



NEWSLETTER October 2012

Welcome to the October 2012 newsletter from the Technology Strategy Board (TSB) Knowledge Transfer Network and the Telecare Learning and Improvement Network. It's the seventh anniversary of TelecareLIN. Our free monthly newsletter is distributed to 46,000 subscribers in the UK and worldwide via e-mail and archived at www.telecarelin.org.uk

We hope that you find this newsletter useful. With around 700 news and events links over the last month, it is the most comprehensive newsletter available serving the telecare, telehealth, ehealth and assisted living communities.

November is conference season and we have seen recent announcements on dementia and housing funding, technology for nurses and the possibility of a paperless NHS by the end of 2015. The consultation on the care and support bill has closed and there is much talk of integrated health and social care in England. NHS24 in Scotland has announced that it will concentrate on tablets, smartphones and digital TV for its future telehealth programmes and English Ministers Jeremy Hunt and Norman Lamb have been talking about the importance of technology in health and social care. New NHS bodies are being launched in England (Commissioning Board, Healthwatch). The Knowledge Transfer Network has a new resource on assisted living UK capabilities. Conference season continues with [Telecare Services Association](#), [Royal Society of Medicine](#) and [dallas interoperability](#).

The links section is now available in a separate supplement rather than in the main newsletter ([doc](#), [pdf](#)). A selection from this month's listing is covered in the newsletter.

The newsletter contains a list of KTN/ALIP activities, conferences and workshops from the UK and Europe over the coming weeks as well as news from the UK and around the world. For weekly news, updates and information, you can register with the Technology Strategy Board, [ALIP](#) group and the [DALLAS](#) sub-group. You can follow the dallas programme on Twitter at [@dallas_connect](#). Also [3 Million Lives](#) is now on Twitter at [@3MillLives](#) and now on [LinkedIn](#). If you would like daily information on #telecare and #telehealth, then a [Twitter stream](#) is available (you do not need to register on Twitter and it is accessible to organisations not able to connect directly to social media).

Prepared by Mike Clark (Twitter: [@clarkmike](#)) for the ALIP Knowledge Transfer Network and Telecare Learning and Improvement Network



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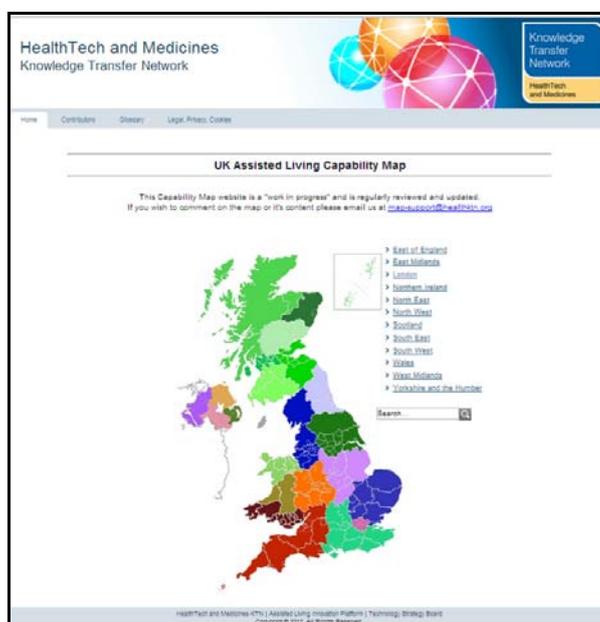
Supplement for October 2012

The links section is now available in a separate supplement rather than in the main newsletter ([doc](#), [pdf](#))

Item 1 – News from ALIP and the KTN (HealthTech and Medicines)

Assisted Living UK Capabilities and Opportunity Report and Website

The application of technology to facilitate the delivery of health and social care has developed rapidly in the past 15 years and in Assisted living a portfolio of products and services are now available to be prescribed for a patient by the statutory services or available to be selected by them.



The Assisted Living Innovation Platform programme (ALIP) has commissioned a [report](#) of the 'Assisted Living UK capabilities and Opportunities' which forms a 'virtual catalogue' of such products and services currently in existence. The virtual catalogue contains all the examples of assistive technology, telecare, telemedicine, telehealth, telehealthcare, e-health and m-health developed to date.

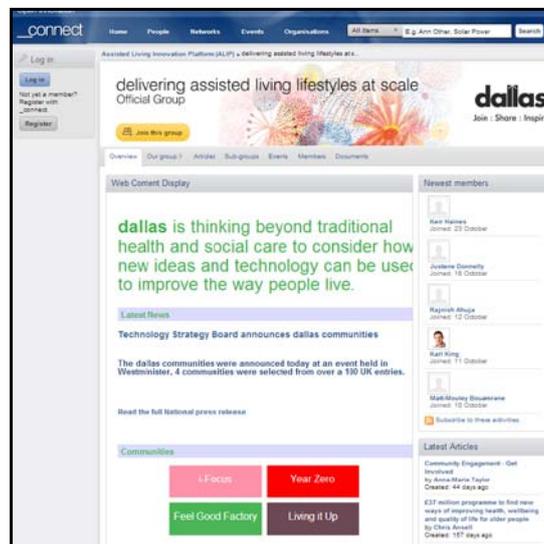
This report is design to stimulate and support the development and uptake of assisted living products and services by reporting on existing care needs and provision, identifying existing assisted living activity and suppliers and identifying sources of expertise.

The analysis of the data then provides an initial guide for those in the public sector who are tasked with introducing assisted living services in their region and for organisations in the voluntary and private sectors who feel there is an opportunity to develop assisted living products and services.

UK Capability Map:

www.healthktn.org/capabilitymap

Additional ALIP resources:



For more information on events and ALIP projects please visits the Assisted Living Innovation Platform on [connect](#).

[Assisted Living Directory](#)

[Assisted Living Demonstrator Map](#)

[Delivering Assisted Living Lifestyles at Scale \(dallas\)](#) (Twitter: @dallas_connect)

Item 2 Recent Department of Health announcements

a) In a [presentation](#) to the NCAS Conference on 25 October 2012, Secretary of State for Health, Jeremy Hunt stressed the importance of service integration and announced a new [dementia fund](#) of up to £50 million ([press notice](#), [ministerial statement](#)) which will be available to NHS trusts and local authorities, working in partnership with care providers, to help tailor hospitals and care homes to the needs of people with dementia. The care providers involved will need to sign up to the [Dementia](#)

[Care and Support Compact](#), which commits them to providing first rate care and support for people with dementia and their families. Research by [The King's Fund](#) demonstrates that good design can help with the management of dementia. Organisations that bid successfully for money will be able to adapt care homes and hospitals using design principles tested in The King's Fund pilots.

b) At the same conference, Minister Norman Lamb announced a new Hospital2Home Resource Pack (Available via [Housing LIN](#), [DH announcement](#)). The Hospital 2 Home resource pack contains information, advice, case studies and checklists to help health, housing and social care professionals provide the right care for older patients. The resource aims to improve the experience of staying in hospital and returning home for both older patients and their carers.



c) The Department of Health has opened a £300 million [fund \(press release\)](#) to provide new and modernised homes designed to meet the needs of older people and people with disabilities. Local authorities will be able to bid for money from the fund to build specially designed new homes and to modernise existing specialised housing to bring it up to standard. High quality, innovative housing helps people stay independent for longer by allowing them to receive care and practical help in their own home, reducing the need for them to go into care homes or hospitals. You can follow the announcements, fund arrangements and progress at the [Housing LIN website](#).

d) An extra £140m in funding, aimed at easing the burden of bureaucracy on nurses and midwives, has been [announced](#) by Prime Minister David Cameron. The money is intended to give NHS nurses in England access to the latest technology and ensure cancer patients get advanced radiotherapy treatment.

e) On 1 October 2012, Healthwatch England was [launched](#). Healthwatch is the new national, statutory consumer champion for health and social care.

f) LAC(DH)(2012)03 on 'Charging arrangements for adult social care services' has been [published](#).

You can follow the Department of Health, Jeremy Hunt and Norman Lamb on Twitter at [@dhgovuk](#), [@jeremy_hunt](#) and [@normanlamb](#)

Item 3 – News Roundup

Here is a roundup of other news over the last month. A fuller listing is available in the supplement ([doc](#), [pdf](#)).

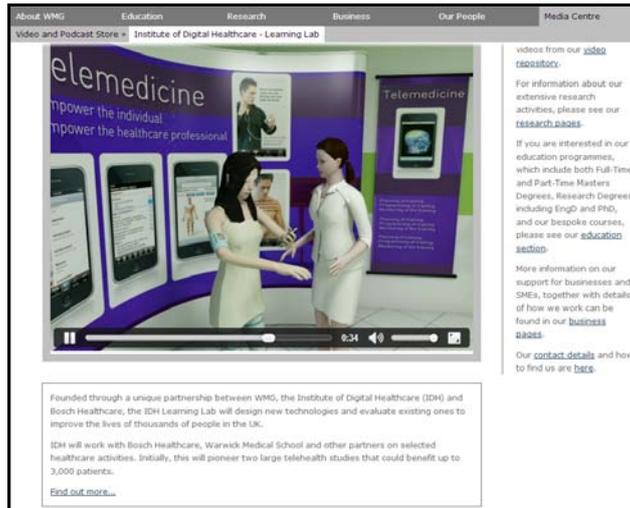
a) English Minister, Norman Lamb made several [references](#) to technology at the recent Liberal Democrats Party Conference. He called for innovation within the NHS, noting that more GP appointments could be conducted by email, saving time, which could then be freed-up for those with long term chronic conditions. Freeing up the time of GPs would allow them to work with care teams and support patients with long-term conditions, ultimately enabling patients to 'self-care'. He said that telecare and telehealth can be transformational in terms of enabling independent living much longer than would otherwise be the case.

b) In an [eHealth Insider article](#), NHS24 Medical Director, George Crooks, has committed to launch all telehealth solutions on three channels - smartphones, tablets and digital TV. NHS Scotland's online and telephone-based advice service has also committed to only launch telehealth solutions that are able to support multiple conditions. You can now follow the Scottish Centre for Telehealth and Telecare on Twitter @SCTT_NHS_24

c) The Raconteur had a recent supplement in The Times on healthcare technology ([Article](#), [Supplement](#)). A number of useful reports are included.

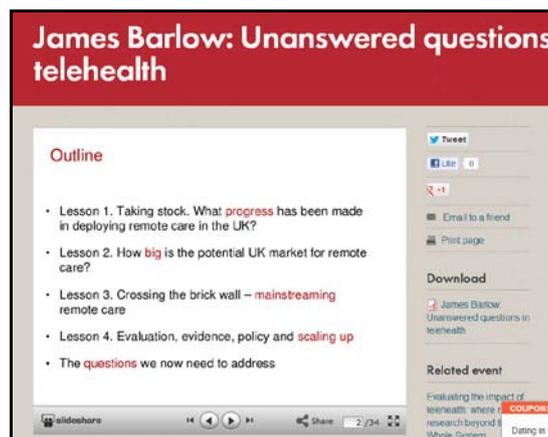


d) The [Institute of Digital Health at Warwick](#) has launched a 'Learning Lab' to improve the effectiveness and uptake of Digital Technologies in the NHS in association with WMG and Bosch Healthcare. Initially, the lab will pioneer two large telehealth studies that could benefit up to 3,000 patients. [More information and '3D' video](#).



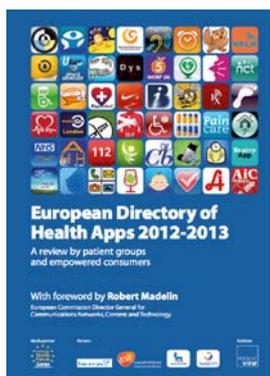
You can follow The Institute of Digital Health on Twitter at @IDHWarwick

e) In a Nuffield Trust [slideshow](#), Professor James Barlow considers the ‘Unanswered questions in telehealth: lessons learnt from the Whole System Demonstrator programme’. Also available is a [presentation](#) from Dave Tyas on ‘Developing Telehealth in Cornwall’.



You can follow Nuffield Trust on Twitter at @NuffieldTrust.

f) With the possibility of 500 million medical app users by the year 2015, Medical App Journal asks ‘Where is the evidence?’ The good news is that organisations such as [Handi](#) in the UK, are starting to look at some of the issues so that apps can be used effectively. If you are on Twitter, you can also follow Shaibal Roy (@SR_Disrupt) and the #mapsandapps hashtag. And on the subject of health apps and patient empowerment, readers may want to familiarise themselves with the ‘quantified self’ movement in this recent [article](#). However, Mobihealthnews [reports](#) that ‘Elderly are still not using apps for health, but tomorrow’s seniors might’. For those considering developing a health app here is a helpful [article](#) on avoiding failure. Finally, here is a [link](#) for the new European Directory of Health Apps which has been reviewed by patient groups and consumers.



g) The audience at the recent Royal College of GPs Conference were amazed ([Report](#)) to hear that current chair, Clare Gerada (Twitter @clarercgp), provided mobile phone and e-mail details to patients – an online survey did not appear to support the practice. In the United States, Dr Natasha Burgert ([video](#)) is among a small but growing number of practitioners using social media to engage adolescents. Her patients read [her blog](#) and follow her on Twitter (@DoctorNatasha) and [Facebook](#). Meanwhile, a US [survey](#) finds that patients' expectations for healthcare providers have evolved - a majority expect their doctors to communicate with them proactively - even when they're well - via texts, emails and proactive smartphone alerts.

h) The NHS will undergo a "data revolution" from April 2013 according to [Tim Kelsey](#) from the NHS Commissioning Board, with improvements to data flows across primary and secondary care. He is also indicating that the [NHS should be paperless](#) by the end of 2015 (additional [BMJ Report](#)). You can follow Tim Kelsey on Twitter at @tkelsey1

i) A [report](#) by the International Telecommunication Union (ITU) indicates that there were about six billion mobile phone subscriptions at the end of 2011 compared to nearly seven billion people on Earth. The ITU and the [World Health Organization](#) have launched a new [partnership](#) to promote the use of mobile technology to combat certain diseases. The m-health initiative will focus on using text messaging and mobile apps to help fight non-communicable diseases such as cancer, cardiovascular diseases, diabetes and respiratory diseases. Here is an [example](#) from India of using cell phones to tackle diabetes.

j) With integration high up the health and social care agenda, the NHS Confederation (Twitter @NHSConfed) in association with ADASS has a new [publication](#) 'Joint personal budgets: a new solution to the problem of integrated care?'



As personal health budgets commence, The Royal College of GPs has issued a [position statement](#) on personal health budgets. DH (England) Minister, Norman Lamb, has adjusted the [target for personal budgets](#) in social care – now 70% by April 2013.

k) SSAIB has UKAS approval for its Telecare Services Audit Scheme – more [information](#) and [website](#).

l) In a French telehealth [survey](#) by Mondial Assistance, 62% of people (n=1006) think that a distance medical advice service can replace a consultation at a doctor's office.

m) Dr Kate Hamblin from the Oxford Institute of Population Ageing outlines the Advancing Knowledge of Telecare for Independence and Vitality in later life (The AKTIVE project) in the [AARP journal](#). The project is investigating the potential of telecare to support older people diagnosed with dementia or susceptibility to falls and their carers (both paid and unpaid). It is investigating the following topics:

- What are the characteristics of older people who use telecare, and in what context are they doing so?
- How is telecare equipment used in private homes and what is its significance for the users, carers, agencies and workers operating there?
- How, when and in what ways can (unpaid family) carers benefit from the use of telecare in older peoples' homes (and does this affect carers' capacity to remain in paid employment)?
- What are the barriers to the adoption of telecare for individuals, families, local communities and service providers (and what innovations are needed to overcome them)?
- Does telecare offer opportunities to improve job design and job quality for care workers, providers and commissioners, or for other health and related workers who attend older people at home, and does it improve outcomes for older people and their carers?
- What are the main features of the current / future market for telecare and what can be done to enhance innovation and improve take-up of appropriate technical developments?

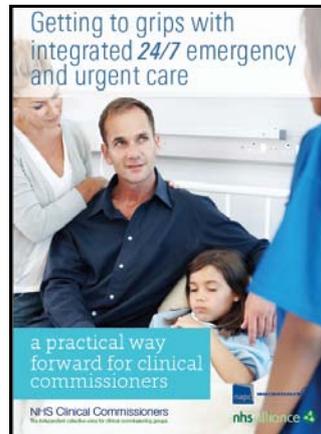
The [AKTIVE project](#) is funded from June 2011 - May 2014 by the Technology Strategy Board and the ESRC.



n) The [NHS Commissioning Board](#) has a [map](#) of the proposed 212 Clinical Commissioning Groups and The King's Fund has a [map](#) of the new Health and Well-Being Boards (there is also a [report](#) from a recent King's Fund Conference on HWBs). Clinical Commissioning Groups are now going through a

[process of authorisation](#) before receiving their budgets from April 2013. The TelecareLIN newsletter will be tracking which Health and Well-Being Boards and Clinical Commissioning Groups are involved in telehealth.

o) As NHS 111 replaces NHS Direct Services over the next few months, [GP Online](#) examines an NHS Alliance/NHS Confed/NAPC [report](#) with concerns about the impact of increasing demand. More [information](#) is available about the NHS 111 service and the areas currently covered.



p) A number of organisations in the UK including the [National Osteoporosis Society](#) and Age UK have [formed the Falls and Fractures Alliance](#) (FFA – [list of members](#)) –here are the Alliance’s aims: “As partners who work to prevent unnecessary falls and broken bones, we agree to reduce the rate of hospital admissions for (a) hip fractures and (b) falls and falls-related injuries in people over the age of 65 between now and 2017”. A recent [Cochrane Review](#) (159 randomised controlled trials covering 79,193 participants) looks at Interventions for preventing falls in older people living in the community.

q) IPC and Oxford Brookes University have produced a [publication](#) ‘Where the heart is...a review of the older people’s home care market in England’. Here is some coverage at [Community Care](#).



r) Here are some examples of new services from [Trafford Telecare](#):

- Vega Bracelets use GPS Technology to locate people who have gone outside their 'safe zone' and reassure them until help reaches them. The bracelet can also be used as a two way mobile phone, a panic alert and fall detector.
- The Safeling, a small personal safety alert device, lets a family member and the control room staff know if there is a problem. Staff can contact the emergency services on behalf of the family if they can't get to their relative.
- Anyone needing a reminder to take regular medication can use the Telecare Pharmacy. Medication is delivered in a medication dispenser by a chemist. If it is not taken, the control room is alerted and sends a phone call reminder.
- During the cold winter months, the Winter Chills package monitors a person's wellbeing. The control room is alerted if the room temperature drops below an acceptable level and can contact the person and encourage them to increase the heat. If asked, staff can also signpost to fuel poverty advisors and alert family members.

s) Kirsty Aldridge works at North Yorks County Council's Station View care home for elderly people in Harrogate, so she is used to working with telecare, the range of sensors and alarms that allow people to be as independent as possible while having care on hand, but now telecare is helping Kirsty – [find out how](#).



t) In a recent [article](#), 'wellbeing dementia' looks at 'The importance of assistive technology in promoting wellbeing'. Two [podcasts](#) (BIME and Independent Project) are available and there are references to various additional resources including:

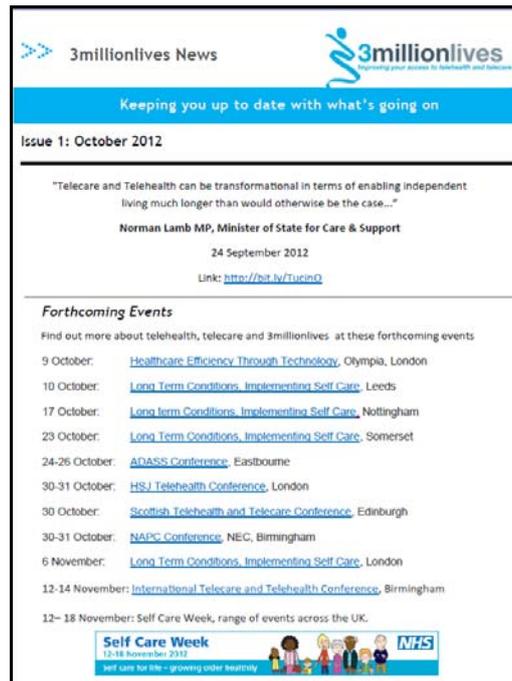
- [ATDementia](#) provides information on Assistive Technology that can help people with dementia live more independently.
- [Alzheimer's Society](#) has a [factsheet](#) on 'Assistive technology - devices to help with everyday living'.
- [British Society of Gerontology](#) has an [article](#) on Potential technological solutions to promote mental well-being in older age

[Joseph Rowntree Foundation](#) has announced [plans](#) to turn the city of York into the UK's first 'dementia-friendly city' – [York Dementia Without Walls Project](#).

Item 4 - News and briefings – additional places to look for telecare, telehealth, digital technologies and innovation

a) [3 Million Lives](#) is now on [LinkedIn](#) with daily discussion topics. After just a month, the Group has now passed 100 members. As well as discussion on relevant topics, you will find the latest research, progress and upcoming events where team members will be in attendance to update you on progress.

You can follow 3 Million Lives on Twitter (@3MillLives – 186 followers) and there is now a monthly newsletter ([October 2012](#)) available via the [website](#).



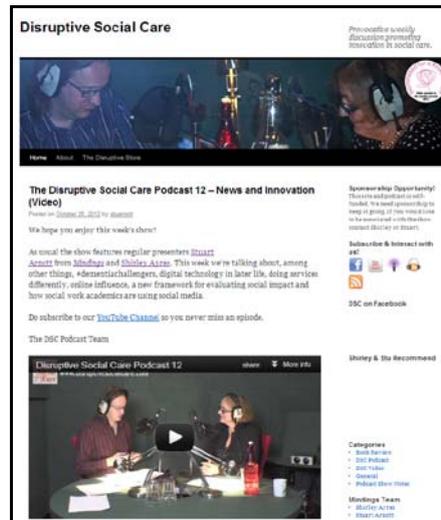
b) [Telecare Aware](#) has been providing news, discussion and debate on telecare and telehealth from UK and around the World since 2005. They can also be followed on Twitter (@TelecareAware) and are on [Facebook](#).

c) For a detailed list of events, newsletters and much more, then check out the [Foundation for Assistive Technology](#). They are also on Twitter (@FastUK)

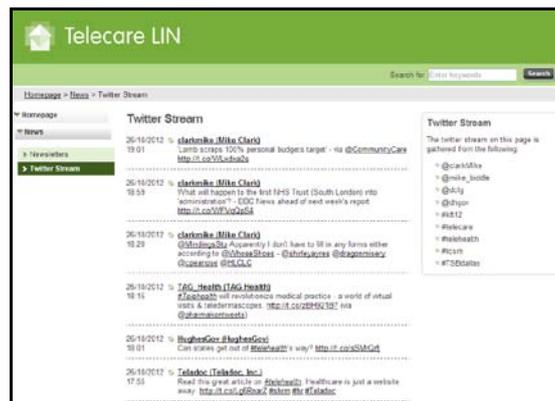
d) The Guardian's [Social Care Network](#) is always a good place to find important news on developments including 'How the digital divide is being tackled' and [Jeremy Hunt: NHS reforms offer new opportunities to integrate health and social care](#). There is more on the recent National Children and Adults Services Conference at the Guardian's [Conference Hub](#). There is also a Guardian [Healthcare Network](#) with daily news log.

f) An excellent resource covering a range of digital technologies in social and UK care is the Disruptive Social Care weekly [Podcast](#) (Also on [You Tube](#), [Facebook](#) and [iTunes](#)) run by Shirley Ayres

(@ShirleyAyres) and Stuart Arnott (@MindingsStu) of [Mindings](#). This new podcast is well researched with interesting guest interviews.



g) If you are unable to access Twitter directly, you can check regularly for updates on the [TelecareLIN Twitter Stream](#)



Item 5 – Summary of recent journal articles

Each month, our supplement ([doc](#), [pdf](#)) provides a comprehensive list of recent journal articles. Here are just a few recent papers.

a) A [systematic review](#) of peer support on diabetes outcomes in adults examined 25 studies and concluded that peer support appears to benefit some adults living with diabetes, but the evidence is too limited and inconsistent to support firm recommendations. The researchers suggest that Key questions remain over its suitability to the needs of particular individuals, populations and settings, how best to implement its specific components and the sustainability of its effects.

b) In a [JTT article](#), researchers evaluated a telemedicine system in 15 patients with type 1 diabetes who had optimized treatment with an insulin pump and a real-time continuous glucose monitoring system.

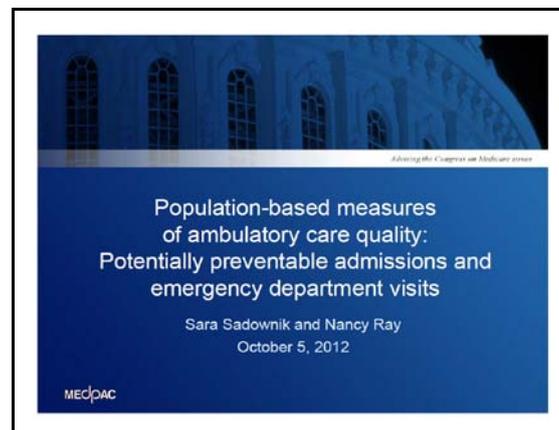
c) A Cochrane review of health checks covering 180,000 patients reports on the impact on cancer and heart disease deaths ([BBC Report](#))

d) Nuffield Trust are reporting on a study ([Slideshow](#), [Report](#), [Telegraph report](#)) of health and social care at end of life which involved the development of a large linked dataset of over 73,000 people. The study suggests that social care may help prevent hospital admissions.

e) Screening middle aged people (n=15,089) for type 2 diabetes has no overall effect on the number who die over the next 10 years, concludes a UK [study](#) published in the BMJ. Screening did detect some people with undetected diabetes (around 3% of screened group). However, this did not lead to any significant reduction in deaths.

f) Individual budgets were found to be cost-neutral compared with conventional social care delivery in a UK [study](#).

g) Kaiser Health News [reports](#) that nearly 60 percent of Medicare beneficiary visits to emergency rooms and 25 percent of their hospital admissions were “potentially preventable” – had patients received better care at home or in outpatient settings — according to a congressional advisory board [study](#).



h) A [BMJ article](#) covers a recent [Cochrane review](#) (25 randomised controlled trials involving 5942 people) which finds that telephone follow-up of heart failure patients is effective.

i) A recent [study](#) from February 2012 covers provision of assistive technology to meet the needs of people with disabilities and older people across three core settings – home/community/everyday life, employment and education. The main countries covered were Ireland, Denmark, Norway, Netherlands, Italy and the UK, as well as a more limited coverage of Germany.

j) Rachael Wade discusses home Telehealth user compliance as it relates to the Technology Acceptance Model ([Report](#)).

k) Maggie Mort and colleagues at Lancaster University [propose](#) that “re-imagining the aims of telecare and redesigning systems to allow for creative engagement with technologies and the co-production of care relations would help to avoid the application of coercive forms of care technology in times of austerity”.

l) A [paper](#) on 'Internet-based randomized controlled trials: a systematic review' looked at a total of 60 trials from the year 2000. They concluded that methodological quality was variable and the methods were generally poorly reported. Only one trial was identified as meeting all criteria for adequate methodological quality. A particular problem was high rates of loss to follow-up.

m) In a Medpage [article](#), An intensive blood pressure telemonitoring programme using a pharmacist case manager and phone consults had high compliance. The case managers had an alert system if readings were too high (160/100 mmHg), too low (less than 90/60 mmHg), or if readings weren't sent at least weekly.

n) The King's fund has an updated [reading list](#) on long term conditions.

Item 6 – Learning and Events

a) The Telehealth and Telecare in Scotland: home and away 1st November 2012 is now fully booked but you can now follow on Twitter [@SCTT_NHS_24](#) and [#SCTTEdin12](#)

The aim of the event is to:

Horizon scan - what lies ahead for Scotland?

Facilitate opportunities for collaboration and shared learning with partners

Promote best practice across Scotland and beyond

The programme will include:

Keynote address by Nicola Sturgeon, Cabinet Secretary, Scottish Government

Home and Away workshops - examples of best practice from Canada, Europe and the UK

Technology showcase - new and emerging products and innovation

Industry-led Snapshot Sessions

b) The International Telecare and Telehealth Conference 2012 will take place on 12 – 14 November 2012 at the Hilton Birmingham Metropole.

Conference speakers include:

- Norman Lamb MP, Minister of State for Care & Support
- Rt. Hon Patricia Hewitt, former Secretary of State for Health; Senior Independent Director, BT and Chair, UK India Business Council
- Stephen Johnson, Deputy Director, Head of Long Term Conditions and Urgent & Emergency Care, Department of Health
- Dr Robert Stewart, Medical Director for Clinical Commissioning and Strategic Change, NHS Kent and Medway
- Fiona Philips, Broadcaster and author
- George Crooks, Medical Director/Chief Operating officer for NHS 24 and Director of the Scottish Centre for Telehealth & Telecare
- Mark VanderWerf, Chairman, American Telemedicine Association International SIG

Delegates can choose from 25 breakout sessions and case studies. View the largest specialist telehealth and telecare exhibition featuring new product launches and the latest innovations.

You can view the full conference programme and book online at: www.telecare.org.uk/conference or contact the TSA Conference Team on 01625 520320 and email: admin@telecare.org.uk

c) The annual Royal School of Medicine's 'eHealth & Telemedicine' conference is on 26-27 November in London covering '3million and rising: Integrating care, mainstreaming technology'
<http://www.rsm.ac.uk/academ/ted01.php>

For further forthcoming learning opportunities and events that may be of interest, click on the links below:

Telehealth and Telecare in Scotland: home and away, 1 November 2012, Edinburgh
<http://bookings.shscevents.co.uk/all/2846> (Follow @SCTT_NHS_24 and #SCTTEdin12)

Long Term Conditions – Implementing Self Care London (6 Nov), The Maltings (15 Nov) Maidstone (20 Nov) Walsall (27 Nov) <http://www.events4healthcare.com/LTC.html>

EHI Live 2012 6-7 November 2012, Birmingham, <http://www.ghi.co.uk/events/ghi-live-2012/>

Health 2.0 Europe, 6-7 November 2012, Berlin
<http://www.health2con.com/events/conferences/europe-fall-2012/>

The International Telecare and Telehealth Conference (TSA), 12-14 November 2012, Birmingham
<http://www.telecare.org.uk/conference>

NHS workforce leaders summit 13-14 November 2012, London
<http://www.nhsemployers.org/Aboutus/Events/Pages/workforce-summit.aspx>

Self Care Week 12-18 November 2012 <http://www.selfcareforum.org/>



Accelerating innovation in healthcare - 14 November 2012 London
<http://www.westminsterforumprojects.co.uk/forums/event.php?eid=457>

3rd Annual IDH Conference - Advances in Healthcare through Digital Consultations and Three Million Lives: What needs to be done? - Warwick, 21 November 2012 (Twitter [#IDHConf12](https://twitter.com/IDHConf12))
http://www2.warwick.ac.uk/fac/sci/wmg/idh/idhevents/3rd_annual_idh/

NHS Alliance Annual Conference 2012 21-22 November 2012, Bournemouth

<http://www.nhsalliance2012.co.uk/>

The Interoperability Conference - dallas Networking and Events 21-22 November 2012 Leeds

<http://www.eventbrite.com/event/4211091488>

RAATE, 26 November 2012, Warwick <http://www.raate.org.uk/>

eHealth & Telemedicine 2012 - 3million and rising: Integrating care, mainstreaming technology
(Royal Society of Medicine) 26 - 27 November 2012 London

<http://www.rsm.ac.uk/academ/ted01.php>

Healthcare Innovation Expo 2013 – 13-14 March 2013, London

<http://www.healthcareinnovationexpo.co.uk/>

Item 7 – Other useful links

DALLAS _Connect Sub Group - Join the Sub Group at: <https://ktn.innovateuk.org/web/dallas>

Telecare Learning and Improvement Network www.telecarelin.org.uk

King's Fund telehealth & telecare

http://www.kingsfund.org.uk/topics/technology_and_telecare/index.html

Telecare Aware – daily news and comments www.telecareaware.com

Three Million lives <http://www.3millionlives.co.uk/> Twitter: @3MillLives and now on [LinkedIn](#)

Newsletter prepared by Mike Clark (@clarkmike) and brought to you by the Telecare LIN on behalf of the Technology Strategy Board

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