

# **Recovery Record Training**

## **Registering for your Clinician Account**

To get started, you need to register for your Recovery Record Clinician account using your First.Last@EatingRecovery.com email address and you will be added to the Account. This means that you will have unlimited linking to patients, ERC customized clinical content, and when patients link with you they will also link to the ERC dashboard for outcome tracking.

To register for your Recovery Record Clinician account, please download the Recovery Record Clinician App on your iPhone or Android - answer “no” to the “Do you have an existing account?” question and enter your @EatingRecovery.com email. If you would prefer, you can also sign up at our website by clicking “Sign Up”.

## **Overview and Goals of Recovery Record Use**

The Recovery Record mobile application is designed to enhance the work that we do each day by empowering patients to engage in active self-monitoring, access vital coping strategies, and collaborate with their treatment team in their recovery. It is rooted in evidence-based treatment approaches for eating disorders and provides an innovative way to enhance outcomes.

The goals of Recovery Record at Eating Recovery Center are the following:

- Provide patients with a useful tool to help manage and track symptoms and prompt practice of coping strategies
- Facilitate improved communication between patients and their treatment teams
- Improve patient engagement and accountability
- Enhance documentation for clinical record keeping and authorization reviews
- Provide standardized clinical data that can be used for individual patients, program development, and organizational processes

## **System Requirements**

The application does require the use of an iPhone, Android, or computer with web access.

## **Guidelines**

The following guidelines apply to all clinicians using the application:

- Inform patients that use of Recovery Record is a required part of virtual programming
- Inform patients that:
  - Therapists and RDs will review the application during normal business hours.
  - Therapists and RDs are not responsible for reviewing logs on a daily basis and will only review in sessions or as a part of meal group
  - The application is not a means of contacting treatment team members. In-app direct messaging is not allowed.

- The two-way communication function should not be utilized. The default setting is for this function to be turned off, so you should not need to change anything unless you have previously turned it on. You are welcome to send messages to the patient via the app (e.g. “Great job logging your meals today!”) and are encouraged to consult with your program leader or supervisor regarding clinical issues involved.
- Remind patients that Recovery Record is not for emergency use.
- If a patient is discharged from your program, deactivate the patient from your account within 24 hours of discharge.

### **Patient Instructions for Recovery Record Use:**

1. Instruct patient to download Recovery Record App (patient version yellow logo ; clinician white logo)
2. Explain how to connect with Clinician
  - a. Press “Connect” in bottom left corner
  - b. Press “Invite Clinician”
  - c. Create an account to connect with your clinician
  - d. “do you know your clinicians 4-5 digit link code” – Press “Yes”
  - e. Input information
    - i. Clinicians First Name
    - ii. Clinicians Code
  - f. Now you will be waiting for the clinician to connect with you
3. Inform them of how to log meals (*Patients are expected to log all food intake, beverages including alcohol, and eating disorder behaviors*):
  - a. From the home button you can
    - i. Press “log meal”
    - ii. Press the camera button (pictures are required)
    - iii. Press the button that says what meal it is (Breakfast/Lunch/Dinner/AM Snack/PM Snack/HS Snack)
    - iv. After pressing one of the above buttons you answer the questions listed and press submit.
    - v. You must log a picture of the meal before eating and upon completion. To do so, just hit the camera button and the picture will be added to the last meal you had.
  - b. Backlogging meals
    - i. Though not recommended as it is best to log meals in real time, you can back log
    - ii. Press “Check-In” button and hit “Back Log Meal”
4. Logging Thoughts, feelings, behaviors, goals
  - i. Press “Check-In” button
5. Messaging Clinicians
  - a. You are able to message clinicians however, this is not an application for emergency use, nor is this the place to report emergencies. Just like with e-mails, your clinician is not expected to be aware of or respond to what you write in Recovery Record, except during individual sessions. If you abuse this function of Recovery Record, your clinician will disable messaging.
6. Other tools – Under the “More” button you will find:

- a. Meditations
- b. Coping Skills
- c. Goals
- d. Likes – throughout the app you can “like” things such as others coping skills, anything you like will be move for easy access to this tab
- e. Community Coping Skills