



Figure 2-9. Geofencing

particular locations. Geofencing can be used to increase the effectiveness and efficiency of reminders, but it should be noted it requires the use of your smartphone's GPS. Because frequent use of your smartphone's GPS may have a negative effect on your battery life, you may want to initially monitor your battery life until you are confident there is no issue. The frequency a particular application uses the smartphone's GPS can also be adjusted in either the application's settings menu or in the operating system's general settings.

Note: If you are sharing the particular application with others, you may want to determine whether or not your location is also being transmitted. Location sharing directly impacts your personal privacy, so be aware of exactly what information is being relayed to others and whether or not this information can be controlled through appropriate changes to the settings within the app itself.

Time-Tracking and Habit-Developing Apps

Especially in the realm of pharmacy, our workdays are unpredictable. Although some daily activities (e.g., meetings) can be planned and your time easily accounted for, other daily duties and responsibilities may be more erratic and difficult to track. For this reason, a number of apps have been developed to help users keep track of their activities throughout the day. Time tracking can be a useful exercise to aid in ascertaining efficiencies and to better understand time and resource allocation, whether individually or department-wide. For instance, one benefit of time tracking could be to make the clinical pharmacists' outcomes and activities in a pharmacy department more transparent. Although many pharmacy departments have taken to tracking activities of their clinical pharmacists to justify resource and staffing requests, the time spent on internal projects and clinical duties may not be as well tracked. If the clinical pharmacists utilized a *time-tracking app*, they could easily track how long they spend with tasks, such as the development of department documents

ADVANCED FEATURE: INTEGRATING YOUR SMARTWATCH

All of the items we have discussed up to this point have been approached from the vantage point that you will be viewing the information on your smartphone or tablet alone. Much of the same information can now also be viewed and manipulated on a smartwatch as well. See **Figure 2-10** to view reminders appearing on the smartwatch screen. Although the value of smartwatch applications is still being debated, the quick and easy viewing of the events and reminders on your wrist is quite valuable and does not require you to access your smart device. This small convenience pays dividends over time and also is handy during social interactions where it might be considered rude to pull out your smartphone.



Figure 2-10. Watch Reminder Event

(e.g., protocols, medication-use evaluations, etc.), the precepting of students, and the development of new teaching materials (**Figure 2-11**). The accurate capture of the time required to complete each of the multitude of clinical duties may help justify requests for additional services or identify critical needs for additional staffing in overburdened areas.

As a category, most of these time-tracking apps have similar functions and capabilities (**Table 2-2**) so your choice is more a matter of personal preference. On the most basic level, each of these apps allows a user to categorize his or her daily activities, followed by tracking the time devoted to each activity. On top of this basic functionality, each of the apps attempts to make the input as easy as possible through tools, such as location-based awareness, alerts and reminders, and shortcut gestures. Furthermore, each of the daily tasks can be classified and/or tagged under different jobs, departments, or services, which can then be exported from the app. Reports are probably the most beneficial feature of these apps, as they track and record pertinent activities. The reporting options available are also a big differentiator between each of the apps. Although time-tracking apps may be a niche area of utilization, the biggest benefit of these apps is that they show users where they are spending most of their time and recommends ways of improving their time management skills and efficiency in the workplace. For those looking to address task management options instead of time management, please see Chapter 3.