

# Gaming app to improve health

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The Pepster app delivers breathing therapy for cystic fibrosis in the form of computer games, using a patient's breath as the controller.

A mobile gaming app developed by University of Queensland students to help cystic fibrosis sufferers manage their illness has garnered national attention at the recent iAwards.

The Pepster app delivers breathing therapy for [cystic fibrosis](#) in the form of computer games, using a patient's breath as the controller.

The application was recognised with the Hill's Young Innovator of the Year award and the Best Mobile Application award.

UQ engineering student and entrepreneur Elliot Smith said he and his fellow co-founders of Pepster, Jeremy Herbert and Gavin Kremor, wanted to create a device that could have a positive impact on people's lives.

"Pepster has been a wonderful experience for us," Mr Smith said.

"It's a great privilege to be able to apply our knowledge in engineering and healthcare to a project like this.

"Winning the Hill's Young Innovator award has helped in providing funding for the next stage of our development.

"We are looking to build the best possible version of the device and this will help us get there."

The application came about after the students were approached by a cystic fibrosis specialist from the Mater Children's Hospital who was concerned about how often or how well people were doing their chest physiotherapy exercises outside of hospital.

Based around the Positive Expiratory Pressure (PEP) exercise, the Pepster system consists of a breath-measurement device that plugs into a tablet computer and a suite of applications which transform measurements into interactive experiences for the user.

Pepster records the breath measurements taken while the patient plays the game, allowing physicians to monitor their patient's process.

Currently, a medical trial of Pepster involving 30 patients at the Mater Children's Hospital is underway.

Provided by University of Queensland

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