

Lenny Fernandes, RN



Short Professional Biography:

Lenny Fernandes is a dedicated registered nurse with over 18 years of experience in the healthcare field.

Born on 8th February 1984 in Kuwait, she developed an early interest in helping others, inspired by her grandmother who was a Midwife Nurse. Lenny pursued her passion for nursing by enrolling at the University of Rajiv Gandhi Health Science, Bangalore, India where she earned her Bachelor of Science in Nursing (BSN) in 2005. After graduating in Nitte Usha Institute of Nursing Science College, Lenny began her career at Lilavati Hospital, Mumbai, where she honed her skills in various departments including CCU. In 2010, started working in Al Adan hospital, Kuwait in medical ward and then in outpatient department, working as Movement disorder nurse specialist and MS Nurse taking care of mainly MS patients and Parkinson's Disease patients where she

discovered a passion for neurology nursing. Her compassionate approach, commitment to patient advocacy, her expertise encompasses patient education, symptom management, and coordination of care for those living with MS.

In 2018, Lenny was awarded the Nurse of the Year by her hospital for her outstanding contributions to patient care and staff mentorship. Beside her clinical responsibilities, she is actively involved in providing education on preventive care and wellness.

Brief Description of Your Project:

Wearable Technology for Patients with MS Monitoring

To explore the use of smartwatches or apps to track symptoms, managing fatigue, pain, mobility reminder for investigations and appointments, medications, side effects, adherence strategies, it helps to develop nursing protocol for symptom assessment, patient education, treatment escalation.

Core Features:

1. Symptom Tracking:

- Daily Logs with Relapse, severity levels
- Trend Analysis overtime
- Reminders to log Symptoms

2. Investigations And Test Tracking:

- Upload and Store MRI, blood test reports
- Timeline of test results

3. Medication and Side Effect Management:

- Medication started on, reminders
- Log side effects and their severity
- Tips for managing side effects

4. Doctor and Appointment Management:

- Store Treating Doctor's Progress Notes
- Appointment reminders
- Notes from Consultations

5. Lifestyle and Wellness Support:

- Balanced Diet and Exercise Suggestions
- Fatigue and Stress management tips
- Sleep tracking
- Incontinence of Bowel or bladder management tips
- A checklist and training program to help patients modify their house for better mobility and fall prevention

6. Emergency Support:

- Emergency contact information
- Integration with assistive devices