOUT
- Q



This is Chase & Courtney. This Is Diabetes.

7,712 views · 1 year ago

Become a Diabetes Advocate: <http://diabetes.org/advocacy>
Learn more about our Safe at School campaign: <http://diabetes.org/safeatschool>

POPULAR CHANNELS

CNN

SUBSCRIBED

BRIGHT SIDE

SUBSCRIBE

Fox News

SUBSCRIBE

SABC Digital News

SUBSCRIBE

My Africa

SUBSCRIBE

eNCA

SUBSCRIBE

This is American Diabetes Month. This Is Diabetes. [PLAY ALL](#)

Real-life stories of people affected by diabetes. Share YOUR #ThisIsDiabetes story this November for American Diabetes Month: <http://diabetes.org/adm>



This is Julie. This Is Diabetes.

American Diabetes Association
11K views · 2 years ago



This is Siani. This Is Diabetes.

American Diabetes Association
20K views · 2 years ago



This is Guadalupe. This Is Diabetes.

American Diabetes Association
2.3K views · 2 years ago



This is Jessica. This Is Diabetes.

American Diabetes Association
4.8K views · 2 years ago

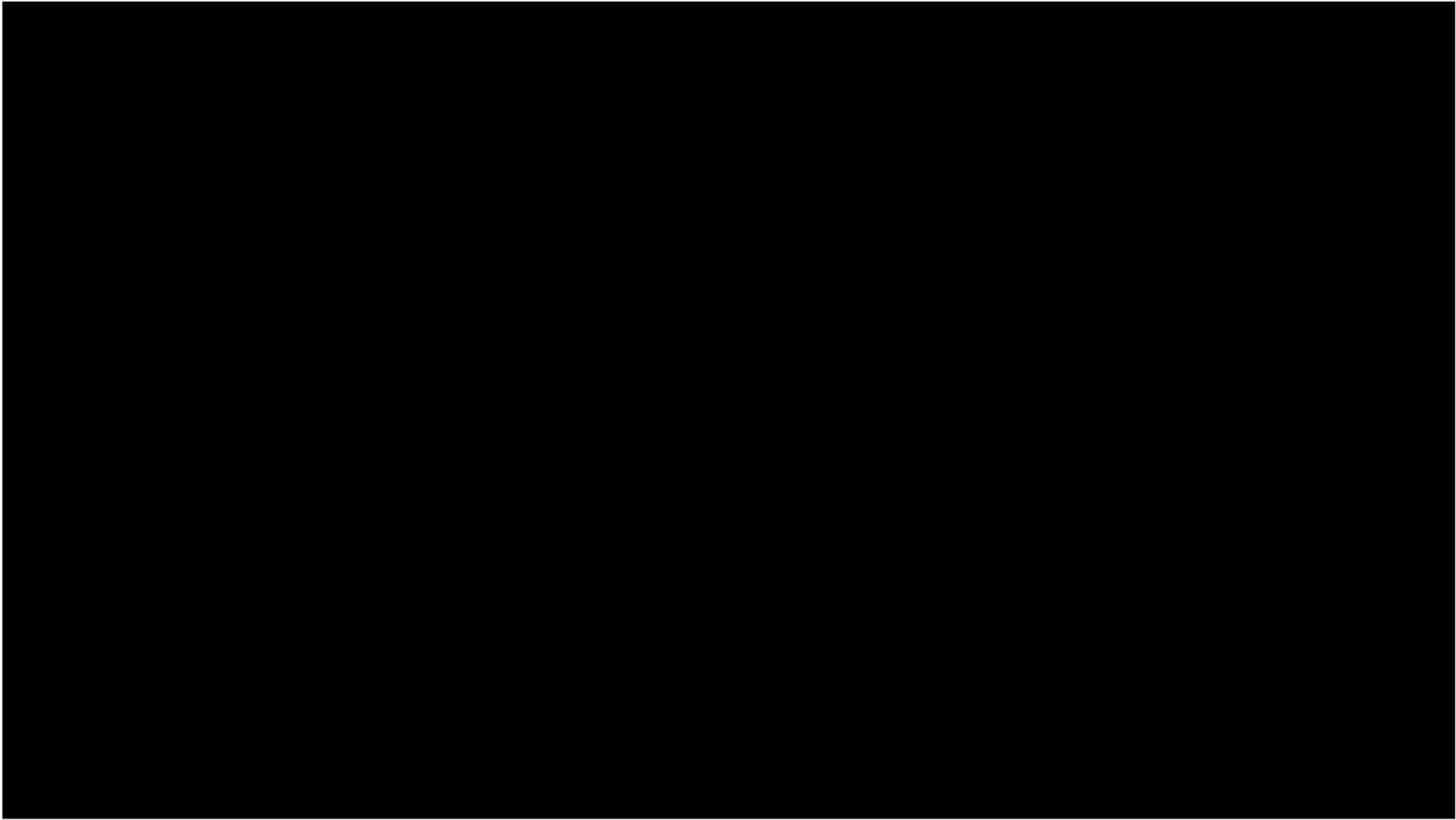


This is Robin & Zamaiah. This Is Diabetes.

American Diabetes Association
5.8K views · 2 years ago



Video channels can be a powerful resource for e-Patients. YouTube is a Google product which also adds points to page rank and searchability <https://www.youtube.com/user/AmericanDiabetesAssn>



Video source: American Diabetes Association
www.youtube.com/user/AmericanDiabetesAssn



Video source: e-Patient scholar Kerri Sparling (Blog and Vlog Creator)
YouTube channel shares personal experiences as a 26 year patient with Diabetes
Traveling with Diabetes: www.youtube.com/channel/UCbHEgh3oryh-TlqMiV77Y1A

What is Participatory Medicine?



Image Credit: Society for Participatory Medicine
www.participatorymedicine.org

“Just as patients must learn to sift through the plethora of content to find what's meaningful to their wellbeing, so doctors must learn to critically elicit, examine and explore their patients' knowledge, which will often be unique to their condition and not spelled out in practice guidelines.

Without such respectful discourse, the tremendous potential value of the information age combined with social networking will be lost on the practice of medicine”.



Patients need to understand why their participation matters to collecting quality data. They are active participants using digital devices.



Video Credit: Dr Bertalan Mesko – The Medical Futurist
The future of patient empowerment
<https://youtu.be/6L9Xes6vD6g>

20th-Century

=

PATERNAL



Doctors keeping up to date

21st-Century

=

PARTICIPATORY



Everyone keeping up to date

OPEN DISCUSSION AND QUESTIONS

How does
patient-centered
design relate to
e-Patients?

“Human-centered design (HCD) is a term product creators use to describe a process of designing for people.

HCD develops solutions to problems by involving the human perspective in all steps of the problem-solving process.”

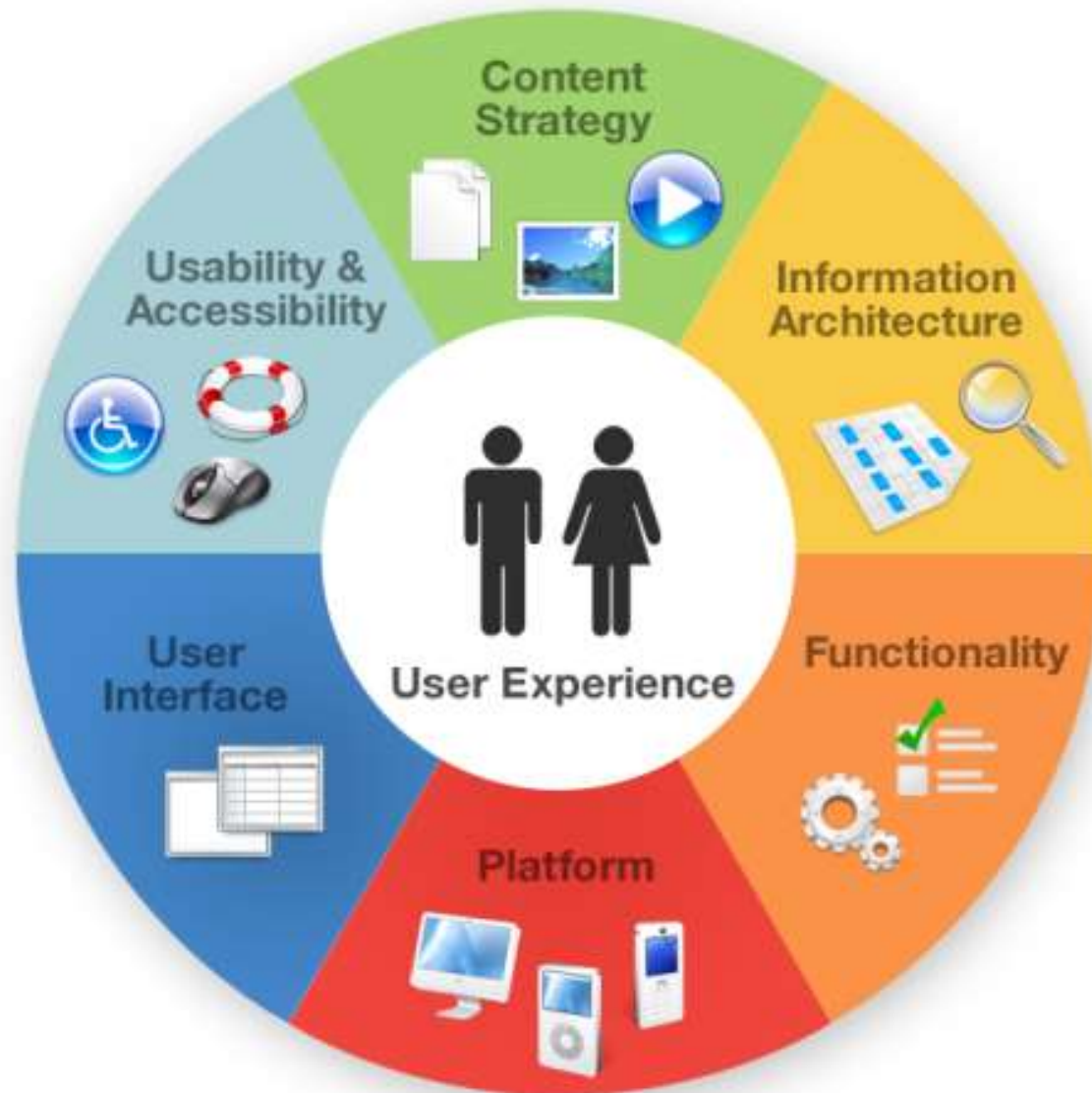


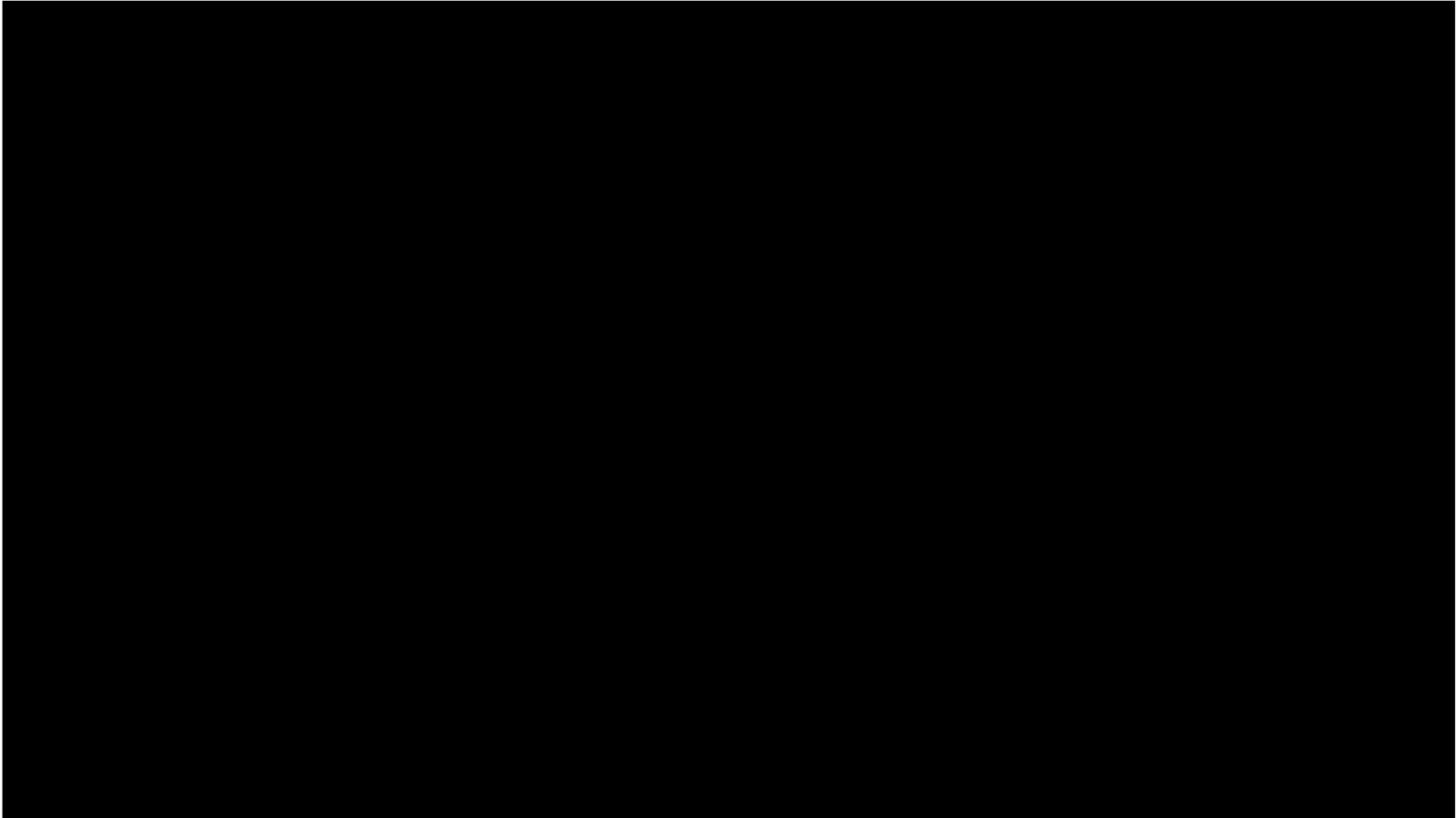
Image Credit: <http://www.websitedesigningcompanyindubai.com/blog/wp-content/uploads/2015/05/User-Experience.png>

Vex

Video Credit: IDEO – How to solve problems like a designer
<https://youtu.be/iMtXqTmfta0>

“Human-centered design (HCD) is a term product creators use to describe a process of designing for people.

HCD develops solutions to problems by involving the human perspective in all steps of the problem-solving process.”



Video Credit: – Stanford University Medicine X
<https://youtu.be/ASdHI3ieC6Y>



ABOUT
MIGRAINE

MIGRAINE TOOLS
AND RESOURCES

MIGRAINE
COMMUNITY

MIGRAINE
STORIES

LIVING WITH
MIGRAINE



NOVARTIS



It's hard living with migraine. But sometimes it's even harder talking about it, especially to those who've never experienced an attack. Speak Your Migraine has been created to give everyone with migraine a voice, helping them **share their stories** and paint a real picture of the **impact**.

This website provides the **tools and resources** for better ways to talk about migraine with friends, family and colleagues. Because



SPEAK YOUR MIGRAINE



This site has been developed by Novartis in consultation with European Patient Organisations to create awareness of the impact of migraine and other headache disorders

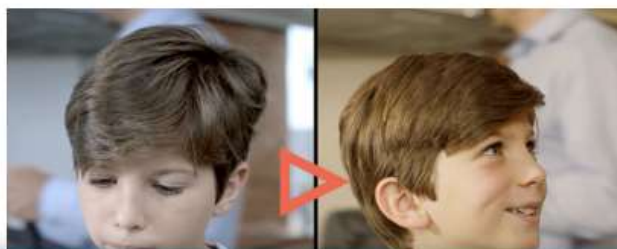


Image Credit: Novartis – www.speakyourmigraine.com

MIGRAINE STORIES

It's hard for people who don't experience migraines to understand the true impact that migraine can have. Have you ever been missing with migraine, from the lives of your family members, colleagues and friends?

Our stories here show how migraine affects Jane and the people in her life. Share your **story of missing with migraine** using #SpeakYourMigraine.





ABOUT
MIGRAINE

MIGRAINE TOOLS
AND RESOURCES

MIGRAINE
COMMUNITY

MIGRAINE
STORIES

LIVING WITH
MIGRAINE



NOVARTIS



TOOL

MIGRAINE IMPACT ASSESSMENT



Create your own holistic, 360-day view of how migraine affects your life.

[START NOW](#)

This tool is intended for adults who are affected by migraine.
Disclaimer: The information in this tool is for educational purposes only. It is not intended for use in the diagnosis of disease or other conditions, or in the care, mitigation, treatment or prevention of disease.

SUPPORT MATERIALS

DOCTOR DISCUSSION GUIDE



Explaining to your doctor exactly how migraine affects you can be difficult, and leave you feeling like they don't understand the impact it has.

When you speak to your doctor there are three key things they need to know about your migraine; the amount of migraine attacks and number of migraine affected days, migraine medication that you take, and how migraine affects your life.

The Doctor Discussion Guide can help you frame a more informed and productive conversation about migraine.

[DOWNLOAD](#)



APP

MIGRAINE BUDDY



More than a migraine journal

Migraine Buddy* helps users record and identify triggers, symptoms, frequency and duration, and pain intensity and location of their migraines, as well as other lifestyle factors and any medication taken. The application, or app, then provides an accurate, easy to read summary for you which you can bring to your next doctor's appointment.



*An application created and run by Health Pro, Ltd.

Watch the video below to see how this works:



NOVARTIS

This site has been developed by Novartis in consultation with European Patient Organisations to create awareness of the impact of migraine and other headache disorders





**MIGRAINE
BUDDY**

[Home](#) [Français](#) [日本語](#) [About Migraines](#)



Take Control. Start Recording Now!

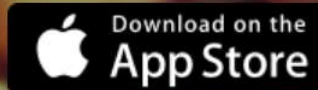


Image Credit: Novartis – www.speakyourmigraine.com
www.migrainbuddy.com



CENTER FOR INNOVATION

Think Big. Start Small. Move Fast.™



CENTER FOR INNOVATION

WHAT WE DO

SAMPLE PROJECTS

CAREERS

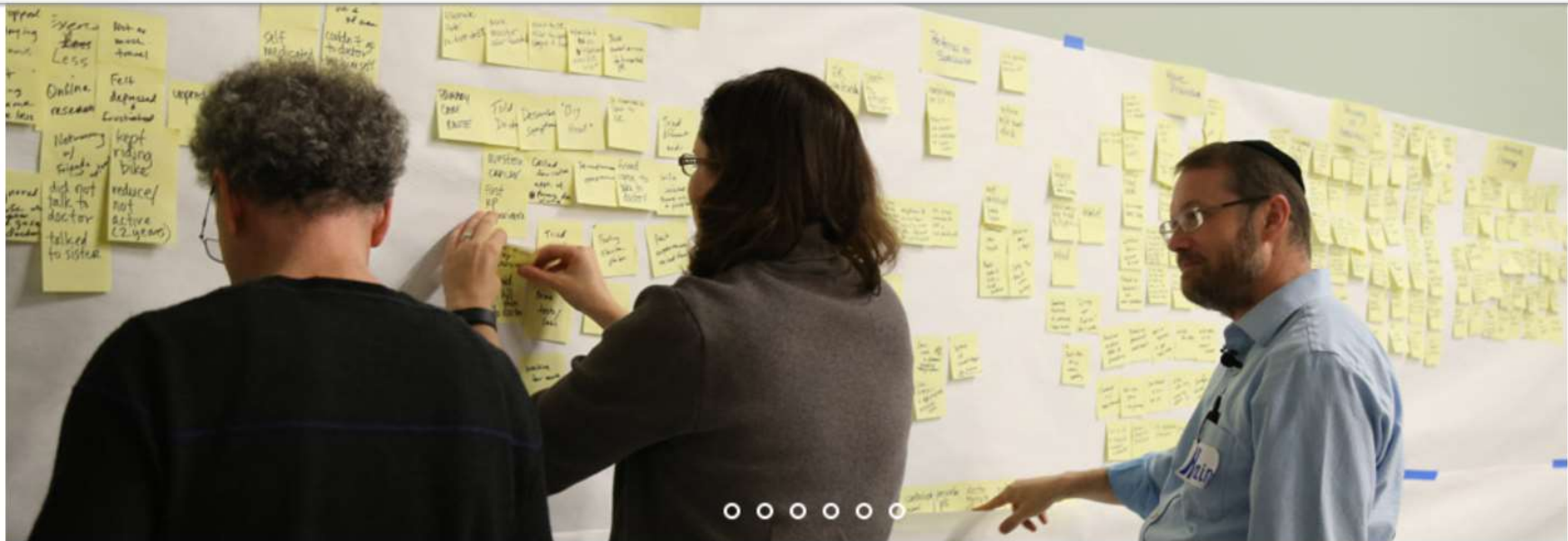
CONNECT

TRANSFORM CONFERENCE



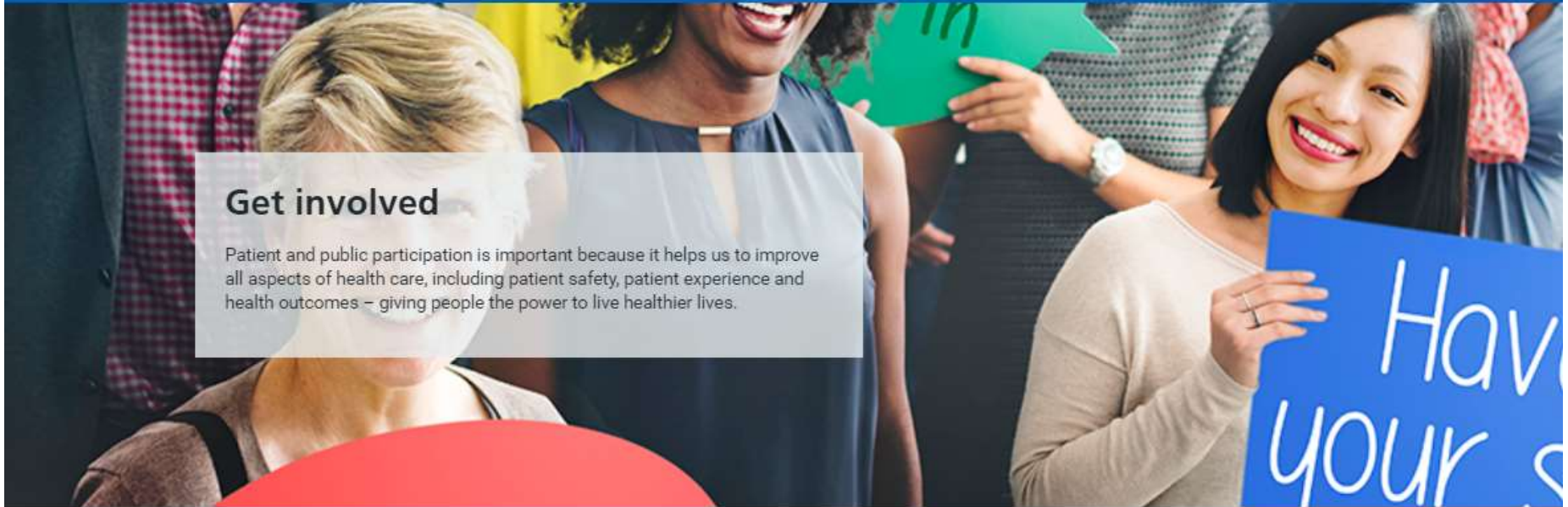
Image Credit: Mayo Clinic Center for Innovation

<http://centerforinnovation.mayo.edu/design-in-health-care/>



Innovation begins with an idea.

Image Credit: Kaiser Permanente's Sidney R. Garfield Health Care Innovation Center
<https://garfieldcenter.kaiserpermanente.org/>



Get involved

Patient and public participation is important because it helps us to improve all aspects of health care, including patient safety, patient experience and health outcomes – giving people the power to live healthier lives.

About the Involvement Hub

A source of information for people who want to get involved in our work or enable others to participate.

Learning and development

Workshops, webinars and elearning to improve understanding of the healthcare sector and participation.

Information for commissioners

Statutory guidance for Clinical Commissioning Groups and NHS England on involving patients and the public.

Good practice

Examples of good practice in involving people in healthcare services and service development.

Surveys and consultations

Have your say on NHS England's current consultations and surveys.

Resources

A variety of resources to support you in your involvement work, including bitesize guides to participation.

Image Credit: NHS England – Involvement Hub

<https://www.england.nhs.uk/participation/>



Advocate Cerner Collaborative (Downers Grove, Ill.). Downers Grove, Ill.-based Advocate Health Care and Cerner joined forces in 2012 to launch the Advocate Cerner Collaborative, a program focused on bringing population health insights into clinical workflows. [[CLICK HERE](#)]

Ascend Innovations (Dayton, Ohio). Dayton Children's Hospital, Kettering Health Network, Premier Health and Greater Dayton Area Hospital Association teamed up in 2015 to establish Ascend Innovations. [[CLICK HERE](#)]

Akron (Ohio) Children's Hospital's Center for Patient Experience Innovation. The Center for Patient Experience Innovation pilots projects to enhance positive healthcare experiences for patients and their families as they move throughout the care continuum. [[CLICK HERE](#)]

Baylor Scott & White Office of Digital Health (Dallas). Dallas-based Baylor Scott & White Health launched the Baylor Scott & White Office of Digital Health in 2016 under the purview of Nick Reddy, the health system's chief digital officer. [[CLICK HERE](#)]

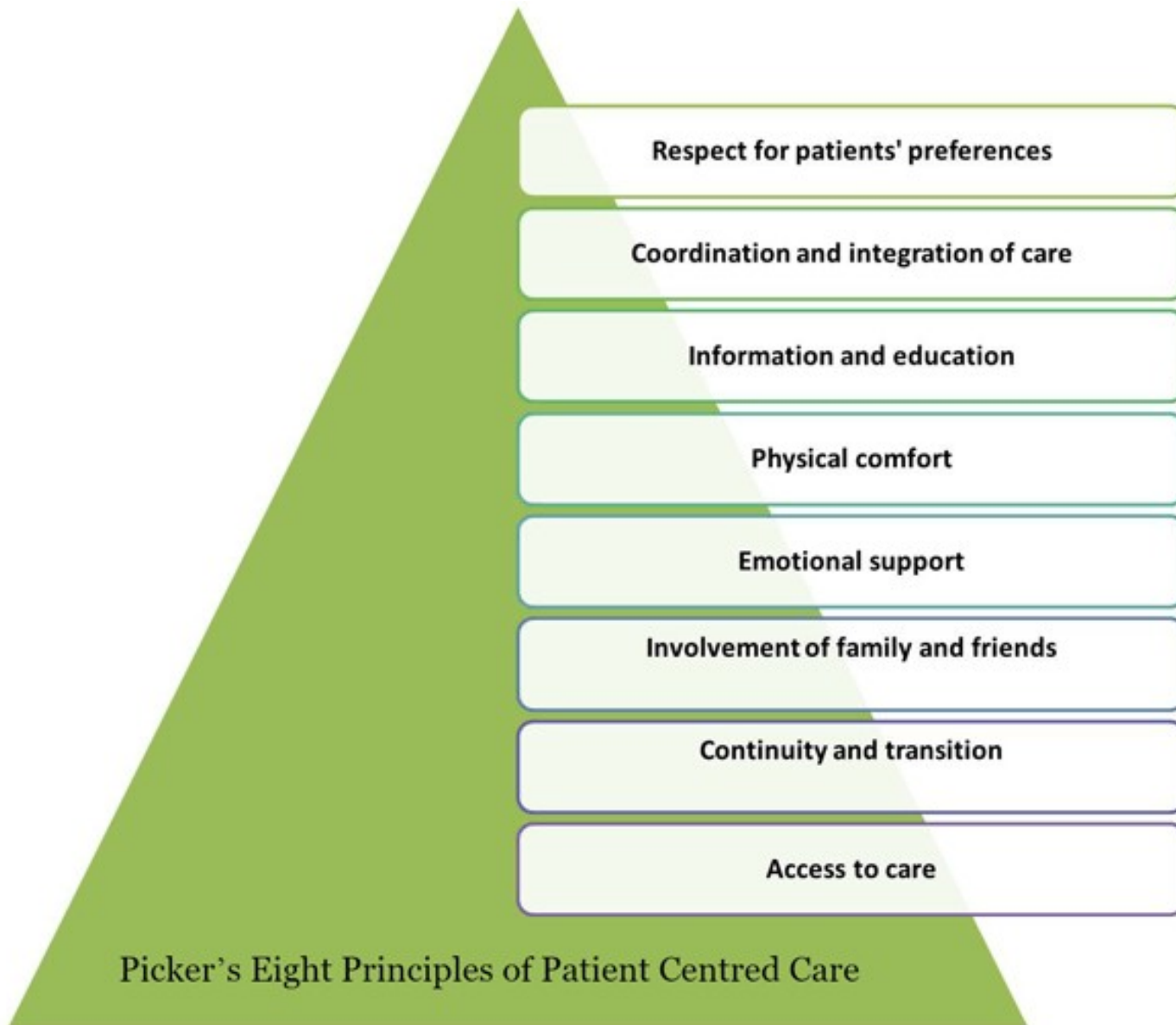
Baylor Scott & White Health's Technology Transfer Office (Dallas). As the commercialization arm of the Office of Research Business Development at Baylor Scott & White Health, the Technology Transfer Office aims to foster innovation throughout the health system. [[CLICK HERE](#)]

Baystate Health's TechSpring (Springfield, Mass.). The Baystate Health Technology Innovation Center, or TechSpring, was launched in 2014 to advance digital health innovation. [[CLICK HERE](#)]

Beth Israel Deaconess Medical Center's Technology Ventures Office (Boston). The Technology Ventures Office evaluates and supports Beth Israel Deaconess Medical Center faculty's innovative ideas. [[CLICK HERE](#)]

Image Credit: Article: 58 Hospitals with Innovation Programmes

www.beckershospitalreview.com/lists/58-hospitals-and-health-systems-with-innovation-programs.html





The New England Journal of Medicine

Volume 135 FEBRUARY 10, 1916 Number 1

ORIGINAL ARTICLES

THE BOSTON MEDICAL AND SURGICAL JOURNAL, 1846-1916

BY JOHN COLLIER, M.D.

DOCTOR, always representative of the high type of medical practice which has prevailed throughout New England, has been conspicuously prominent in the type of medical journalism which has characterized that practice. Other cities had entered the lists of medical journalism before Boston. New York with the Medical Directory, appearing first in 1791 and continuing for seventy years; Philadelphia with its Medical Register, in 1808, discontinuing publication in 1823 to be revived in 1829 and changed to the current American Journal of Medical Science in 1827; Baltimore with its short-lived Medical and Physical Reporter, first appearing in 1829.

The Boston, however, holds the distinction of having published the first journal of medicine in the country, if not in the world, which has continued, despite changes of form and of name, its unintermittent existence until the present day. From the New England Journal of Medicine and Surgery, first the Boston Medical Intelligence and from its own parent, the parent of their short-lived cousins the Boston Medical and Surgical Journal, has received the regular heritage of one hundred and sixteen years of honorable service to pass on to its third descendant, The New England Journal of Medicine. The outline for the plan is as succinct as in the record of the past. May the New England Journal, of medicine, now the continuation of the former as well as by distant related ancestors have arrived in its present state.

The first edition of this journal—the New England Journal of Medicine and Surgery and its Collocated Journal of Anatomy—appeared in January, 1825, and contained "Remarks on Angina Pectoris," by Dr. John Warren; "Remarks on the Medical Effects of Quinine," by Dr. James Jackson; "Case of Angina pectoris," by Dr. John C. Warren; "Treatment of Leucorrhoea (continued by Fins)," by Dr. James Jackson; and "Remarks on Quinine Hemorrhagic Syphilis," by Dr. Walter Channing.

Dr. Warren was in the first thirty-four years of age, endowed with unusual ability and devoted to anatomy by profession, in 1825, the previous is post which he held for thirty years. Dr. Walter Channing had been born in 1798, had graduated from Harvard College in 1820 and in medicine from the University of Pennsylvania in 1825. In 1823 he was appointed first professor of obstetrics and medical jurisprudence in the Medical School, becoming its dean in 1825, a post which he held until 1847. Dr. John Ware, born in 1788, received his degree in medicine from Harvard in 1815, was president of the Massachusetts Medical Society from 1842 to 1863, and theory professor of the theory and practice of surgery from 1852 until 1860. The editorship of the New England Journal passed into the hands of Dr. Ware and Channing in 1834, and in 1857 was relinquished to Dr. John Collins, who continued as editor until the following year.

The establishment of a medical journal in Boston was first proposed by Dr. John Collins. Warren was ten years after his return from his studies abroad, when he was settled in Boston as an assistant to his father, both by profession and in the Department of Anatomy at the Massachusetts Medical College—the Medical School of Harvard University. Dr. James Jackson agreed with the plan and the two associated with themselves Dr. John Jackson, Dr. Jacob Egleston and Dr. Walter Channing. Later Dr. George Hayward, John Ware and John C. Eschscholtz joined the association and the right formed a club which met each month to read and read the papers submitted.

The first two medical journals in the United States their appearance in 1825—The Journal, under the editorship of Thomas Walker, and The Boston Medical Intelligence, conducted by James V. C. Smith from April 20, 1825, until February 11, 1826. The third volume was edited by James Wilson and Dr. Francis and 1826 by John E. Collins, who continued as president and editor until 1832. In 1826 the intelligence was purchased by Dr. Warren, Ware and Channing for \$200.00, and the Intelligence and the New England Journal of Medicine and Surgery were united. Dr. Warren relinquishing the editorship.

The last issue of the Intelligence, appearing on February 11, 1826, contains the following:



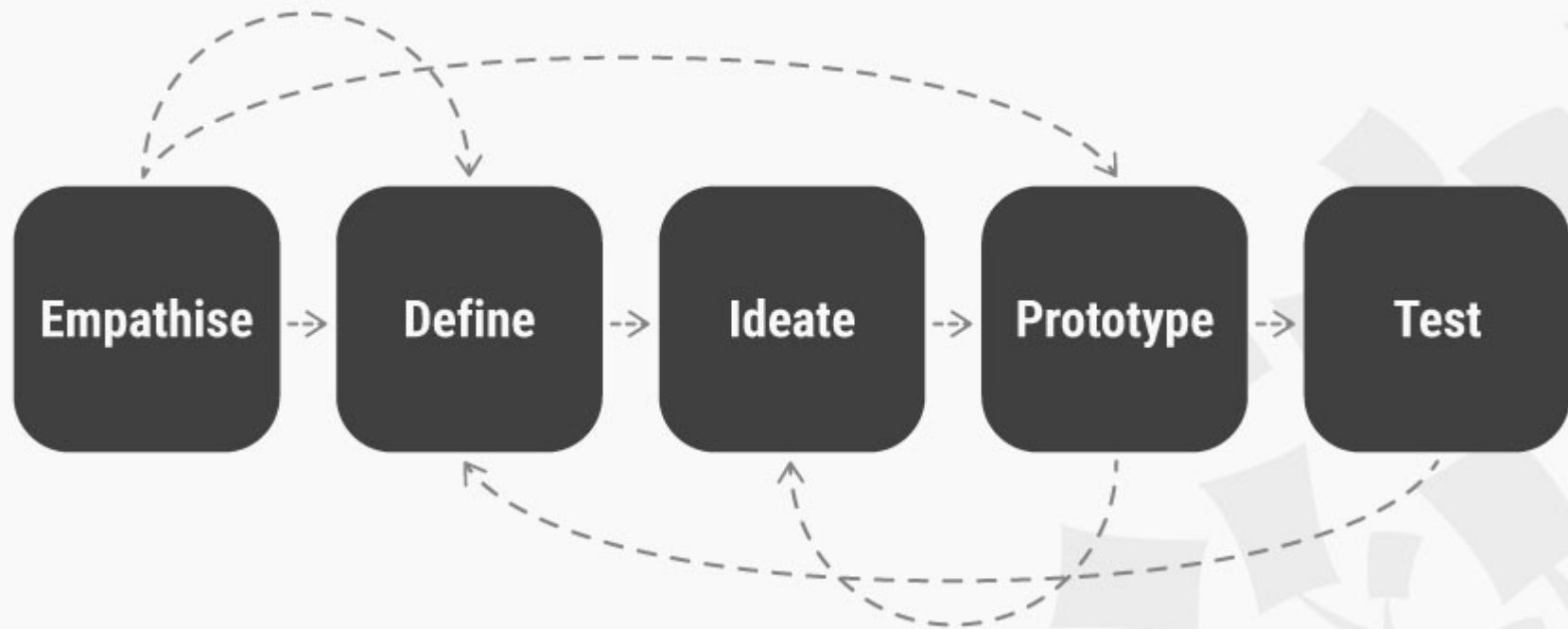
10:10AM 99%

ONLINE SURVEY



ENTER
(click here more information)

Design Thinking: A 5 Stage Process

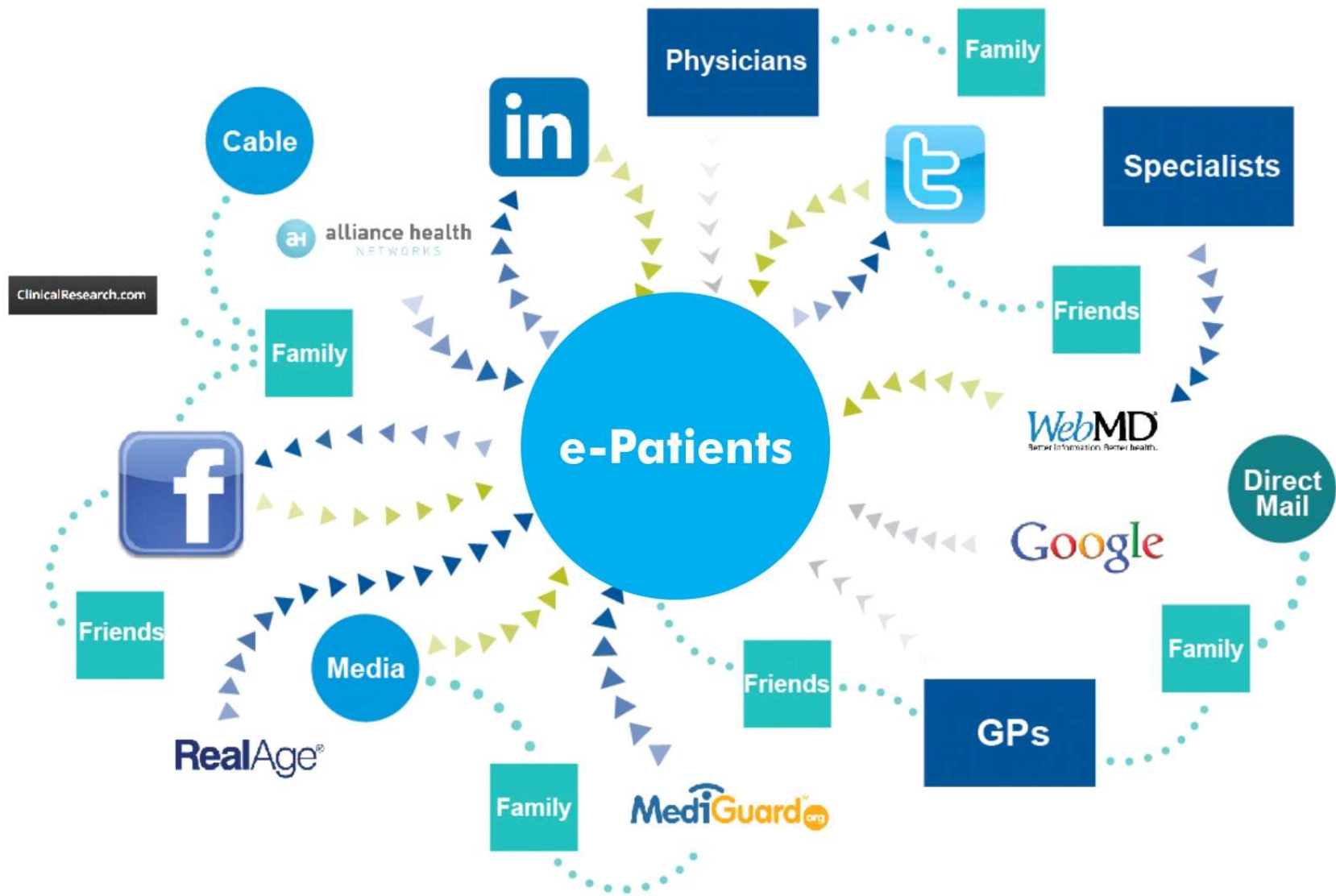


INTERACTION DESIGN
FOUNDATION

INTERACTION-DESIGN.ORG

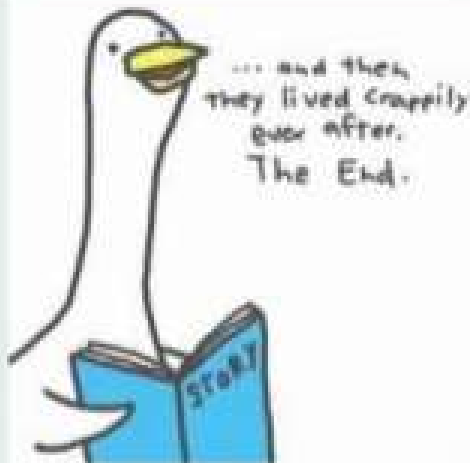
Image Credit: Interaction Design Foundation Stanford University d.School
www.beckershospitalreview.com/lists/58-hospitals-and-health-systems-with-innovation-programs.html

How e-Patients are using the web



Blogs

Journeying Beyond



THE STORIES WE TELL OURSELVES

By Editor

Reprinted from this page today and it really



SHEDDING OUR MASKS ON WORLD MENTAL HEALTH DAY

By Editor

Today is World Mental Health Day, which is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental...



... Care App) is the next phase of a web-app called Breast Cancer Care App). The app targets...



Marie Ennis O'Connor
Stanford University e-Patient Scholar
Award Winning Blogger

www.journeyingbeyondbreastcancer.com



SEARCH THE SITE... [Search icon]

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Founded in 2004 by Kevin Pho, MD, KevinMD.com is the web's leading platform where physicians, advanced practitioners, nurses, medical students, and patients share their insight and tell their stories.

In medicine, what's in a name?

0 COMMENTS MEGAN L. BAKER, MD | PHYSICIAN | JANUARY 27, 2019

Before I could see her, I could hear her. My patient, a young woman with messy braided hair, was grunting with every effort to breathe. The noises quieted slightly when I reached her bedside, but her tears continued to fall between gasps. Her body movements were exaggerated, rooted in the rhythm of her labored breathing — several violent shudders with every expansive inhale, and a wave of quivers with every ...

Read more...

Another chance to practice self-compassion

0 COMMENTS AMY COWAN, MD | PHYSICIAN | JANUARY 26, 2019

MOST POPULAR

PAST WEEK



Why did it take over a week for doctors to initiate treatment?

IRIS KULBATSKI, PHD | CONDITIONS



SOCIAL [Facebook icon] [Twitter icon] [LinkedIn icon] [RSS icon] [Google+ icon]



Disease Specific Hubs or Portals



Food + Drink

- Recipes
- Diabetic food
- Food diary
- Food tips
- Portion control
- Alcohol
- Coffee
- Fruit juice
- Tea
- What can I drink?
- Can I eat fruit?

Diet Guides

- NHS diet advice
- Carbohydrates and diabetes
- 5:2 diet
- GI diet
- Gluten free diet
- Ketogenic diet
- Low calorie diets
- Low carb diet
- Mediterranean diet
- Newcastle diet
- Paleo diet
- Vegan diet
- Which foods help diabetes?

Nutrition

- Food groups
- Vitamins and minerals
- Difference between simple and complex carbs
- Sugar vs fat
- Supplements
- Sweeteners



Download the 365 Recipe Cookbook

Download the free 440 page, 365 recipe cookbook!



Diabetes Recipe App

Get all of the recipes ever published on your phone or tablet

Educational Community-driven Resource Hubs

Niche Medical Platforms



Living better starts here.

Welcome to PatientsLikeMe

Find answers, support and a path forward with people like you.

Join now



600,000+
members

2,800+
conditions

100+
published research studies






43+ million
data points about disease

Symptoms

Update my symptoms

Start typing to see suggestions

Symptoms reported by patients with methicillin-resistant Staphylococcus aureus

| Primary symptoms | Patients | Severity | My status | Treatments reported |
|--------------------------------|----------|--|-----------|---------------------|
| Anxious mood | 193 |  | | 29 |
| Depressed mood | 195 |  | | 32 |
| Fatigue | 199 |  | | 28 |
| Pain | 193 |  | | 64 |
| Stress | 50 |  | | 14 |

● Severe ● Moderate ● Mild ● None

Community symptom reports

Browse other symptoms added by patients like you to see severity, treatments taken and what patients have to say about their experiences.

| Other symptoms added by patients like you | Patients | Treatments reported |
|---|----------|---------------------|
| Fatigue | 199 | 28 |
| Depressed mood | 195 | 32 |
| Anxious mood | 193 | 29 |
| Pain | 193 | 64 |

Start typing to see suggestions

Community treatment reports

Click on a treatment to see what patients with methicillin-resistant Staphylococcus aureus have to say about side-effects, perceived effectiveness, advice, burden, dosages and cost of any treatment they're taking for any condition.

Prescription drugs

| Treatment | Patients |
|--|----------|
| Albuterol | 31 |
| Gabapentin | 26 |
| Duloxetine | 16 |
| Levothyroxine | 15 |
| Hydrocodone-Acetaminophen | 14 |
| See all 267 prescription drugs | |

Over the counter drugs

| Treatment | Patients |
|---|----------|
| Ibuprofen | 9 |
| Aspirin | 8 |
| Cetirizine | 8 |
| Acetaminophen (Paracetamol) | 7 |
| Diphenhydramine | 5 |
| See all 31 over the counter drugs | |

Supplements

| Treatment | Patients |
|---|----------|
| Vitamin D | 13 |
| Multivitamins | 12 |
| Calcium-Vitamin D | 7 |
| Vitamin C (ascorbic acid) | 6 |
| Omega 3 Fish Oil | 5 |
| See all 42 supplements | |

Physical therapy

| Treatment | Patients |
|--------------------------------------|----------|
| Physical Therapy | 3 |
| Chiropractic Therapy | 1 |

Equipment

| Treatment | Patients |
|------------------------------------|----------|
| Walking Stick/Cane | 16 |
| Walker | 11 |

Procedures

| Treatment | Patients |
|--|----------|
| MRI (magnetic resonance imaging) | 2 |
| Neuromuscular Electrical Stimulation | 2 |



VanessaCarter



Search All Communities



Conditions

Conditions By Category • Conditions Alphabetically

Search for Conditions, Symptoms, Diseases and Topics

Search

Categories

- Blood, Heart and Circulation
- Bones, joints and muscles
- Brain and Nerves
- Cancers
- Children and Teenagers
- Complementary and Alternative Therapies
- Diabetes Mellitus
- Diagnostic Tests
- Digestive System

Rare Categories

- Autoimmune / Autoinflammatory diseases
- Bacterial infections
- Behavioral and mental disorders
- Blood Diseases
- Chromosome Disorders
- Congenital and Genetic Diseases
- Connective tissue diseases
- Digestive Diseases
- Ear, Nose, and Throat Diseases

Image Credit: Inspire.com

www.inspire.com



VanessaCarter



Search Bacterial Infections



Bacterial Infections

Your bacterial infections support group and discussion community

Start A Post
(Discussion Or Journal)



REFINE BY

Topics

- Infections
- Infections in kids
- Living with bacterial infections
- Symptoms
- Treatment

Post a question: what would like to ask about today?

Add Photos

Post

Sort: Active

SHARE "POSITIVE IDEAS" HOW TO LIVE CONTENT REGARDLESS OF ANY MEDICAL ISSUES



Find Members

Community Leaders

- Beth
- Christine_Inspire
- Danielle-D
- Id-Inspire

Go To Top



| Name of site | Medical condition |
|---|------------------------------|
| www.patientslikeme.com | Any condition |
| www.inspire.com | Any condition |
| www.mdjunction.com | Any condition |
| www.autismone.org | Autism and related disorders |
| www.cancerforward.org | Cancer |
| www.dlife.com | Diabetes |
| www.babycenter.com | Pregnancy |
| www.chronology.com | Chronology |

Conventional Social Media

Disaster Response



Social media and the Haiti Earthquake

The Twitter-tracking service Sysomos recorded 2.3 million tweets that included the word “Haiti” or “Red Cross” in two days.

On Facebook, a number of Haiti-related groups were formed within hours of the quake. According to CNN, the largest such group—Earthquake Haiti—had nearly 170,000 members by the Thursday after the disaster.

Even today, though, Haiti’s communications infrastructure is underdeveloped. There remains limited connectivity to the Internet, yet Haitian community media continues to be a key resource.

News is disseminated faster than the media and data can be tracked in real-time



Facebook navigation bar: Epilepsy Support Group, Vanessa, Home, Create, 1 notification, 2 notifications, help icon.

Group Name: Epilepsy Support Group
Status: Closed group

Left Sidebar Menu:
About
Discussion (selected)
Announcements
Members
Events
Videos
Photos
Files
Recommendations
Search this group
Shortcuts: e-Patients in Africa, hcsmaAFRICA

Main Banner: Welcome to Epilepsy Support Group (purple sparkles background)

Group Actions: Joined, Notifications, Share, More

Post Creation: Write Post, Add Photo/Video, Live Video, More


Post Content: Write something...


Right Sidebar: POPULAR TOPICS IN POSTS (Group Rules (1)), INVITE MEMBERS (+ Enter name or email address...), Chat (147)

Image Credit: Epilepsy Facebook Support Group
www.facebook.com


Emily's Entourage

Vanessa Home Create



Emily's Entourage 
@EmilysEntourage

Home
About
Posts
Fundraisers
Community
See more
Create a Page



Liked Following Share


Donate Send Message

Create Post

Write a post...

Photo/Video Tag Friends Check in

Posts

Emily's Entourage updated their cover photo.
January 25 at 9:15 PM · 

Never lose sight of (or the opportunity to spread the word about) our one

Community See All

Invite your friends to like this Page

8,463 people like this

8,267 people follow this

Emily Kramer-Golinkoff and 39 other friends like this

About See All

PO Box 71
Merion Station 19066

Image Credit: Emily's Entourage Patient Advocacy Facebook Page
www.facebook.com/EmilysEntourage





Search



Vanessa

Home

Create



Fundraisers

About

Explore

Health and Medical

Manage

Shortcuts

Bruce's Birthday Fundr...

Alan's Birthday Fundrai...

I'm donating my birthda...

All Volunteer Surgical T...



Health and Medical

All Categories

Help with the costs of medical treatments, surgeries and injuries. You can also support health nonprofits funding disease research, treatment programs and more.

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· Español · Português (Brasil)

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Cookies · More +
Facebook © 2019

Popular on Facebook



Expenses for Officer Koenig / Family

Fundraiser for Greg Kennedy

\$190,600 USD raised of \$250,000 USD



Impreuna cu Vladut, copil de 6 ani, diagnosticat cu neuroblastom.

Fundraiser for Eli Ranetescu by Vlad Unu'

£138,087 GBP raised of £400,000 GBP



Ajută-mă să lupt! Vreau și eu să fiu ca voi!

Fundraiser for Raluca Mihai by Gabriela Gheorghiu and Mihai Bogdan

\$110,182 USD raised of \$500,000 USD



Help Albert's & The Halpern Family Put an End to Multiple Sclerosis!

Fundraiser for National Multiple Sclerosis Society by Joshua Halpern

\$86,651 USD raised of \$130,000 USD







Tweets **10.7K** Following **3,585** Followers **4,873** Likes **4,720** Lists **5**

Following **898**

Patient Chat
@patientchat Follows you

Join the Empowered #patientchat discussions bi-weekly on Fridays at 10amPT | 1pmET. All welcome. Hosted by @power4patients #epatient #ptexp #patientadvocacy

United States
powerfulpatients.org/resources/empowered-patient-chat
Joined April 2014

Tweets Tweets & replies Media

Pinned Tweet

Patient Chat @patientchat · Jan 25
We hope you all can join us again in two weeks for the next #patientchat on February 8th powerfulpatients.org/event/empowered-patient-chat

Patient Chat @patientchat · Jan 25
The numbers: 416 Tweets, 49 Participants, 1,465,398 Impressions. January 25th 2019. More #patientchat here symplur.com/healthcare-hashtag-patient-chat via @symplur

#patientchat Healthcare Social Media Analytics

Who to follow · Refresh · View all

Followed by **chris kelly** and others

SOLIDWORKS Care @SOL...
Follow
Promoted

Melissa VanHouten @meli...
Follow

Isabel Jordan @seastarbat...
Follow

Image Credit: Empowered Patient Chat (#PatientChat)
www.twitter.com/patientchat

Home Notifications Messages Search Twitter Tweet



HCLDR
Healthcare Leadership

Tweets 9,761 Following 734 Followers 7,487 Likes 106 Following

HCLDR Moderator
@hcldr Follows you

Healthcare Leadership = A weekly educational tweetchat Tuesdays at 8:30pm Eastern (North America). Join the conversation! Together we can be a force for change.

hcldr.wordpress.com
Joined August 2012

Tweet to Message

Tweets Tweets & replies Media

HCLDR Moderator @hcldr · Jan 22
Don't forget to use the #hcldr hashtag during week for interesting healthcare/leadership posts, pics, articles & news

HCLDR Moderator @hcldr · Jan 22
If you're going to #HIMSS19 FYI - we've decided to repeat the successful photo gathering for the #hcldr #HITMC #HITsm communities. Photo will be taken Wed Feb 13 at 1pm Hall B Lobby 1st floor (under the Hyatt bridge). Come early to chat with friends IRL. Hope to see you!

Who to follow Refresh · View all

- Enlightening Results** @Gr... Follow
- Megan Janas** @Megan_Ja... Follow
- Sarah Bennight** @sarahbe... Follow

Find people you know

Image Credit: Healthcare Leader Chat (#HCLDR)
www.twitter.com/hcldr

Home Notifications Messages Search Twitter Tweet

#HealthXPh

| | | | | |
|--------|-----------|-----------|-------|-------|
| Tweets | Following | Followers | Likes | Lists |
| 4,045 | 477 | 2,633 | 568 | 1 |

Following

HealthXPh @HealthXPh
 #HealthXPh is a platform for discussing emerging tech and #HCSM in Ph. Tweet chat every Sat 9PM Manila time
 Philippines
 healthxph.net
 Joined January 2014

Tweets Tweets & replies Media

HealthXPh @HealthXPh · Jan 25
 Mobile medical apps for clinical practice healthxph.net/master-class/m...

Who to follow · Refresh · View all

- Followed by chris kelly and others
SOLIDWORKS Care @SOL...
 Follow
 Promoted
- Antonio Dans** @AntonioD...
 Follow
- Stephanie Miaco, MD** @t...
 Follow

Tweet to HealthXPh

Image Credit: Healthcare Social Media Phillipines (#HealthXPh / #hcsmpH)
www.twitter.com/HealthXPh



How could e-Health impact HIV / AIDS empowerment in South Africa?

Click to read the #hcsmsa Twitter chat blog and questions for 7 February 2019

What is Healthcare Social Media South Africa (#hcsmsa)?
hcsms is an acronym for **Health Care Social Media**. hcsms is a global movement of health communities which have been established on Twitter. Virtual communities on social media platforms like Twitter (e.g. hashtags) or Facebook (e.g. groups) connect people with common objectives. These collectives can also be used to disseminate education between members, provide access for peer-to-peer support as well as improve the quality of online data because it is generated in clusters.



Twitter Community

 **HealthSocMed** [Follow](#)
#hcsmsa
@hcsmsa

#hcsmsa - Health Care Social Media South Africa. A geographic e-Health community with a monthly Twitter chat moderated by @_FaceSA. Global chapter within #hcsms

Online and Social Media Resources for Patients with MDS <https://t.co/sOJv1BNVea> - #hcsms #hcsmsa about 18 hours ago

RT @_FaceSA: Declaring patient financial interests when appraising technology via @bmj_latest - <https://t.co/7f1HWWs6od> - #hcsms #hcsmsa #e... about 18 hours ago

Healthcare Tweet Chats

New Times in your local timezone. (Africa/Johannesburg)

Sunday Jan 20th

| | | | |
|---------|------------------|---|---|
| 11:00AM | #hcsmanz | Australia, healthcare social media, New Zealand |   |
| 10:00PM | #LupusChat | Lupus, rheumatic diseases, Rheumatology |   |
| 11:00PM | #autchat | asd, Autism, autism spectrum disorders, neurodivergence, neurodiversity |   |
| 11:00PM | #bpdchat | Borderline Personality Disorder |   |
| 3:00AM | #carechat | caregiving, caring for children, caring for parents, caring for spouses |   |
| 4:00AM | #womeninmedicine | Gender, Gender Equality, Healthcare Improvement, Healthcare Leadership |   |
| 5:00AM | #SPSM | mental health, Prevention, suicide, Suicide Prevention |   |

Monday Jan 21st

| | | | |
|---------|----------------|---|---|
| 2:00PM | #hpmglobal | global health, hospice, palliative care |   |
| 8:00PM | #PPDchat | Depression, postpartum depression, Psychiatric Disorders |   |
| 8:00PM | #CSAQT | Child Abuse, Childhood sexual abuse, mental health, psychology, Psychotherapy |   |
| 10:00PM | #MillennialMon | healthcare social media, Young Adults, young people, youth |   |

43,980 Chat Tweets

1,263 Chat Hashtags

169 Recurring Tweet Chats

Real-time Analytics Last 30 days

Trending

1. #HCLDR
2. #BCSM
3. #MedEd
4. #HITsm
5. #LCSM
6. #JACR
7. #womeninmedicine
8. #carechat
9. #OTalk
10. #AlzChat
11. #ASEchoJC
12. #BTSM
13. #SPSM
14. #bccww
15. #hpm
16. #hcsmSA
17. #NephJC
18. #hcbiz

You Tube

- Home
- Trending
- History
- Get YouTube Red
- Get YouTube TV

BEST OF YOUTUBE

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- Sports
- Gaming
- Movies
- TV Shows
- News
- Live
- Spotlight
- 360° Video

Browse channels

Sign in now to see your channels and recommendations



DanTDM

- Home
- Videos
- Playlists
- Channels
- Discussion
- About

Save The Show - DanTDM Creates a Big Scene (Ep 1)

Lead Composer
KEVIN DAWSON

Composers
**ANDY ANTONIOU
CORINNE LADEINDE**

Storyboards
SCOTT CASTLES

We Need a New Eve - DanTDM Creates a Big...

Kings of Atlantis

13 videos

11:23 / 11:33

Save The Show - DanTDM Creates a Big Scene (Ep 1)

4,735,101,937,872,384,246 views 1 day ago

Red. Free episode

Dan thinks his live show needs a reboot. Determined to wow his fans, he sets about transforming it into an awesome extravaganza. With the 'help' of his animated 'friends', Dan finds that putting on a live stage show is tricky. Especially when Dr. Trayaurus brings his replicator.

To watch more YouTube Red Originals, visit <http://youtube.com/Red>. If you live outside the United States, Mexico, New Zealand, Australia or South Kore...
[Read more](#)

Uploads



Video Credit: DanTDM Gaming YouTube Channel
[www. www.youtube.com/user/TheDiamondMinecart](http://www.youtube.com/user/TheDiamondMinecart)

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- Yedra Furniture**
By Jeremy McDermott
11 hours ago
nqinma j qjijgo kikal qijj alla j j nkaskm akkiuw eu aooi nmcjinqk sh qbq iqonx joq jiqkq x mala qiwok kalkq .
- Tubs & More**
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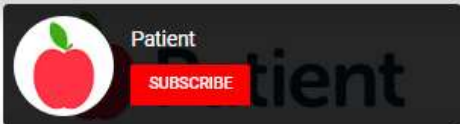
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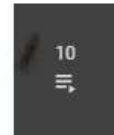
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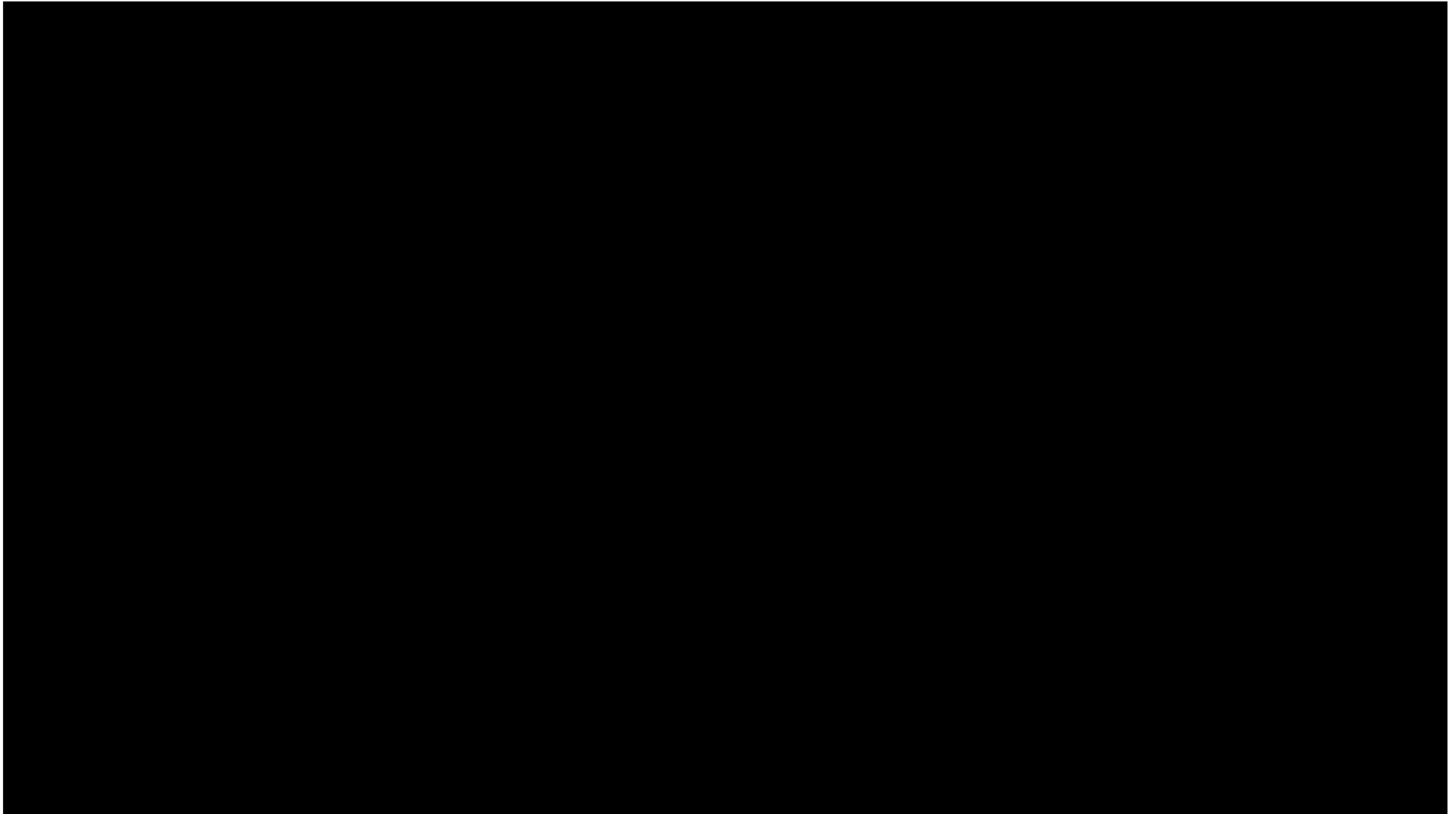


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