Year of the Nurse Stories

The Annie mobile application

St Cloud VAMC

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Interviewed Abigale Boerger RN- Home Telehealth and Theresa Tougas RN- Primary Care

The Annie mobile application was developed by clinical Veterans Health Administration (VA) staff and is named to honor Lieutenant Annie G. Fox. Fox, who served as the Chief Nurse at Hickam Field during the attack on Pearl Harbor, December 7th, 1941, was the first woman to receive the Purple Heart for combat. The use of the Annie mobile app is one of the many ways nurses in the VA are using advancements in technology to motivate and support patients. The Annie mobile app is programed to reinforce positive choices in the management of chronic conditions by delivering education, reminders, and encouragement. There are over 6500 Veterans actively using the Annie mobile app.

Abigale Boerger, BSN, RN, relates a story of how the Annie mobile app made a difference for a Veteran she was taking care of in her role as a telehealth nurse. This Veteran works driving a truck and often settles in to check his blood pressure (BP) and take his medications at odd hours of the day and night. He reports that “Annie” is there when he needs “her” and having the app there to remind him to check his blood pressure and provide helpful education has improved his satisfaction with care provided by the VA. Abigale goes on to tell how the VA has been a wonderful career choice. Abigale was introduced to the VA as a student nurse and came to work at the VA straight out of school. Abigale is proud of her VA career, and she enjoys being able to make a difference in the lives of Veterans.

Theresa Tougas, MA, BSN, RN, a nurse in primary care, shares how the Annie mobile app helped a Veteran decide to take a step in improving her high blood pressure. This Veteran had come to the office several times with an elevated BP and discussed her treatment concerns with Theresa. Theresa and the Veteran jointly decided that the Annie mobile app could help the patient watch her blood pressure at home and provide support and education as the Veteran learned to manage this condition. After “Annie” told her that she should seek treatment for her high BP a few times, she called in and asked about medication treatment for her BP while the Annie mobile app helped her adjust her diet and exercise.

The Annie mobile app is an example of how VA Nurses are using advancements in technology to support Veterans outside of the traditional healthcare facility. This is one of the many exciting ways in which VA Nurses are transforming health care. To learn more about VA Nursing visit our webpage: <https://www.va.gov/nursing/> Information about the Annie mobile application is available at: <https://mobile.va.gov/app/annie-app-veterans>

Social Media content:

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VA nurse Theresa Tougas uses the ANNIE app to educate Veteran patients, send appointment reminders and messages of encouragement. Over 6500 Veterans use the ANNIE app.  <https://mobile.va.gov/app/annie-app-veterans>

