“Mi PKU” App: Developed in Argentina for PKU patients to improve their quality of life.

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“Mi PKU” App was developed in Argentina by initiative of CONICET’s Food Safety Network (RSA).
For its development RSA invited three reference centers who work with PKU patients. This first free access version, in Spanish, basically consists of a phenylalanine calculator/converter, and a protein/phenylalanine (Phe) counter to be used in the PKU patient or caregiver’s mobile phone (Android).
It was designed to facilitate the calculation of the dietary prescription, helping compliance and improving the adherence of PKU patients. It easily tracks Phe and Medical Food daily intake and their distribution throughout the day.
The App data base was built after a consensus about Food, Nutrition information, Medical Food and low protein food used in Argentina, being the dietitians who developed the database.
Patients need to register their individual data including personal Phe tolerance and Medical Food prescribed and the App is able to track Phe (mg), protein (gr) or exchanges (20 mg Phe) depending on patient’s choice and dietary approach.
The app allows sharing food records in digital form (24-72hs-monthly) by email/WhatsApp with the medical team, being more readable, complete and in real time. It also optimizes consultation time, allowing the metabolic team to easily analyze the intake of phenylalanine and other macronutrients and evaluate possible individual dietary adjustments to the diet to improve adherence to treatment.
This tool reinforces self-care for patients and their families, especially adolescents and adults whose adherence tends to decrease, and provides the metabolic team with a detailed database for research and academic work.