UNICEL 2017
UNIVERSITY SULTAN ZAINAL ABIDIN
UniSZA CARNIVAL ON e-LEARNING

KEMENTERIAN PENDIDIKAN TINGGI

SOARING UPWARDS
MALAYSIAN HIGHER EDUCATION

MEIPTA

IIDEL COMPETITION
INVENTION, INNOVATION & DESIGN ON e-LEARNING (IIDEL) COMPETITON

CanDi

A MALAYSIAN-TAILORED DIETARY SMARTPHONE APP FOR CANCER PATIENTS AND SURVIVORS

Abstract

Currently available nutritional information in smartphone apps is usually based on western food selections. Our Cancer Dietary App (CanDi) aims to provide specifically-targeted health education in terms of dietary advice with emphasis on the related symptoms of cancer and/or its treatment. Besides patients, survivors and dieticians, students of dietetics programme could also hugely benefit from the knowledge as well as its applicability during their hospital attachment. CanDi serves as a convenient, flexible and attractively engaging smartphone app which delivers healthy tips uniquely tailored to the local food choices, preferences and ingredients. It facilitates customising of users' dietary needs while permitting constant information up-dating. Features are broadly categorised into Healthy Eating Guide (advice from healthy eating to eating problems, weight loss prevention and increasing proteins and calories intake) and Malaysian Recipes For Cancer Patients (focusing on common Malaysian dishes, ingredients, treatment-based recipes and special diets). An additional Symptom Diary allows user's personal profile to be recorded. Very good feasibility (> 80%) and excellent acceptability (> 90%) were reported by a sample of 30 cancer patients, family caregivers and dietitians regarding its ease of operation, suitability of language used, attractiveness, knowledge enhancement and perceived usefulness. Thousands of cancer sufferers in the community are expected to benefit from CanDi, hence creating a huge, untapped market potential for future commercialisation efforts.

Objectives

❖ To develop an app that provides nutrition advice for cancer patients & survivors.

❖ To test the feasibility and acceptability of CanDi App among potential users.

Value-Added

First app to tailor Malaysian food for cancer patients and survivors.

Dietary advice with matched symptoms.

Commercialisation Potential

Cancer Patients

Cancer Survivors

MARKET POTENTIAL

Dieticians / Providers

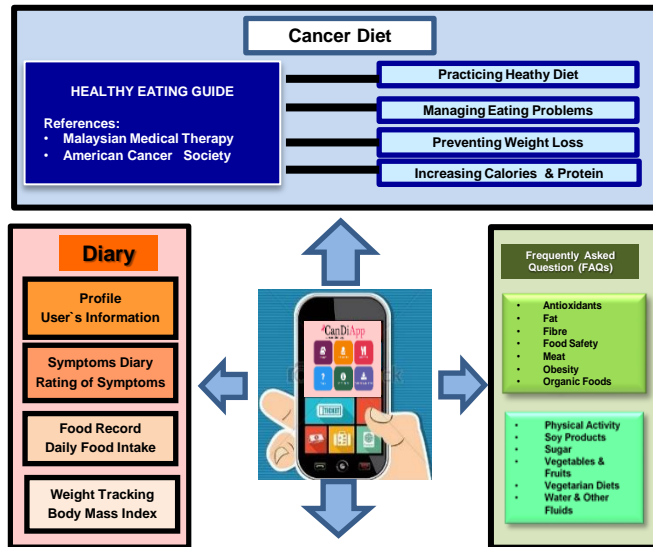Healthcare Institutions

FEASIBILITY & ACCEPTABILITY TEST

Sample selection (n = 30)	Recruitment site
Inclusion criteria: - Adults - Able to use the gadget/ device - Able to comprehend English Exclusion criteria: - Not owner of a personal smartphone Target groups: - Cancer patients - Family caregivers - Dieticians	Weekly cancer clinic Hospital Sultanah Nur Zahirah Kuala Terengganu.

Convenient

Flexible

Attractive

Features

User-Friendly

Locally-Tailored

GENERAL OVERVIEW

Cancer Diet

HEALTHY EATING GUIDE
References:
• Malaysian Medical Therapy
• American Cancer Society

- Practicing Healthy Diet
- Managing Eating Problems
- Preventing Weight Loss
- Increasing Calories & Protein

Diary

Profile
User`s Information

Symptoms Diary
Rating of Symptoms

Food Record
Daily Food Intake

Weight Tracking
Body Mass Index

Frequently Asked Question (FAQs)

- Antioxidants
- Fat
- Fibre
- Food Safety
- Meat
- Obesity
- Organic Foods

- Physical Activity
- Soy Products
- Sugar
- Vegetables & Fruits
- Vegetarian Diets
- Water & Other Fluids

Malaysian Recipes

Treatment Related
Recommended recipes:
- During treatment
- After treatment

Dishes
Recipes for:
- Main meals
- Breakfast
- Extra dishes
- Snack & dessert
- Beverages

Ingredients
Main ingredients:
- Fish
- Chicken
- Meat
- Grains
- Fruits
- Vegetables

Special Diet
Special diets:
- High or low energy
- High protein
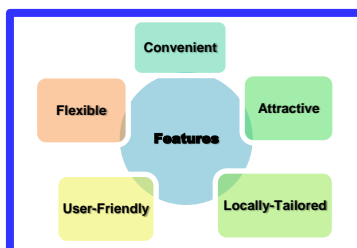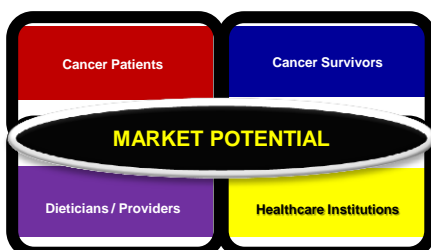- Low fat
- Neutropenic
- High fibre

Usefulness

Up-to-date local information & user-friendly

Convenient, flexible & high-sustainability

Attractive features for specifically-targeted cohorts

Recognitions

Silver Medal
Minggu Penyelidikan & Inovasi UniSZA
12- 13 April 2017

Silver Medal
UniSZA Carnival on e-Learning (UNICEL)
3-4 May 2017

Innovator Details

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