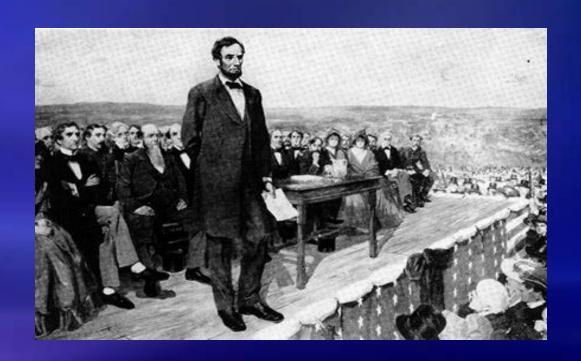
# The Impact of Social Media on Health Care

Susana Shephard
Mayo Clinic Center for
Social Media
Shephard.Susana@mayo.edu



## What is Social Media?

**Gettysburg Address November 19, 1863** 





### What is Social Media?

"The instantaneous aggregation and creation of content by the people, of the people, for the people, on the social web."

Eric Pena, Mashable.com



# So what makes the Web Social?



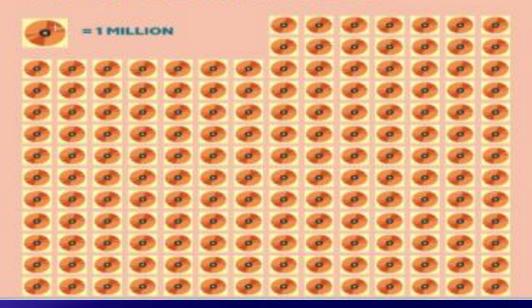


### A DAY IN THE INTERNET



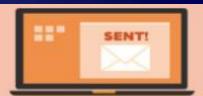
In one day, enough information is consumed by internet traffic to fill

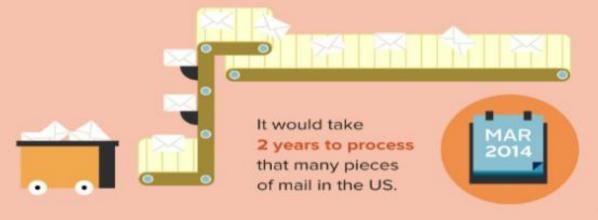
### **168 MILLION DVDS.**



### **294 BILLION**

emails are sent.







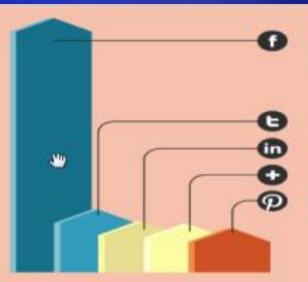
### 2 MILLION BLOG POSTS

are written.

Enough posts to fill

Time Magazine for 770 years.





### **172 MILLION**

different people

visit Facebook.

Twitter: 40 MILLION

LinkedIn: 22 MILLION

Google+: 20 MILLION

Pinterest: 17 MILLION

# 4.7 BILLION MINUTES are spent on Facebook.





### 532 MILLION STATUSES are updated.

### *iPHONE SALES OUTPACE*

the human population.





### Created By:

### **MBAonline.com**

#### References:

http://techland.tone.com/auti/ofi/m/how-big-in-title autimet spoller out as big as itt be in autif

http://about.ings.com/eno-ee-are/postal-facts/eukcome.hoselin-

http://articles.businessesides.com/sort-or-tg/te/3/30070145\_1. Journ of video-opticaled-log number facebook

http://www.businessinsider.com/googte-zertgest-zon-sa

https://toug.focebook.com/fetig.php/\*producycg#istry#isryer

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http://www.enough.org/incole-php?tagestate.acurrises

http://www.businesswire.com/news/home/screenospossit/47/en/Meisen-Company-Billiounds.Exv.Bo.spos.acm/html-industry-Report

http://gramudo.com/grapohg/gg-cf-music-strendoads-ani-pirated

http://www.enn.com/aota/ot/ac/tech/mibile/apps-web-gahran/inden.html

http://thenextweb.com/gonger/acm/na/c6/android-market-hite-toti-apps-downhauted-mos-at-str-a-markh-tor-app-sate-to-celebrate/

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http://www.slaubfilm.com/by-the-markers-the-length-of-feature-films/

This work is under a Canadian Communic Remove.



### What does this mean for healthcare?

- Of the 74% of U.S. adults who use the Internet, 80% of users have looked online for health information.
- Top five searches include:

66% specific disease or medical problem

56% certain medical treatment or procedure

44% doctors or health professionals

36% hospitals or other medical facilities

33% health insurance, including private, Medicare or Medicaid

Source: May 2011 Pew Research Center report, The Social Life of Health Information



# Why should I care?





# There's no stopping it!

July 5, 2011 Phoenix Haboob



### It's Here!

### Social Media Landscape



## A bird's eye view



■ Government, nonfederal
 ■ Not Using Social Media

### How Do U.S. Healthcare Organizations Use Social Media?







Reputation Management/ Customer Relations

Consumer, Patient and Professional Education

Professional Collaboration

Community Creation

Wellness

Population and Patient Monitoring

Care Management/ Care Coordination

Clinical Trial Recuitment

Surveillance, Analysis, Product Development

### Risks Involved With Using Social Media

Social Media opens the door for negative comments

Can expose organizations to privacy, security and ethics breaches

Staff may inappropriately share confidential information about patients and the organization

A Raises new ethical questions about patient/provider relationships





Which is why it is important for organizations to have a social media policy in place.

### Types of Policies Used By Organizations To Manage Social Media\*

50%





Discipline is on the

In 2008, 24% of organizations surveyed had to discipline an employee for behavior on Social Media

In 2011, 6 70 of organizations surveyed had to discipline an employee for behavior on Social Media

### Infographic by PowerDMS

#### References

- 1. http://ebennett.org/hani/stata/
- 2. http://www.cac.com/health\_services/insights/72649-should\_healthcare\_organizations\_use\_social\_media
- 3. http://www.ama-asan.org/ama/pub/meeting/professionaliam-accosi-media.shtml
- 4. http://hooe-info.org/staticcontent/2011SocialMedia@urvey\_report.pdf

# Mayo Clinic's First Social Networkers





### Mayo Clinic Milestones in Social Media

- Sept. '05 First Podcast
- Nov. '07 Mayo Clinic Facebook page
- Feb. '08 YouTube channel
- Apr. '08 Twitter
- May '08 Mayo Clinic News Blog
- Jan. '09 Sharing Mayo Clinic
- Jul. '10 Mayo Clinic Center for Social Media
- Sep. '10 Social Media Health Network
- ?, '11 Mayo Clinic News Network



# What direction should we pursue?



# **At Mayo Clinic**



# Listening in old ways...

Healthcare organizations regularly seek to understand patient satisfaction in order to improve quality of care.





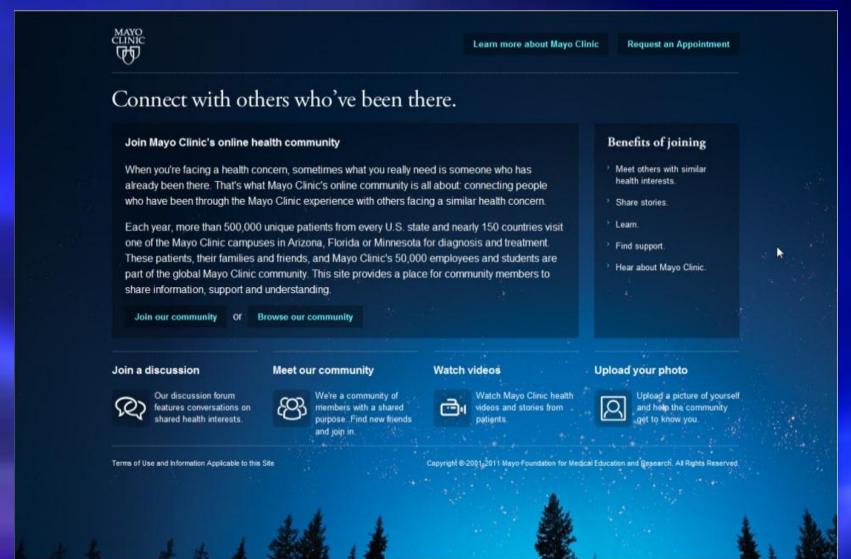
# Listening in old ways...

- Online surveys
- Focus groups
- Patient relations offices
- Suggestions boxes and forms
- Quality review surveys
- Telephone surveys
- Static patient stories

And listening in new ways...



# Patient virtual communities





My Profile

Friends

Skin Conditions (79)

Sleep Problems (74)

Sports Medicine (23)

Transplants (28)

Learn more about Mayo Clinic

Request an Appointment



Discussions

News Articles

Mayo Clinic Blog Articles

Videos

#### Discussions

### Categories

Arabic (3) Mens' Health (82)

Arthritis and Joint Conditions (139) Mental Health (227)

Bone & Muscle Conditions (155) Other (194)

Brain and Nerve Diseases (283) Physical Therapy and Rehabilitation (41)

Cancer (165) Pregnancy (30)

Childrens and Teens Health (98) Preventive Medicine (40)

Diabetes and Endocrine Problems (86) Scholarship Contest (40)

Digestive (Gastrointestinal) Problems

Ear Nose & Throat Conditions (79)

Espanol (19)

Eye Conditions (54)

Traveling to Mayo Clinic (Arizona) (16) Healthy Living (58)

Heart & Blood Vessel Conditions (132) Traveling to Mayo Clinic (Florida) (23)

Infectious Disease (80) Traveling to Mayo Clinic (Minnesota) (43)

Kidney Conditions (53) Urinary (Bladder) Conditions (53)

Lung Conditions (56) Womens Health (180)

Autoimmune Diseases, Chronic Pain, Depression, Multiple Sclerosis, Pain and many more...

#### Featured



#### Social Media Summit Scholarship Essay - Jill Plevinsky

Editor's Note: This post is an essay from one of the entrants in the patient/caregiver scholarship contest for our Health Care Social Media Summit in October. See this post for more details on the







🔍 Promoted Items

Start a Discussion

### What Our Advocates Are Saying

Search Discussions



#### manigioma

"Hello - there is some more information available on mayoclinic.org that may be helpful http://www.mayoclinic.org/meningiomas/ "



#### anyone have arnold chiari malformation

"Hi Shar3n - There is some information available on mayoclinic.org - mainly just specific to chiari malformation but arnold chiari..."



#### Standing and walking problems.

"Hello - We cannot give any medical advice out over the phone, but if you are interested in talking with..."

#### Active Discussions



#### lewy body

"Hi Mizmish All of the above that you have mentioned about your husband goes with the Lewy body dementia. It..."



#### Autoimmune Pancreatitis

"Hello! I'm a 35yo female with possible Autoimmune Pancreatitis. I am looking to connect & discuss with others like me."



#### Dementia perhaps

"Evaluation of dementia Diagnostic Tests Common Differential 1st Tests Other Tests







# Patients' social rating tools



MAYO CLINIC

### Professional virtual communities



### Social Media Helps Find Kidney Donor



"You have one mom. I have two kidneys. Let's do this."

-- Amy Donohue, January 2011



Follow us on Twitter:

@DiyaMarketing



#### Our TinyFabKidney Story

Anu Dwivedi was diagnosed with Chronic Kidney Disease (CKD) 10 years ago. In October 2010, with less than 20% functionality in both kidneys, Anu faced dialysis & a 2-6 year wait on the transplant list. Her daughter, Kirti, a social media enthusiast, started a Facebook page in October 2010 to help educate people on kidney disease & organ donation, and, hopefully, find a donor match for her mother.

Amy Donohue found out about Anu's struggle from Kirti's Facebook page in January 2011. Amy herself had suffered the loss of her father years ago, and she offered to donate her kidney to Anu with no hesitation, telling Kirti: 'You have one mother, I have 2 kidneys.' Amy & Kirti knew each other from Twitter, & had met once in 2010. Amy was tested & found to be a match on March 15! The surgery took place on Tuesday, April 19 at Mayo Clinic in Phoenix, Arizona and was a success. Both Anu & Amy are recovering nicely.

The Phoenix community has rallied around #TinyFabKidney (as it is known in the Twitter & Facebook community) as Kirti & Amy work to raise funds.

For more information, visit

# Mayo Clinic Facebook Posts

Write a comment...



#### Kirti Dwivedi > Mayo Clinic

Hello--have you heard our story? My mother is a kidney patient through your facility in Phoenix, and we found our kidney donor, Amy Kopinski Donohue, through Facebook & Twitter! You can find out more from our FB page, Kidney Disease & My Tiny Mother! Thanks!



#### Saturday Night: FnB Supports TinyFabKidney Fund

blogs.phoenixnewtimes.com

Social media can help you make friends, get a job, keep up on the news, or find a deal...



March 9 at 3:04pm · View Post



#### Kidney Disease & My Tiny Mother

I met an amazing man today--Jason Ratliff. 8 1/2 years ago, he was the recipient of a kidney donor from a man who had passed away, and it changed his life. He has become close to his donor's family & is thankful to Zach, his 'donor & hero'. I am thankful that he shared his story with me--I feel so lucky that Amy has come into our lives.

March 6 at 10:18pm ' Like ' Comment

1 Chat (2)





#### Kidney Disease & My Tiny Mother

Here is the link to our story on the Today Show--take a look!



**She found a kidney for ailing mom via social media** today.msnbc.msn.com

For 10 years, Kirti Dwivedi watched her mother suffer from kidney disease. When she reached out for help via social media, "I never thought that we would be able to find somebody that would be willing to be a donor, let alone a match," she said.





View all 10 comments





Janet Caskey Sooooo happy for everyone!!

🌠 May 21 at 10:11am · Like · 🖒 1 person.

Write a comment...

**1**● Chat (4)



Write a comment...

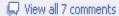


#### **Amy Donohue**

Well, Mayo Clinic just called and I've been approved to donate my kidney! Apparently, though, the doctors are in a heated debate on WHICH kidney to take. I have scheduled my surgery for April 19th. Hooray!

March 15 at 4:18pm \* Like \* Comment







Deborah Woods Lupnacca Hurray you got a date. ! March 15 at 6:43pm · Like



Amy Donohue I set it for the earliest they could do. :}
March 15 at 6:44pm · Like · △2 people

Write a comment...



### Pooja Gupta Babbrah

Hi Amy and Kriti! I'm not on twitter anymore- I decided to pick one poison and FB is it, so I am hoping you will be posting the fundraising events and party information bere as well. Hope all is well to Poois and kie. "thereals

Patient Care

Health Information



For Medical Professionals

Research

Education

Request an Appointment Find a Doctor

Log in to Patient Account Give to Mayo Clinic





### **Sharing Mayo Clinic**

Stories from patients, family, friends and Mayo Clinic staff

- My Stem Cells

Doubly Rewarding: Weight Loss and Liver Transplant for Rare Disorder →

### From Wheelchair to Rock-Climbing in 3 weeks!

Posted on March 19, 2012 by makalajohnson

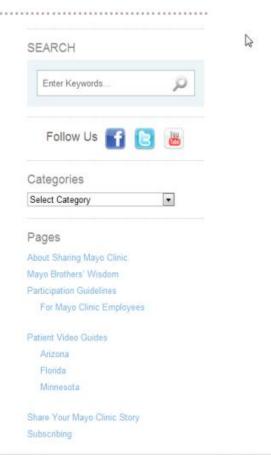
資金資金金 Rating: 5.0/5 (4 votes cast)



Having gone to several doctors elsewhere without receiving answers, this previously athletic student, Nick, and his mom, Becky, arrived to Mayo Clinic. They were exhausted. Nick was bundled up in many layers and in a wheelchair. Five minutes into his first appointment, Dr. Phil Fischer diagnosed Nick with POTS and Autonomic Dysfunction. He started the three-week Pediatric Pain Rehabilitation Program and left a transformed person. We caught up with he and his mom on their last day

here. Watch their astounding testimonials, filled with grateful enthusiasm. As Becky says below, she truly feels like Mayo has given her son back to her.







# But listening is not enough

- You need to respond and connect using the 3 E's:
- ENGAGE with conversation
- EMPOWER with knowledge
- EDUCATE with reliable content

# **Engage**



# En español



#### Aliss Aleman

Feliz de encontrar publicaciones en espanol, por favor envien temas sobre diabetes!! gracias

Unlike · Comment · January 8 at 9:23pm · @





Lissette Perez Tengo un nieto de 14 anos con diabetes tipo #1 me X encantaria encontrar, una clinica con mas informacion a cerca de ese delicado tema.

January 9 at 2:13pm · Not Spam



Mayo Clinic en español Hola, Aliss. Estamos en el proceso de agregar videos en español en nuestro canal de YouTube, Su sugerencia de incluir información sobre la diabetes es excelente! Por ahora, el siguiente enlace proporciona más información http://www.diabetes.org/espanol/.



Información en Español - American Diabetes Association www.diabetes.org

La diabetes es un problema urgente de salud en la comunidad latina.

January 12 at 10:10am · Like · 🖒 4 · Remove Preview

Write a comment...





Search



#### Marysun Cadena

Buenas tardes kisiera preguntarles la enfermedad llamada Vitilingo tiene cura me gustaria k me respondieran gracias y k pasen lindo dia...

Like · Comment · February 22 at 11:59am · 🕙



Norith Reategui likes this.



Mayo Clinic en español Buenas tardes, Marysun.

Desafortunadamente, no hay una cura para el vitiligo pero si hay varios tratamientos. El siguiente enlace le dará más información http://www.nlm.nih.gov/medlineplus/spanish/vitiligo.html. Gracias por su pregunta!



Vitiligo: MedlinePlus en español www.nlm.nih.gov Vitiligo

February 22 at 4:15pm · Like · Remove Preview



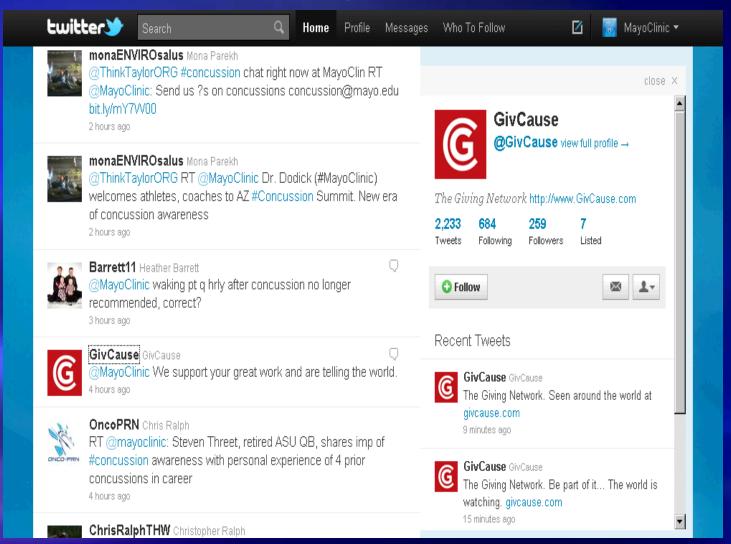
Marysun Cadena Muchas gracias y voy a checar la pagina se los agradesco mucho..

February 22 at 4:23pm · Unlike · 1 1

Write a comment...



# @MayoClinic



# @MayoClinic





# **Educating**







# Thru blogs...



HOME ABOUT

### Finding the Right Clinical Trial - Part 2

### EMAIL SUBSCRIPTION

Enter your email address to subscribe to this blog and receive notifications of new posts by email.

Join 160 other followers

Sign me up!

SEARCH





BLOGROLL

O Fo



## Mended Hearts, Inc. and Dignity Health

### How to find research trials in your area?

Research sites promote their studies to the public through a number of ways. If you know where to look, you may be able to find relevant clinical trials in your area. Below are a few websites you can visit to locate studies in your area that you may qualify for as you consider becoming a research participant.

- CenterWatch.com sponsors a free Patient Notification Service that automatically emails subscribers as soon as a clinical trial is posted that matches their medical condition and geographic area.
- ClinicalTrials.gov is another valuable resource where those interested in volunteering for clinical trials can search an extensive database based on several criteria, including location and disease.

Identifying the right clinical trial can be both educational and rewarding. So you may be asking "what happens once I'm enrolled in a trial?" Stay tuned for my next post where I'll provide an overview of the participation experience.

Mended Hearts wants to hear from you. Please feel free to leave comments here about your own experiences as a research participant!

Ann Campbell, R.N., is the Program Manager for Cardiovascular Research at Mercy Gilbert Medical Center— a Dignity Health Member—in Gilbert, Ariz.



July 2010 June 2010 May 2010 April 2010 March 2010 February 2010

### CATEGORIES

Advocacy
awareness
chapter events
Clinical Trials
convention
e-commerce
Heathy eating
Mended Little Hearts
Personal stories
Technology
The Mended Hearts
Uncategorized

O F



# **Empowering Ipads for heart patients**

Http://www.youtube.com/v/xwRsRH1M9ds?version=3&feature=player\_detailpage



# Take the plunge and dive in!



# **Mayo Clinic Center for Social Media**

- Our Raison d'etre: The Mayo Clinic Center for Social Media exists to improve health globally by accelerating effective application of social media tools throughout Mayo Clinic and spurring broader and deeper engagement in social media by hospitals, medical professionals and patients.
- Our Mission: Lead the social media revolution in health care, contributing to health and well being for people everywhere.



# It's not just about marketing...

- Center's focus to apply revolutionary tools in
  - Practice
  - Education
  - Research
  - Administration
- Internal and External uses to communicate with key groups, with the aim of creating community



## It's not just about Mayo...

- Social Media Health Network is a membership group associated with Center for Social Media
- For organizations wanting to use social media to promote health, fight disease and improve health care
- Sliding scale dues based on organization size/revenue
- Industry members eligible to join, but not accepting industry grant funding
- >110 member organizations



# **A Sample of Network Members**

- American Hospital Association
- Radboud University Nijmegen Medical Center
- Jamestown Hospital
- National Cancer Institute
- Vanderbilt University Medical Center
- Encephalitis Global
- See <u>Full List</u> at <a href="http://socialmedia.mayoclinic.org/network/">http://socialmedia.mayoclinic.org/network/</a>



# Social Media Health Network Benefits

- Online learning and networking community for all employees of member organizations
- Free registration for monthly webinars (\$1,200 value)
- Discounted (or free) registration to in-person events, including
  - Connecting Health Care and Social Media (May 17-18 in New York City)
  - Social Media Summit (Oct. 16-18, Rochester)
  - Social Media Residency (Various dates)

# One Practical Case Study in ROI Math:

# As I approaches zero, ROI approaches infinity

Lee Aase, Director of Mayo Clinic Center for Social Media







From: Ruben A. Mesa, MD

<Mesa.Ruben@mayo.edu>

Date: Wednesday, February 10, 2010 1:16 PM

To: Lee Aase <aase.lee@mayo.edu>

Subject: Re: Update on YouTube and appointment

requests/consults

There is hardly a new out of state consult I see which does not mention the video(s). How many came initiated by the video(s) is unclear but the impact has been huge. I would conservatively say the videos have been mentioned by 50 external direct consults, of which a solid percentage the video played a role in them coming. My sense is people hear about my work in the field, consider a consult, then when they see the video it seals the deal.



## For Further Interaction:

- Shephard.Susana@mayo.edu
- @sesaz on Twitter #MCCSM
- http://socialmedia.mayoclinic.org

Thank you!

