NEWSLETTER
February 2015

Welcome to the February 2015 newsletter from Innovate UK (previously Technology Strategy Board), Knowledge Transfer Network and the Telecare Learning and Improvement Network.

Launched October 2005, our free monthly newsletter is now distributed to 48,000 subscribers in the UK and worldwide via e-mail and archived at www.telecarelin.org.uk. You can also find highlights on Rebelmouse (daily) or by following Mike Clark on Twitter (@clarkmike). With over 1500 news and event links over the last month, we hope that you find this newsletter useful.

It's time for the final health and care announcements before the election (eg dementia policy and plans to 2020) and commentators are starting to think about how health and care services will be led based on different possible government configurations from May 2015. Whatever happens at the national level, the Better Care Fund Plans, Care Act, new care model (vanguard) sites and various other initiatives will continue. These will now, undoubtedly, be influenced by the announcement in Manchester of a £6bn integrated health and care programme (10 local authorities and 12 CCGs covering 2.7m population). The extent to which technology and big data will support health and social care programmes over the next year is unclear – care.data has not got off the ground yet, Tech Fund 2 announcements are yet to be formally made (and much of the potential funding appears to have been lost), progress on integrated digital care records is patchy so is access to online patient records, use of Skype and e-mail by GP practices. There are only a limited number of examples of mHealth, digital health, telehealth and telemedicine at scale in the UK compared with other countries. Meanwhile, the technology moves on apace with more smartphones, tablets, sensors, smartwatches, implanted devices, 3d printed prosthetics, nanotechnologies, rapid diagnostic kits, apps and portals. The challenge of rapid evaluation and diffusion of technology into mainstream public health, care and housing services remains a big challenge as commissioners struggle to decommission poor services and replace them with more effective, less expensive alternatives. Meanwhile consumers wait to see how new offerings from Apples, Samsung, Google and Microsoft can be incorporated into their lifestyles.

The Spring/Summer conference season continues running through to the King's Fund Digital Health and Care Congress in June 2015. If you are interested in the Long Term Care Revolution, then there is an event scheduled for Cardiff in March prior to the national challenge launch in April/May 2015. For daily/weekly news, updates and information, you can register with Innovate UK's ALIP group and the dallas group. You can follow the dallas programme on Twitter at @dallas_connect. You can also follow the Long Term Care Revolution at #LTCRevolution or via Facebook.

Contents

Also available this month:

- Links Supplement in two formats – pdf, doc

The newsletter is Prepared by Mike Clark (Twitter: @clarkmike and http://storify.com/clarkmike) for Innovate UK, KTN, ALIP Knowledge Transfer Network and Telecare Learning and Improvement Network.

Item 1 – News and updates from the Long Term Care Revolution

The Long-Term Care Revolution – Update.

We can now announce the first of the Long-Term Care Revolution roadshows, which will take place at the Millennium Stadium, Cardiff on 24th March 2015. Click here for further information and to register.

Further roadshows will be announced soon.

Don't forget you can keep up with all our news via our webpage, Facebook and Twitter.

CASA: don't just help me in a crisis, help me have fun!

The Long-Term Care Revolution continues to seek ideas that can significantly change or disrupt, or provide alternative solutions to institutional long-term care. CASA, one of the projects that emerged from the Sandpit in September 2013, tackled this by shifting their thinking about assisted living from 'respond when I'm in crisis' to 'help me continue the things I enjoy'.

CASA recently developed from a funded project into a brand-new business – Alcove – and we thought it was the perfect time to hear a bit more about what makes them tick. We spoke to Alcove's Amalia Tsanaka, who was drawn to the radical-thinking approach of the Long-Term Care Revolution and who first got involved with CASA through the Bristol Robotics Lab.

Talking to Amalia, it's clear she'd like to be active and valued as she grows older; seen as still having a lot to offer society. I'm with her there. But more than that, more than being appreciated by others, CASA seems to be about giving us the option to enjoy the better things in life – whatever that means to each of us – for as long as possible. Amalia describes CASA as capturing the aspirations of older adults and then identifying technologies to help achieve them. Sounds good to me!

Amalia is a big fan of technology and has high hopes that it can help in the long-term care issue. She has a vision of obsolete techniques replaced by newer ones, with better performance, and has been pleased with how well this idea has been accepted so far by the people who provide care. "Almost everyone I have spoken to is positive to the idea of managing care in a better way, with the aid of technology. Staff have been willing to adapt their work routine, and even undertake training in new technology", she says.

However, it sounds as though we may be a somewhat tougher audience when it comes to accepting new technology in our own lives. Amalia recognised that it takes time to explain the benefits to those who are new to the technology. And when I think about it, while a carer gets the opportunity to use a piece of new kit many times each day, with not just one but many of the adults they work with, each of us will have to get used to it in our own time. Depending on the equipment, we may only use it for a few minutes each day, and it takes longer to get used to something if you're not using it very often.

Amalia says that Alcove is currently focused on ensuring their system works well, is easy to use and looks great. She hopes that the reliability and effectiveness of their technology can be proven by having lots of people involved, and that Alcove are able to make an impact on the way long term care is provided. We are keeping up to date with their developments via Twitter @youralcove and look forward to seeing what they produce.

To finish, one of the things that sticks in my mind is Amalia's belief that any change should be something designed *by* the people, *for* the people. We can get behind that: a better system designed by us, for us. Bring it on!

POPPINS: Richard's long-term care revolution journey

Richard was one of the 25 participants at the Long-Term Care Revolution Sandpit in September 2013. From an idea that formed during that week, he went on to develop Poppins, an innovative pop-up shop that was tested in the Greenock community. Poppins uses a combination of history and modern technology and engages people of all ages right on their local high-street. Even Carole Smilie got involved…

RICHARD WAS DRAWN TO THE PASSION AND COMMITMENT OF THE LONG-TERM CARE REVOLUTION.

"I became involved with the LTCR after attending an event promoted by the Creative Industries Knowledge Transfer Network. They were very keen on promoting cross sector collaborations and believed that in an era of digital convergence the Health & Wellbeing sectors offered up exciting possibilities to develop new approaches and services. However, my interest really came when I heard Jackie speak – her passion and commitment really came across. It was something I had not really seen at a Technology Strategy Board/Innovate UK event before and it made me think that this was an area that truly had potential for new approaches and new thinking."

NOBODY WANTS TO BE LONELY! CAN TECHNOLOGY HELP WITH THAT, RATHER THAN MAKING US EVEN MORE ISOLATED IN HYPERSPACE?

 "Poppins (www.poppinsproject.co.uk) explored the potential to use digital tools to tackle issues of loneliness and isolation – in our minds this was an issue directly linked to sustaining independence as

we get older. We can start to lose friends and social connections quite quickly in later years and this in turn affects our physical and mental well-being.

Poppins used a virtual currency and other digital technologies in a counterintuitive way to encourage people to come together in the physical space, not to be further cut off somewhere in hyper-space. Loneliness and isolation are major issues that ultimately impact strongly on our quality of life and well-being. All too frequently I think this is an issue that gets lost in the race to embrace digital as a way of "cutting health costs". People need people. Social media platforms simply cannot beat friendly, face-to face, contact and interaction."

RIGHT ON THE HIGH STREET - A WIN-WIN FOR BUSINESS AND THE LOCAL COMMUNITY.

"We also wanted the project to be a wider 'win-win' for the local community, as this would also help give Poppins sustainability - as such we wanted to use the technology to make things happen right at the heart of the community – in fact right on the High Street where our 'Poppins Shop' was located.

The virtual currency not only helped us connect with our target group (65plus) but it also enabled us to enrol local retailers and, in turn, that helped bring people back to the High Street. "

SHARED HISTORIES – A UNIQUE RESOURCE.

"We drew on another project we had recently completed that showed that one particularly good way of bring people together (especially older adults) was to use local history as a catalyst.

Familiarity with the past is an area where our age can give us a major advantage over younger people, and it's any area where we are often only too keen to share our knowledge! It is also an area in which Belle's creative sector background came in. Using our contacts, we were able to gain access to an extraordinary collection of clips and material (many rarely seen) from major audio/visual archive sources such as the BBC, ITN and the Scottish Screen Archive. We were also able to develop the digital tools to open up access in new and interesting ways, and which in turn could act as an introduction to a wider digital world."

GREENOCK PAST AND PRESENT!

"Poppins ran for 3 months over summer 2014 in Greenock – a small ex-ship-building town in the West of Scotland that has definitely seen better days. The project was partly targeted at single men over the age of 65 – a group prone to suffer severe social isolation - so material linked to the shipbuilding and engineering heritage of the area helped widen the appeal. Poppins however also offered up a range of local material and cultural references; it was as much about entertainment and national stories as it was about the specific history of the place. It was about connecting people with their past, but very much still linked to the present."
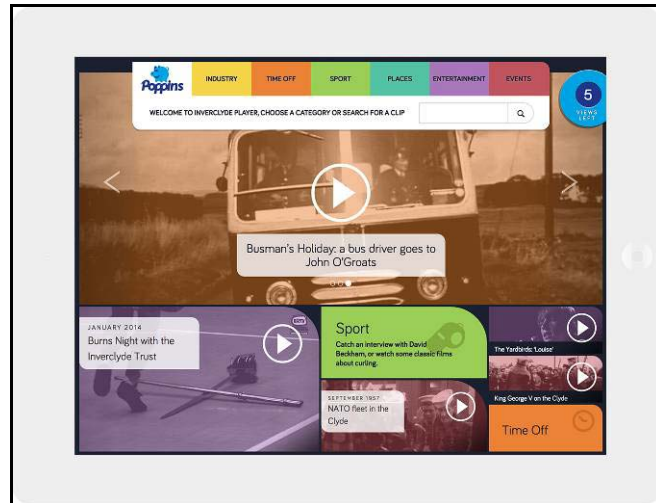
Poppins Portal Home Page

POPPINS: "COSTA COFFEE MEETS APPLE STORE!"

"Local shops gave out our special Poppins Coins to their older clientele and these coins in turn were exchanged for various digital services including access to our extensive film archive via our Poppins 'Player'.

Over 30 retailers took part and we had some 2,400 people visit over the course of the trial and a number of cross promotions tried.

The project was seen as offering both an interesting experience in its own right, and a platform for many other groups and initiatives to use as a resource to help them reach out to new audiences. We deliberately styled the shop to look interesting and engaging with different zones and an intergenerational appeal. Poppins was described as "a cross between Costa Coffee and an Apple Store" (definitely not a branch of a Social Care Department) and all delivered on a "Pop-Up Shop " budget, using easily scalable and replicable technology."

Carole Smilie at a Poppins Shop event – Aug 2014

TAPPING INTO A COMMUNITY RESOURCE.

"I suppose the greatest thing we learnt was that it really did answer a need and that there is a significant pool of goodwill out there wanting to help – every organisation and retailer we talked to was keen to get involved in any way they could.

Its success can also be demonstrated from the extensive positive coverage it got in the local press and in the fact that a number of local voluntary groups tried to find ways of carrying on the trial. The Player itself is still used in the town by a number of community groups, museums and locations."

A HOPE FOR OUR FUTURE.

"In terms of challenge – it's very difficult to avoid being patronizing of older adults – I'm nearly 60 myself and I can see all too readily that the older we get the more people try to disempower us.

We saw Poppins as a way of giving older people back what we want for ourselves: a sense of space and value – something that welcomes and celebrates their position and worth, and helps them engage, on their own terms, with the modern 'digital' world."

We believe Poppins with its mix of local currency and digital creative platform is a real catalyst for a range of activities that promote wellbeing as we get older. In taking Poppins forward, we would like to work with people who can see the value in making the High Street, once again, the central connection in a community, especially in a digital enabled world."

We are very grateful to Richard Dikstra of Belle Media for these insights into his Long-Term Care Revolution journey. www.bellemedia.co.uk

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We know there are many other projects out there with similar aspirations to the Long Term Care Revolution. We'd love to hear about yours. Please contact us at TeamSandstorm@advant-age.co.uk.

Item 2 – News and updates from the Knowledge Transfer Network (KTN)

Contributed by Sarah Forson – KTN, sarah.forson@ktn-uk.org

(i) Long-Term Care Revolution- Wales Roadshow - 24 March 2015, Cardiff - Innovate UK and the Welsh Government are delighted to be working in partnership on the The Long Term Care Revolution to highlight the scale of the business opportunity which new approaches to long-term care provision have to offer.

(ii) AAL Call Challenge Led- Living actively and independently at home - 24 March, London - The 2015 Call Challenge of the AAL JP aims to support ICT based innovative, translational and multi-disciplinary collaborative projects with a clear market orientation that allow older adults of today to live both independently and actively.

(iii) Innovate UK is to invest up to £4 million in collaborative research and development (R&D) projects that tackle the growing risks of disruption to internet-enabled businesses and their digital supply chains.

With the Internet of Things providing new sources of data and end-users' ever-increasing digital footprint, it is difficult to adequately protect the interests of a business, industry or sector. There is also a lack of understanding of the effects disruption may have. Desired proposals would address the challenge of protecting a business, industry or sector from digital disruption that could compromise data across the digital supply chain.

Forthcoming events:
Belfast: 25 March 2015
Cardiff: 30 March 2015
London: 31 March 2015
Edinburgh: 01 April 2015

Item 3 – Recent Housing LIN Conference

Carolyn Downs (LGA), Professor Martin Knapp (LSE), Pete Gladwell (L&G) and Jeremy Porteus (Housing LIN) at recent conference

Presentations are now available from the recent successful Housing LIN conference held on 17 February 2015 in London. Also available are a Twitter Transcript and Analytics (Over 900 tweets with 2m impressions with over 180 people participating). Of particular interest was the announcement for the 'Care and Support Specialised Housing Fund' – you can catch up with all of the latest news (eg weekly LINks) by registering at Housing LIN and following @housinglin on Twitter.

Also published at the event was 'Unleashing the power of digital communications: Revolutionising housing with care with life enhancing technologies'. This White Paper, supported by Tunstall Healthcare, looks at how technology may be used to support the ambitions of delivering first class housing, care and support. The opinions of Housing LIN members have been sought on the future of

housing with care with a specific focus on the use of technology and how it may be used to support the ambitions of delivering first class housing, care and support. The resultant short paper summarises the results from an online survey and lively workshop held with the South West Housing LIN leadership set last month.

In particular, the White Paper looks at:

- The art of the possible - innovations in technology enabled housing with care
- What can be achieved by doing it well
- The housing sector challenges
- The barriers to deployment of technology enabled housing with care
- How to break down the barriers - keeping it simple

You can send your local examples of technology enabled housing with care to TECS@housinglin.org.uk
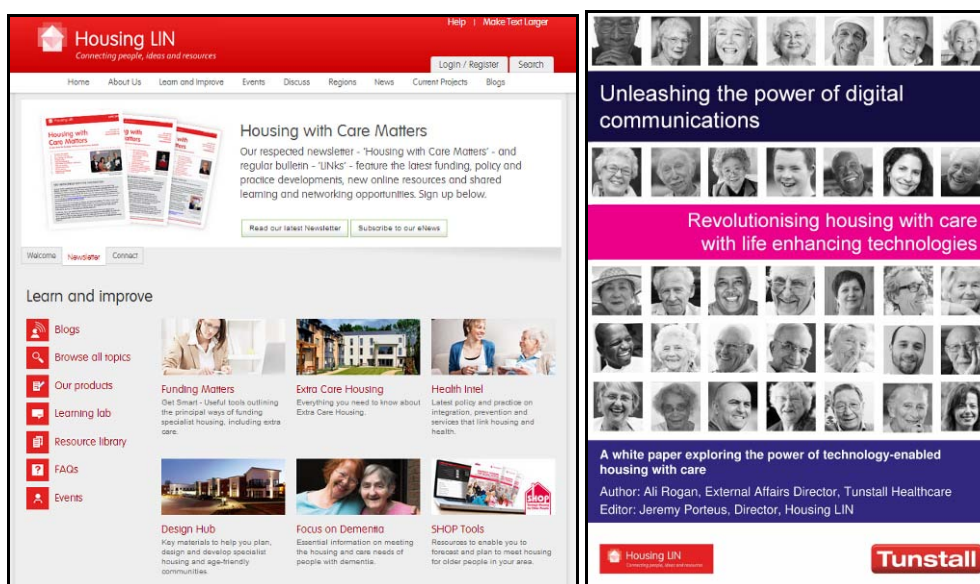
Item 4 – UK policy announcements

Here is a roundup of UK policy news over the last month. A fuller listing is available in the supplement (pdf, doc).

(i) The Department of Health has issued LAC(DH)(2015)1: Charging for care and support. This circular advises local authorities of changes to the social care charging arrangements and provides an overview of the changes and some additional statutory guidance.

(ii) Applications are now open for phase 2 of the Care and Support Specialised Housing Fund (CASSH). Specialist housing developers and providers are being invited to bid for a share of an additional fund of up to £155 million to develop accommodation for adults who need support in order to live independently, be it due to old age or disability. This phase of the CASSH fund will prioritise applications for housing for people with learning disabilities or mental health issues.

(iii) Ministers have launched a [series](#) of pilots exploring ways to help carers balance work with their caring responsibilities. Carers could soon be using smart phones, email alerts and pop-up care centres to help them plan and co-ordinate formal and informal support. The ideas will be trialed as part of £1.6 million of pilot projects. There are more than three million people who currently have work and family caring responsibilities. Giving them support to manage caring alongside paid work would benefit them and their families and give British businesses and the UK economy potential saving of up to £1.3 billion a year. The nine pilot areas will explore how technology can be combined with professional support from the Local Authority and the assistance of informal networks of friends, neighbours and Time Bank volunteers to ease the pressure of caring.

(iv) Sir Robert Francis has published his review into [whistleblowing in the NHS](#). The government has [accepted](#) in principle all of Sir Robert's recommendations, including proposed new legislation to protect whistleblowers who are applying for NHS jobs from discrimination by prospective employers. The government will also shortly consult on other measures including:

- a new National Whistleblowing Guardian to protect those who speak up
- practical help through Monitor, the Trust Development Authority and NHS England to help whistleblowers find alternative employment
- a local whistleblowing guardian in every NHS organisation - reporting directly to the chief executive
- training for staff on how to raise concerns and protect others who do so

Also, coverage at:

- [Jeremy Hunt: message to NHS staff about whistleblowing](#)

- [Culture change in the NHS](#)

- [consultation on financial sanctions for NHS bodies who do not comply with the Duty of Candour](#)

- [consultation on updating the NHS Constitution to enshrine patients' rights](#)

- [new complaints guide to help patients raise concerns about care.](#)

- [Health Secretary's statement to Parliament](#)

- [We must listen to whistleblowers – Simon Stevens](#)

(v) Norman Lamb is urging people to take part in the Care Act [consultation](#) to help give people peace of mind about paying for their care costs.

(vi) The Department of Health and Department for Communities and Local Government in England have [provided](#) an extra £37m in total for councils to get people home from hospital more quickly and stop them from being admitted in the first place.

(vii) The Integrated health and social care programme has been [expanded](#) with 11 new areas covered. The first annual report for the [Integrated Care Pioneers Programme](#) sets out the experiences of the first 14 areas to take part in the programme.

(viii) Care Quality Commission inspection ratings are to be clearly [displayed](#) by all public and private healthcare organisations. All healthcare organisations will have to display their inspection rating showing whether they are outstanding, good, requires improvement, inadequate. The CQC ratings must be clearly visible, such as in waiting rooms or entrances, and must be published on an organisation's website with a link to the inspection report.

(ix) Recent Winter Health Check statistics are available from NHS England:

[Winter health check – 30 January 2015](#)
[Winter health check – 6 February 2015](#)
[Winter health check – 13 February 2015](#)
[Winter health check – 20 February 2015](#)

(x) In the 'ABC of Dementia' – Professor Alistair Burns [explores](#) the challenges and opportunities doctors can face in caring for patients with dementia - ABC…three things that doctors can do: Be Aware, Be Bold, Be Curious.

Also:
[GPs have a vital care home dementia role – Alistair Burns](#)

(xi) Simon Stevens, CEO of NHS England and David Bennett, CEO of Monitor have [written](#) to providers of NHS-funded services setting out a new enhanced tariff option for 2015-16. It is worth up to £500m more to providers than the original package that was consulted on last November, which was prior to extra funding being made available to the NHS in December's Autumn statement.

(xii) NHS England has [approved](#) the first set of GP-led Clinical Commissioning Groups (CCGs) that will take on responsibility for commissioning the majority of GP services from April this year. 64 CCGs across the country have been approved to take on greater 'delegated' commissioning responsibility for GP services with the possibility that others may follow.

(xiii) A Pioneering new £90m Emergency Care [Hospital](#) in Northumberland is close to completion and is expected to be operational from June 2015.

(xiv) In an NHS England [article](#), Isabel Hodkinson calls on fellow GPs to enhance the quality of life for people with long term conditions based on three new guides: person centred care and support planning, case finding and risk stratification and multi-disciplinary team development. These materials show that we have learnt a lot – but also pose some major questions especially whether we can really shift the balance of the use of urgent and emergency care towards proactive and preventive service models.

(xv) [NHS England](#) has set out [guidance](#) for how new access and waiting time standards for mental health services are to be introduced.

(xvi) The [countdown](#) has begun to [NHS Change Day 2015](#) on 11 March 2015. Chief Executive Simon Stevens made this year's first pledge saying he would "Help drive through change for people with learning disabilities". It is hoped that Change Day 2015 can surpass the 189,000 pledges from 2013 and 500,000 pledges made by individuals, teams and whole organisations in 2014.

(xvii) An NHS England and Public Health England Guide highlights the importance of communities to improving health and wellbeing.
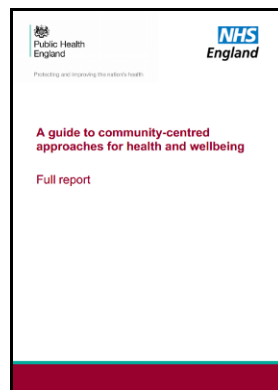
The Guide identifies how local government and the NHS have important roles in building confident communities to improve health and reduce inequalities. The guide states the move to a new health system, including the transfer of public health to local government, has created opportunities for public health and healthcare to become more person and community centred. The move enables individuals to realise their potential and to contribute to building healthier, more resilient communities.

(xviii) In an NHS England article, Catherine Thompson considers how to meet the challenges of an ageing population. The population currently has more than three million people aged over 80 years old. By 2030, this figure is projected to almost double, and by 2050 reach eight million. Today one-in-six of the population is aged 65 and over, and by 2050 it will be one-in-four. A man born in the UK in 1981 has an estimated life expectancy at birth of 84 years. But for a baby boy born today, that increases to 89 years, rising to 91 years by 2030. She considers that faced with an ever-increasing ageing population, we need to rethink old age, and move from a reactive approach to managing frailty, to a proactive approach. NHS England is working in partnership with Age UK to face these challenges, raise awareness and explore potential solutions. They will be holding two *Empowering Older People's Care Summits* to advance this important debate and facilitate the sharing of good practice, networking and the exchange of ideas.

(xix) The NHS Friends and Family Test has reached a milestone by gathering its five millionth piece of feedback from patients. (NHS England article).

(xx) NHS England has [announced](#) the organisations that have been approved to join the new [Commissioning Support Lead Provider Framework](#). The organisations from across the NHS and private sector have successfully met the tough quality and value for money tests to deliver the best support services to Clinical Commissioning Groups (CCGs) and other commissioners of health and social care services.

(xxi) NHS England Chief Executive Simon Stevens, National Medical Director Sir Bruce Keogh and National Director for Patients and Information Tim Kelsey are to give their [views](#) on the latest advances in health informatics and their potential to transform healthcare at [UK e-Health Week](#) being staged at London Olympia on 3-4 March 2015.

(xxii) [From NHS England](#): Research suggests satisfaction levels with the NHS are on the up – rising from 60 to 65 per cent – while dissatisfaction levels dropped to an all-time low of 15 per cent. The [British Social Attitudes survey](#), carried out on behalf of health charity the King's Fund, is seen as an important temperature check on how the public is feeling about the NHS. Findings from the survey on specific services show:

- while GP services remain the most popular NHS service in terms of satisfaction, the satisfaction rating of 71 per cent in 2014 was the lowest since the survey began
- satisfaction with outpatient services is at an all-time high of 69 per cent
- accident and emergency (A&E) services experienced an increase in satisfaction to 58 per cent, from last year's low point of 53 per cent
- satisfaction with dentists remained lower than with other NHS services, with 54 per cent of respondents satisfied with the service
- satisfaction with social care services is far lower than with the NHS, with just 31 per cent of respondents satisfied with social care and 30 per cent being dissatisfied.

(xxiii) [From NHS England](#): The [Transforming Care for People with Learning Disabilities – Next Steps report](#), represents the latest stage in responding to the recommendations of [Winterbourne View – Time for Change](#), an independent report commissioned by NHS England last year. The report sets out a series of ways in which NHS England, LGA, ADASS, CQC, HEE and Department of Health, intend to improve the quality of life of those with learning disabilities by substantially reducing the number of people placed in hospital, reducing the length of time those admitted spend there, and enhancing the quality of both hospital and community settings.

(xxiv) David Cameron has set out a new, long-term [strategy](#) focused on boosting research, improving care and raising public awareness about dementia. The Prime Minister's Challenge on Dementia 2020 is the next phase in the country's effort to combat the condition and includes:

- Over £300m to be invested in UK research
- New global fund on dementia
- One million NHS staff trained
- Three million more 'Dementia Friends'
- By 2020 the majority of people in England will be living in towns and cities that have been transformed into dementia-friendly communities

- Faster assessments, better care for all
- Nationally, initial dementia assessments will take place in an average of 6 weeks, followed by better support post-diagnosis

(xxv) The Care Quality Commission has issued new guidance on Cameras in care. (BBC - Advice on secret care home filming and ITV - CQC issues advice to families on care home secret filming)

(xxvi) Proposed amendments to the NHS Bodies and Local Authorities Partnership Arrangements Regulations 2000 aim to provide more flexibility around pooled budgets. This would support more joined-up planning and commissioning. The proposed change will make it possible for pooled budgets to include funding for primary medical care. This will encourage greater integration across community health, social care and primary care. Consultation ends on 8 March 2015.

(xxvii) From NHS England: In Manchester, 10 local authorities, 12 Clinical Commissioning Groups, 14 NHS providers, NHS England and the government are in discussions on a groundbreaking agreement for health and social care.

It is hoped that a full agreement will be reached around partnership working in Greater Manchester on health and social care, recognising the link between physical, mental and social wellbeing.

NHS care will remain free for patients, national standards of care will continue to apply to all NHS services, and the local NHS will continue to meet or exceed service improvements set for the NHS in the annual Mandate agreed between the Government and NHS England. Any agreement would not require any NHS administrative reorganisation and makes use of existing legislative freedoms.

The move – which could see Greater Manchester make more of its own decisions around the health and social care needs of its residents – follows the devolution settlement with Government on 3 November 2014. Following the original devolution deal, NHS England invited the GMCA, Greater Manchester Clinical Commissioning Groups (CCGs) and the area's NHS providers to develop a plan for joining up – or integrating – health and social care across Greater Manchester. These plans also fit within a place-based approach to health and care reform in the context of the national Five Year Forward View set out by NHS England.

There has been extensive news coverage of the planned arrangements with arguments for and against. More detail is awaited on the proposed partnership agreement, accountability and governance arrangements.

Read more:

Greater Manchester to control £6bn NHS budget
Greater Manchester: The start of something big?
Greater Manchester councils to control £6bn of health spending - report
Can the city of Manchester save the NHS?
Manchester plan for 'joined-up' NHS and social care could go national
Osborne's dramatic Manchester NHS plan is a dangerous distraction
Labour row over plan to give Greater Manchester control of health spending
NHS devolution to Greater Manchester explained in 60 seconds
Manchester to control £6bn in NHS funds
On the NHS, where Manchester leads, England's other cities must follow

Item 5 – Other news

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

(i) The latest edition of The Journal of mHealth covers 'Digital Health 2015 – what can we expect?'

(ii) CCGs and local authorities in London have invested £2.4 million in an online webtool for patients to 'self manage' their mental health. NHS Tower Hamlets are the lead commissioners for a tool that will launch in Autumn 2015 (Pulse Today article).

Also:

- Could smart phones help provide mental health care?
- Ieso Digital Health: Breaking down the barriers to mental health care KPMG
- Is social media helping people talk about mental health? Co-producing digital mental health

(iii) 'People in their 60s are no longer old and are enjoying a golden age of health as rates of serious illness have nearly halved in a decade. Only 8 per cent of those aged 60-64 have been seriously ill, compared to 14 per cent in 2002. Among 65 to 69-year-olds the proportion has fallen from 17 per cent to 12 per cent'. (Telegraph article).

(iv) Questions continue about 111 services:
- 111 helpline still putting lives at risk, says insider
- 111 line increasing pressure on NHS, say leading doctors
- A day at an NHS 111 call centre: you do your best to give the right advice
- E-Health Insider :: NHS 111 caught in onward referrals row
- E-Health Insider :: Put GPs on NHS 111 calls - Hakin

…as well as continuing concerns about NHS waiting times (although there have been some small improvements in 4 hour waits):
- 12-hour A&E visits worst on record
- 20,000 winter operations cancelled at last minute, admits NHS
- A&E crisis: more 12 hour trolley waits in January than whole of 2013/2014

- [Accident and Emergency Attendances in England - 2013-14 - Health & Social Care Information Centre](#)
- [A&E struggles with elderly patients](#)
- [Adult social work at its most stretched but also at its best during hospital crisis Charity volunteers to help 29 A&E hospital departments](#)
- [Delays in moving patients from A&E to hospital could cause 'hundreds of deaths a year'](#)
- [Hospitals develop A&E solutions](#)
- [How is the NHS coping this winter?](#)
- [NHS crisis incidents double in a year](#)
- [NHS patients face long wait to see doctor as GP shortage starts to bite](#)
- [Overcrowded hospitals killed 500 last year, claims top A&E doctor](#)
- [Private pharmacists are treating A&E patients in effort to ease hospital crisis](#)
- [State of the NHS: Wales v England](#)
- [Why are winter death rates so high?](#)

(v) There are still problems around the NHS England Nursing Tech Fund and eHealth Insider is [reporting](#) that only £43m of a planned £240m will be available.

(vi) Around half of NHS foundation trusts are in deficit with a reported £321m adrift after Q3 ([BBC News item](#)).

(vii) Looking to share ideas and learn about NHS and care successes? – new website from Roy Lilley - [The Academy of Fab NHS Stuff](#):
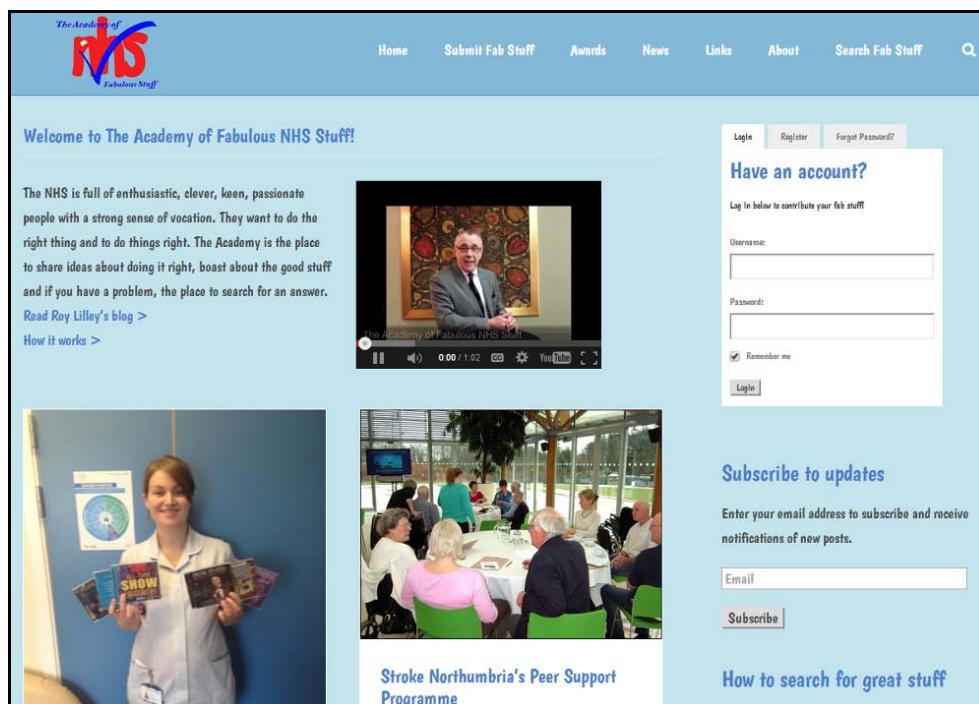
(viii) There is a new [publication](#) from the Social Market Foundation – 'A Problem Shared? Essays on the integration of health and social care'.

(ix) From NHS Choices - Atlas of Risk - Health tools - NHS Choices.

(x) A man who has been unable to walk since contracting Polio as a young child is able to walk naturally again after becoming the first person to be fitted with a lower limb bionic exoskeleton. The Bluetooth-controlled leg brace monitors his steps 50 times a second. The brace contains computers and sensors on his thigh, intuitively moving as he moves ([Telegraph article](#)).
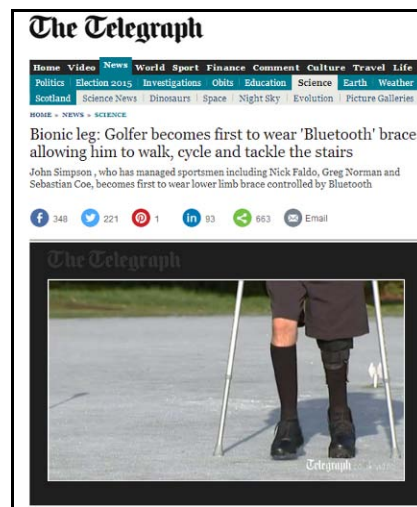
(xi) There is a lot of interest in Apple with the watch due in April and now rumours of an electric car. Catch up with the latest:

- [Apple Watch update: will you be wearing one soon?](#)
- [Apple awarded patent for virtual reality headset](#)
- [Apple hiring spree indicates the company is working on an electric car](#)
- [Apple patent hints at virtual reality iPhone carrying headset](#)

(xii) British Gas is set to buy [AlertMe](), the company that powers its app controlled thermostat Hive. AlertMe creates "smart" home technology that allows people to control and monitor everything from heating to CCTV on their smartphone or tablet ([Independent article]()). Also, BT are to [buy]() mobile firm EE for £12.5bn.

(xiii) Community Care [reports]() that Care Act funding changes could require an extra 330,000 assessments next year. The BBC has an [online]() Care Calculator covering residential and home care.

Also of interest:
- [Care cap for young adults proposed]()
- [Care cuts 'leave old high and dry']()
- [Care for elderly in state of 'calamitous decline' amid £1bn of austerity cuts]()
- [Care home staff need good training, not hidden cameras]()
- [Care in the UK: The costs you face]()
- [Care in the UK: What does it cost?]()
- [Does the (care) cap fit?]()
- [Misguided priorities and a lack of resources: why the Care Act is set to fail]()
- ['No interest' in care insurance]()
- [Old people auctioned off to care homes on the internet]()
- [Social workers to review each other's decisions under proposed Care Act appeals system]()

(xiv) CARES 4U [website]().

(xv) In London, the Cavendish Health Centre has been running a Skype pilot and from 19 February, you can email your doctor.

Also:
New texting service at Bridge Surgery, in Stapenhill, is a success

(xvi) Bluebird Care customers in ten UK locations are to receive a free personal alarm service to celebrate a new partnership with telecare technology provider Centra Pulse.

(xvii) There is a new newsletter from Immedicare covering telehealth/telemedicine developments at Airedale Hospital.

(xviii) The death rate in England and Wales is about a third higher than normal for this time of year, official figures show. About 28,800 deaths were registered in the fortnight ending 23 January, according to the Office for National Statistics (ONS). This is 32% higher than the average for that period over the previous five years (21,859). The ONS has suggested the flu virus and the cold snap could be to blame for the recent spike in winter deaths.

Also:
Flu death rate 'third higher'
Flu vaccine is 'barely effective'

(xix) From TLAP – Delivering care and Support Planning – supporting implementation of the Care Act 2014.

(xx) GPs across the UK are being [advised](#) to give "information prescriptions" to any diabetic patients who do not have their condition under control. If someone is not meeting their blood glucose target, for example, an alert will flash on their GP's computer. According to Diabetes UK, only 36% of diabetes patients meet the three targets set for blood pressure, cholesterol and blood glucose levels.

(xxi) Britain's Nurses aims to [provide](#) a comprehensive explanation of digital health, to be used as a resource for nurses, to help guide them towards making good choices in digital health technology. This will help to encourage clinical take up of new ideas, create digital nurse champions and help nurses to share and learn from their experiences of digital health projects.
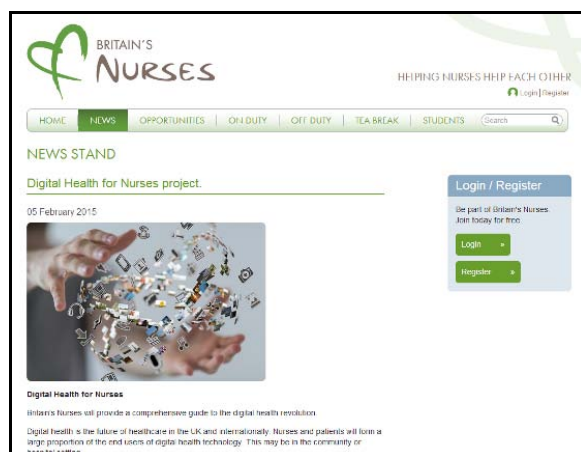
(xxii) In a new report, the House of Lords say that digital skills will make or break the UK.

- [Make or Break: The UK's Digital Future - House of Lords report](#)
- [Digital skills crucial, says report](#)
- [Lords say digital skills will make or break the UK - News from Parliament](#)
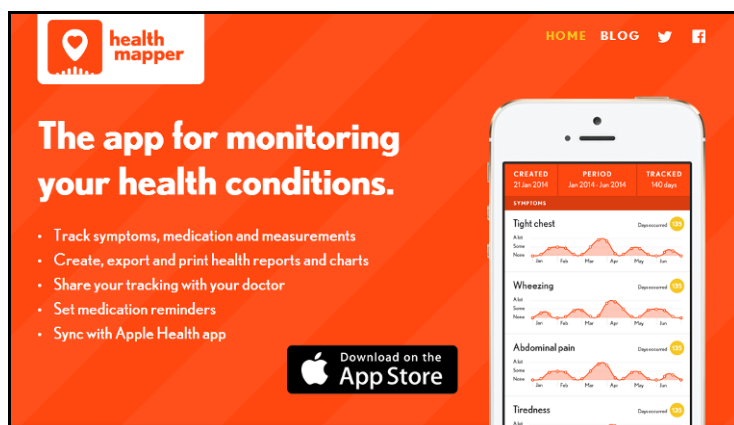
(xxiii) Stoke-on-Trent CCG's Simple Telehealth solution (FLORENCE) has won the Telehealth [Award](#) at the Health Business Awards.
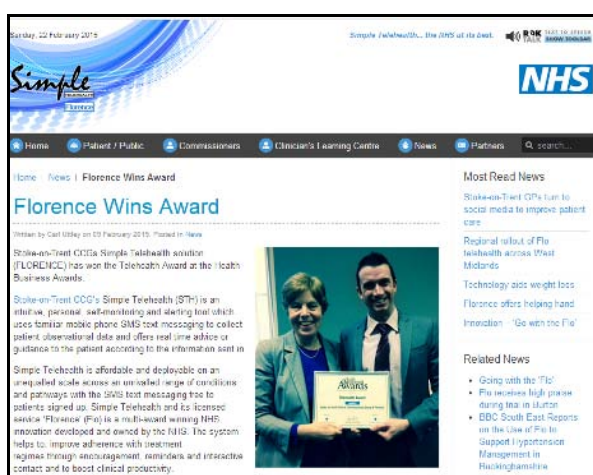
(xxiv) [From the Guardian](#) - Prototype driverless cars are to be tested in four British cities with £19m of Government funding.

(xxv) The Health Mapper [app](#) is able to track long term conditions and set reminders.

(xxvi) Recent reports from eHealth Insider include:

- [E-Health Insider :: Access more areas](#)
- [E-Health Insider :: Another view: just do IT](#)
- [E-Health Insider :: App maps long term conditions](#)
- [E-Health Insider :: CCIO network project team appointed](#)
- [E-Health Insider :: 'Dr Google' launches in US](#)
- [E-Health Insider :: Fiddling figures a jail crime from April](#)
- [E-Health Insider :: HSCIC starts SUS and Care ID transfer](#)
- [E-Health Insider :: Joe's view: An SCR iPhone app?](#)
- [E-Health Insider :: Lords call for digital inclusion](#)
- [E-Health Insider :: NHS SBS launches £1.25b framework](#)
- [E-Health Insider :: No date for care.data report response](#)
- [E-Health Insider :: Nursing tech fund 2 winners informed](#)
- [E-Health Insider :: Open source to be big tech fund 2 winner](#)

- [E-Health Insider :: Waiting for 2 long](#)
- [E-Health Insider :: Patient.co.uk hearts social media](#)
- [E-Health Insider :: Power to the people on: whistleblowing in the 21st century](#)
- [E-Health Insider :: Royal Brompton to pilot EPMA and EDM](#)
- [E-Health Insider :: Single opt-out "needed" for patient data](#)
- [E-Health Insider :: South trusts move forward with SmartCare](#)
- [E-Health Insider :: Southampton improves NHS Number tracing](#)
- [E-Health Insider :: The little red (e)book](#)
- [E-Health Insider :: US insurer Anthem suffers hack attack](#)

(xxvii) Headlines continue around the quality of care and support in care homes and in the home:

- [Elderly care home residents auctioned off by councils on 'eBay-style' website](#)
- [Elderly care home residents given powerful drugs without checks](#)
- [Elderly get just five minutes of care](#)
- [Elderly social care numbers falling](#)
- [One in five care homes 'fail key test'](#)

(xxviii) Fitness bands have been found to be less accurate than smartphones in counting steps ([Guardian article](#)).
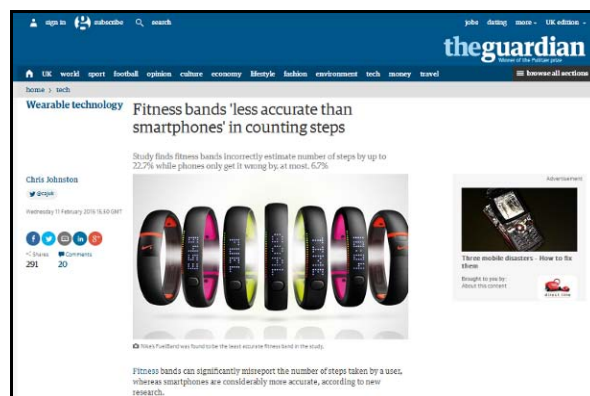
(xxix) 'Why our NHS should listen and be human' – a new [report](#) from the Patients Association.
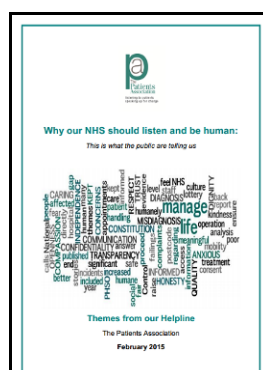
(xxx) Google has been making adjustments to its algorithms to provide more appropriate and accurate health search in the U.S.:

- Google introduces illness tips
- Google to put health information directly into search results

(xxxi) care.data pilots could be starting shortly – but there is a still long way to go before implementation.

- Majority of care.data pilots expected to begin 'before May'
- Government told to make it easier to opt out of care.data database
- THE CARE.DATA LISTENING EXERCISE & ACTION PLAN

(xxxii) Indications are that there are 268 bids to be included in the Simon Stevens Vanguard Sites Programme – up to £200m of funding will be available for selected partnerships.

(xxxiii) A new report coordinated by Nesta and commissioned by the European Commission, DG CONNECT is the first systematic network analysis of the emerging digital social innovation (DSI) ecosystem in Europe.
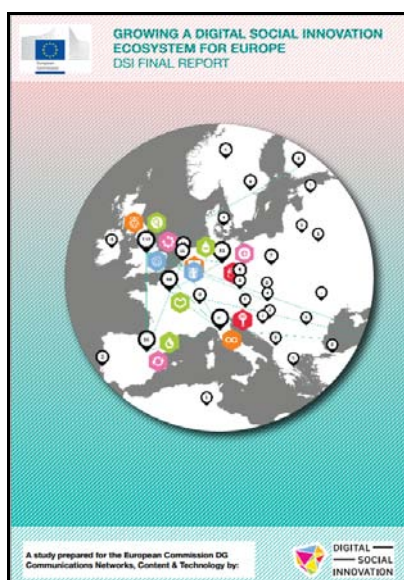
(xxxiv) Recent articles from Health Foundation include:

- Health Foundation - 3 tests for a credible health policy
- Health Foundation - Winter pressures
- Health Foundation response to Public Accounts Committee report on financial sustainability of NHS bodies
- Let's start promoting wellbeing, not just treating illness

(xxxv) How GPs should plan care for people with long-term conditions – new [video].

(xxxvi) Interest in care robots continues with Zeno the 2-foot robot that may be able to help in the early diagnosis and treatment of autism ([Guardian article]).
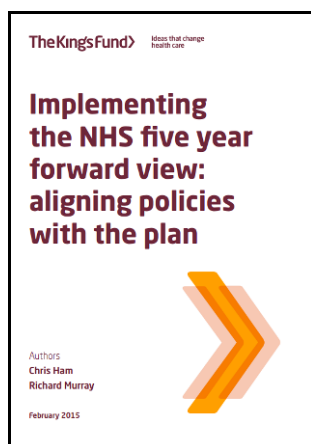

Also:

- [Meet the robot giving hospitalised children superpowers]
- [Advanced Social Robots]

(xxxvii) David Boyle in a Guardian [article] asks why time banking has not been used more to support people with long term conditions.

(xxxviii) A new paper from The King's Fund calls for fundamental changes to how health services are commissioned, paid for and regulated to deliver the vision of the NHS five year forward view.

Also:
- Implementing the NHS five year forward view: let's not forget engaging patients and communities
- Improving experiences of care - NHS England
- NHS Five Year Forward View will need support from clinical staff to succeed

…and additional publications from the King's Fund:
- Leading health thinktank condemns damaging' Tory NHS reforms
- The cost of reform - The King's Fund
- The King's Fund - Quarterly Monitoring Report
- Population health systems - Going beyond integrated care
- Our response to the proposed new partnership for health and social care in Greater Manchester

(xxxix) There is a new report from the Nuffield Council on Bioethics – 'The collection, linking and use of data in biomedical research and healthcare – ethical issues'.

(xl) The importance of security is stressed with concern growing about hackers as more devices in the home and on the body are connected (Guardian article).

Also:
Is smart technology really a threat to our privacy?

(xli) Anthem, America's second largest health insurer, has lost millions of customer records to hackers. The attackers stole names, addresses, birthdays and social security numbers of customers from every one of Anthem's business units (BBC News).

(xlii) Paul Burstow, MP for Sutton and Cheam and former Minister of State for Care Services, recently visited Tunstall Televida's offices in Barcelona to find out how they are using technology enabled care services (TECS) to support more than 245,000 people across Spain (Tunstall article).

(xliii) From Revolving Doors Agency - Adding Value? Reflections on payment by results for people with multiple and complex needs considers how a range of different PbR schemes have been applied to services working with individuals facing multiple and complex problems, including a combination of poor mental health, offending, substance misuse, and homelessness.

(xliv) A new £2.1m assisted living/technology hub has opened in Leeds (Yorkshire Evening Post).
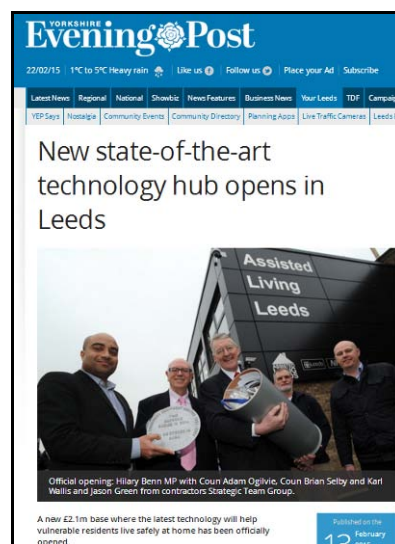
(xlv) The NHS could make considerable savings by 2020 by getting people more involved in their own healthcare by using new technology and the private sector according to a new report by Reform.

(xlvi) Patients at Yeovil Hospital could soon be 'prescribed' an innovative app to help them take better control of their health. The hospital has established a partnership with digital start-up company uMotif which will see the development of digital treatments for hundreds of patients. Senior clinicians at Yeovil Hospital will be able to prescribe patients a free uMotif app, built specifically around their needs, providing a range of intuitive tools to enable them to record, manage and share information about their health and wellbeing.

(xlvii) More than 40% of NHS investigations into patient complaints are not good enough, according to a review by the office of the health service ombudsman (BBC News article).

Also:
NHS investigations into care complaints 'appalling'

(xlviii) The NHS in England has missed a key cancer target for the whole of 2014, official figures show. At least 85% of patients should start treatment within 62 days of being referred by GPs. Between October and December, just 83.8% were treated within time, and this was the fourth successive quarter that the target was missed (BBC News article).

(xlix) A campaign by a terminally ill doctor to encourage healthcare staff to introduce themselves to patients is being supported by more than 90 NHS organisations. Dr Kate Granger, a 31-year-old hospital consultant, started the "Hello my name is..." campaign while she was being treated for cancer (BBC News article).
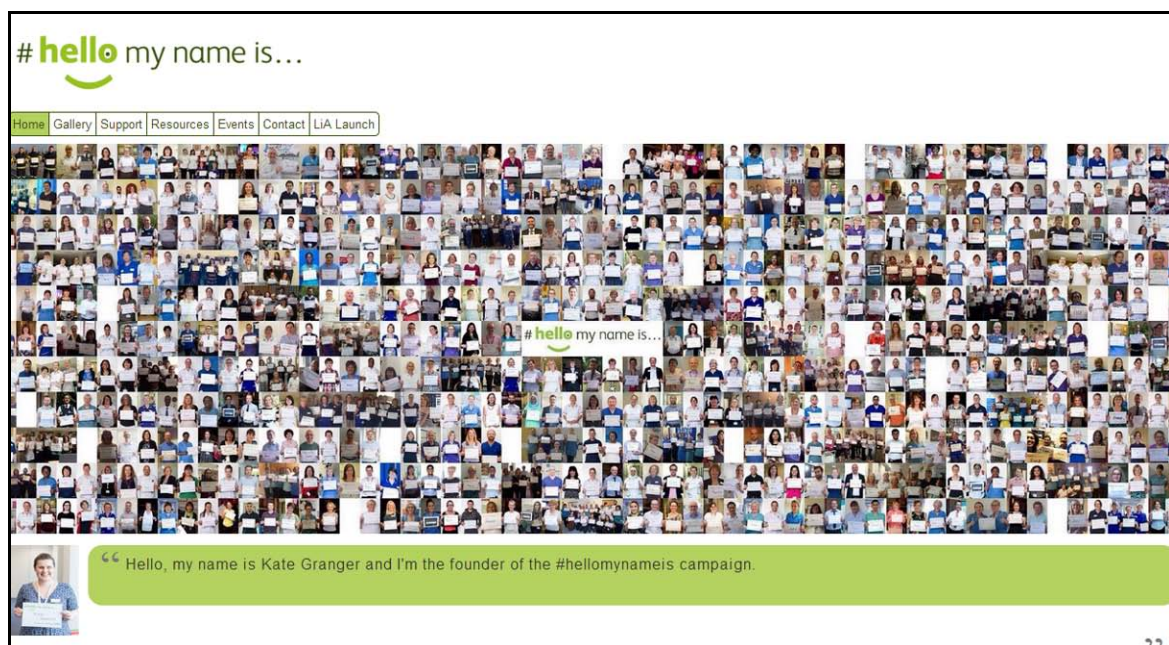
(l) Jeremy Hunt has ordered a yearly study of 'avoidable' hospital deaths - there are about 1,000 avoidable deaths in the NHS per month (BBC article).

(li) A service to address the growing problem of undernutrition in patients is set to be rolled out at a North East NHS Foundation Trust thanks to £70k funding from the Academic Health Science Network for the North East and North Cumbria (AHSN NENC). The Health Call Undernutrition Service, developed by County Durham and Darlington NHS Foundation Trust (CDDFT), is helping tackle the issue of undernutrition, which affects millions of people and puts a massive strain on the NHS, costing the UK around £13 billion a year. As well as being scaled up within CDDFT, the software, which has been created with telehealth specialist Inhealthcare, is also available for other NHS Trusts and health care providers to license and implement within their clinical teams (Business Daily News).

(lii) New from NICE:

- [Focus care on the needs of the resident, says NICE](#)
- [Older people in care homes - NICE](#)
- [Use NICE quality standards to guide good quality social care, says CQC](#)
- [Tackling variation in the care of patients with COPD](#)

(liii) There is a new policy [briefing](#) from the Nuffield Trust on 'Rationing in the NHS'.

(liv) From the Guardian: Samsung Gear S review - [can a smartwatch with a phone built-in replace a smartphone?](#)

Also:
- [Samsung SmartTV customers warned personal conversations may be recorded](#)
- [Samsung TVs fail to encrypt voices](#)
- [Samsung warns about 'listening' TV](#)
- [Six ways your tech is spying on you and how to turn it off](#)

(lv) In a Telegraph [interview](#), Simon Stevens from NHS England sets out some of his priorities.

(lvi) SkillZONE has joined forces with Gloucestershire Telecare to help older people stay safe and independent at home. Telecare has fitted SkillZONE's house with a range of specialist equipment it uses to support people to live independently and at home for longer.

Links:
[Skillzone - Gloucestershire](#)
[Skillzone » Older People](#)
[Telecare - Gloucestershire County Council](#)

(lvii) The Live-in Homecare Information Hub – website.

(lviii) A recent survey has found that a third of NHS Trusts are without a digital strategy.

(lix) Beijing commuters are using wrist technology that enables them to travel on the metro as well as monitor their activity.

(lx) Predictions about technology trends continue for 2015 - IEEE, MIT Technology Review, Nuviun.

(lxi) From China: Kuai Su Wen Yi Sheng, established in 2002, is a telemedicine platform providing medical information and supporting doctor-patient interaction. According to the company more than 50,000 medical professionals from over 840 hospitals have joined the website. Over 80 million users had consultations on the website by the end of 2013. Currently around 100,000 users receive consultations on the online platform every day and the number is expected to reach one million in 5 to 10 years (Datenna article).

Also:
China Unveils Plans for National Telemedicine Network
China's first "Defence" telemedicine robots in Shanghai
First online hospital in China starts services in Guangdong

(lxii) How healthy is your heart? Use this tool to find out if your heart age is higher or lower than your actual age.
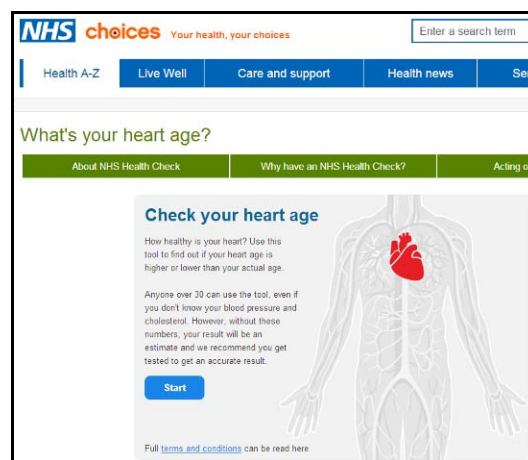
(lxii) Klick Health, along with the Digital Health Coalition and Google, conducted a survey online and via telephone of 2,000 diabetes patients to find out how they use digital to manage their condition. Some of the findings include:

- 98% of respondents have access to the Web, most across multiple devices

- 18% go online daily or weekly to integrate digital technologies that help manage their health (Integrators)

- 47% use the Internet on a monthly basis to seek health information (Seekers)

- 35% don't go online for health reasons, saying they manage their health in strictly non-digital, traditional ways (Traditionalists)

(lxiii) In a recent Software Advice Survey (reported at Healthcare Informatics) - a total of 519 responses (381 non-telemedicine users and 138 telemedicine users). Most of the patients in the sample (73 percent) say they have never participated in a telemedical visit, while another 18 percent have done so within the past 12 months. Six percent of patients say they used telemedicine more than 12 months ago. However, 75 percent of patients are at least "moderately interested" in using videoconferencing software for a virtual visit in lieu of an in-person office visit for a minor health condition.

(lxiv) A Guardian article looks at 10 barriers to healthcare innovation.

(lxv) Stephen Davis (@bionic_ly) takes a look at Apple vs. Google. The battle for digital health begins

(lxvi) Fourteen of 23 top hospitals contacted by Reuters said they have rolled out a pilot program of Apple's HealthKit service — which acts as a repository for patient-generated health information like blood pressure, weight or heart rate — or are in talks to do so (Recode article).

Also of interest:

- Apple's Hospital Trials Highlight Mobile Health Tech Muddle
- Apple's HealthKit offers promise for small hospitals, too Apple's Restraint A Welcome Response To Digital Health Hype
- Dexcom CGM app will be ready when Apple Watch launches
- Diabetes tracking app in development for Apple Watch
- Report: Accuracy concerns led Apple to cut advanced health features from Apple Watch
- Report: At least 14 hospitals in talks to pilot Apple HealthKit

(lxvii) Babble is an online community for young carers.
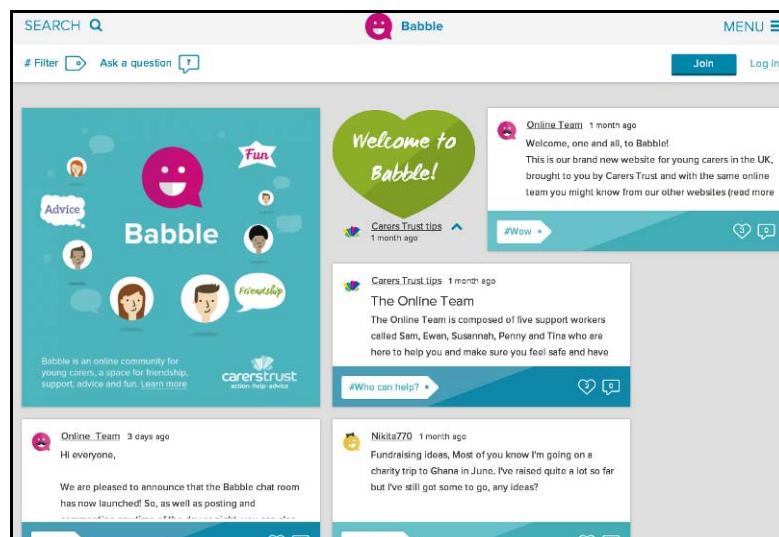
(lxviii) From Forbes – Incomplete data, malware, human-device interaction, ease of use, device failure and more - Beware Of These 10 Deadly Tech Hazards In Hospitals.

(lxix) UK website update from appello.

(lxx) Bupa and University College London have announced a new joint digital health project. The Global Institute for Digital Health Excellence (GLIDHE) will see the international healthcare group and London-based university collaborating on digital tools to promote healthier lifestyles.

(lxxi) Caring Together – in Eastern Cheshire - The aim of Caring Together is to deliver a new system of health and social care across Eastern Cheshire that joins-up local care for all our wellbeing. It's about the providers of care working with the people who receive care, their support networks, family, friends and carers.
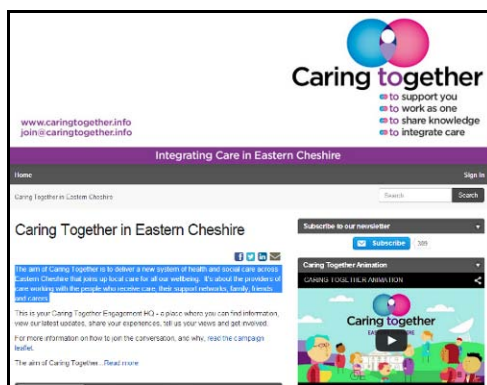
(lxxii) News updates from FDA including guidance on health apps are available:

- FDA Confirms it Won't Regulate Apps or Devices Which Store Patient Data
- FDA finalizes plans to deregulate MDDS health software
- FDA makes official its hands-off approach to regulating health apps and medical software
- FDA approves Dexcom's CGM accessory app days after relevant draft guidanceFDA To Monitor Some mHealth Wearables
- FDA To Relax mHealth Regulations
- FDA wellness clarifications helpful, accessory proposal is just a start

- [FDA approves first-of-kind device to treat obesity](#)
- [FDA green lights mHealth apps for glucose data sharing](#)
- [FDA issues first approval for remote continuous-glucose-monitoring app](#)
- [FDA permits marketing of first system of mobile medical apps for continuous glucose monitoring](#)
- [FDA Relaxes Regulation For Medical Data Storage Devices](#)
- [FDA takes steps to improve reliability of automated external defibrillators](#)

(lxxiii) CliniCloud, is now taking pre-orders for a wireless non-contact thermometer and a digital stethoscope that plugs into a smartphone via the headphone jack ([Mobihealthnews article](#)).

Also:

- [CliniCloud offers consumers smartphone-enabled stethoscope, thermometer for video visits](#)
- [CliniCloud's Smart Stethoscope And Thermometer Let Doctors Check Your Vitals From The Cloud](#)
- [CloudVisit Telemedicine Offers Leading mHealth Solution to Nursing Homes and Assisted Living Facilities Worldwide](#)

(lxxiv) Connected Home Consortium - A new [service](#) for landlords in the social housing sector.
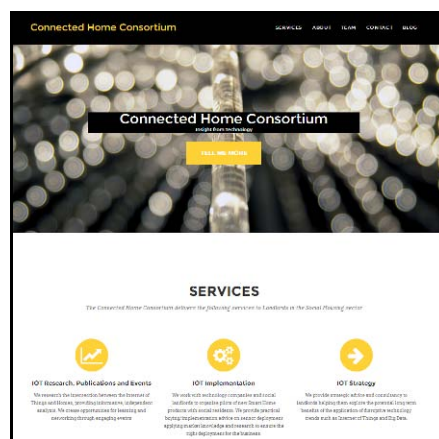
(lxxv) New from Professor June Andrews - [Dementia: The One-Stop Guide](#)
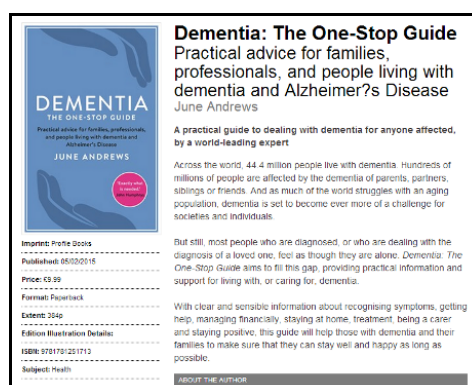
(lxxvi) Most technology is designed by young people for young people - Designing For The Elderly: Ways Older People Use Digital Technology Differently.

(lxxvii) From Australia - Debate: why aren't we further ahead with assistive technology? - Australian Ageing Agenda.

(lxxviii) In the U.S. Epic is looking to launch its own app store.

- Epic Plans to Launch Its Own App Store mHealth
- Epic to open its own app store

(lxxix) Via Reuters Security experts are warning healthcare and insurance companies that 2015 will be the "Year of the Healthcare Hack," as cybercriminals are increasingly attracted to troves of personal information held by U.S. insurers and hospitals that command high prices on the underground market.

Also:
Anthem hack: 'Healthcare is a target'

(lxxx) Kansas Department for Children and Families Department is using a $516,600 federal grant to put tablets in the hands of foster families to allow children in foster care to have a direct link to behavioral healthcare services such as therapy and ongoing education videos. The tablets also deliver State-required training to foster parents.

(lxxxi) As accuracy of activity trackers is questioned - Fitness device makers say engagement, not accuracy, is most important.

Also:
Report: Samsung and Fitbit currently leading wearables markets
Universities use Fitbit trackers to study spine surgery recovery time

and…
More than 40 million US smartphone owners are active users of at least one wellness or fitness app, according to research firm Parks Associates (Mobihealthnews).

(lxxxii) David Lee Scher identifies 'Five Imperatives of User Experience (UX) Design in Mobile Health Technology'.

Also:
Five Ways Analytics in Digital Health Tools Will Change Healthcare

(lxxxiii) India will need additional 3.5 million hospital beds, three million doctors and six million nurses by 2034 – leveraging digital technologies is one of the options.

(lxxxiv) South Korea's capital launches u-Health - a plan to bring healthcare services for the elderly online.

(lxxxv) [From Germany](#): - SHL Telemedicine German subsidary wins an 8 years contract valued at 16 to 20 million euros with health insurance company Barmer GEK in Germany.

(lxxxvi) A major tech/digital study from UCSF and American Heart Association – [Health eHeart Study.](#)

Questions posed in the study include:

- Can we predict heart disease based on measurements, behavior patterns (sleep, diet, activity), and family and medical history? Can we look at everyday habits in real time to determine how they affect our cardiovascular health?
- Can we use technology to develop ways to improve cardiovascular health and rigorously test them to determine their effects on health? Can we use technology to help people live a more heart-healthy lifestyle?
- Can we determine what causes episodes of atrial fibrillation? How do behaviors, diet, other diseases and genes interact to cause it?
- Can we use mobile technology and sensors to keep people with heart failure out of the hospital?
- Does being more connected with people improve heart health? Who are your friends and how do you communicate with them? And, are online social networks as beneficial to health as real-world networks? Does more time spent on Facebook translate into more social connectedness and better health, or into more screen time, less exercise, and less time spent cooking healthy meals?
- Can we predict when heart disease, such as heart failure, coronary disease, or hypertension, will get worse before someone needs hospitalization (and even before the patient knows something is wrong)? Credit card companies use Big Data to alert you when your card has been stolen before you even realize it's gone; Netflix can recommend movies you've never heard of before. Can't we do something similar for heart disease?
- Are people with different kinds of genes more vulnerable to particular heart disease risks? For example, alcohol may be "good" for heart health for some people but not others and your genes might help us figure that out for you.

(lxxxvii) From the U.S.: Connecting Health and Care for the Nation – a shared nationwide interoperability roadmap.
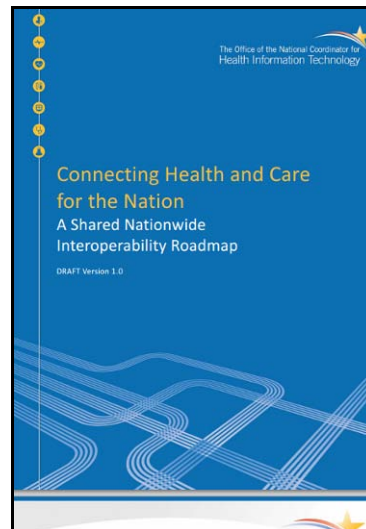
(lxxxviii) Ochsner Health System in New Orleans has a "Genius Bar-type" in-person center for learning about health and wellness apps – a list of 200-300 apps being recommended (Mobihealthnews).

Also:
Ochsner's O Bar Uses Interactive Health Technology to Enhance Patient Engagement To Your Health Ochsner Health System

(lxxxix) Scotland-based eClinicalHealth will run a new trial, called the VERKKO trial where a smart, wireless glucometer will be used. The programme coaches patients on checking their glucose after learning from previous readings and schedules. Mendor's glucometer has embedded cellular-

connectivity and uploads user data directly to the cloud. Investigators can see all the data from the users, and the trial will produce outcomes and compliance data (Mobihealthnews article).

(xc) CNN reports on the progress of the Scanadu 'tricorder' device.

(xci) Taking predictive analysis to the next step - Some Maine hospitals can predict your next trip to the ER: Here's how.

(xcii) A Summary Report of the European Commission's mHealth Consultation has been Published.

(xciii) Telehealth/telemedicine in Texas – the Medical Board is not happy with consults other than 'face to face' - Texas hung up over telehealth's definition.

(xciv) From sports clothing company to digital/tech company with 2 acquisitions – Under Armour gains 100m more members.

- Under Armour Acquires Endomondo And MyFitnessPal To Establish The World's Largest Digital Health And Fitness Community
- Under Armour Acquires MyFitnessPal, Endomondo to Beef Up Tech Portfolio
- Under Armour buys health apps My Fitness Pal, Endomondo. Now what will it do with them?
- Under Armour details plan to create world's largest' connected fitness hub
- Under Armour Gears Up to Win at Wearables
- Under Armour working with NBC on its fitness app, Radius
- Under Armour: Now a Tech Company?
- UnitedHealthcare upgrades Health4Me app to include wearables integration, mobile payments

(xcv) From mHealth News in the U.S. – as the population ages with increasing incidence of dementia and other long term conditions - The key to aging-in-place? Mobile and telehealth tools

(xcvi) From the U.S.: PatientsLikeMe is working with Walgreens to help make it easier for people to understand how the medications they take may affect them. Anyone researching a medication or filling a prescription on Walgreens.com can access a dashboard that shows how their prescribed medication has impacted other patients on the therapy, including medication side effects for more than 5,000 medications, as reported by PatientsLikeMe members (HIT Consultant News).

(xcvii) A Dublin, Ireland-based company, Kinesis, has found that its QTUG system, which uses app-connected wearable sensors to assess fall risk, could be valuable for evaluating multiple sclerosis (Mobihealthnews).

(xcviii) In the Guardian, Michael Seres asks the question - Why can't patients receive blood results via text or use Skype for appointments?

(xcix) From the Commonwealth Fund – The Digital Health Revolution.

(c) An innovative service in the Northern Health and Social Care Trust in Northern Ireland is empowering patients to take better control of their diabetes and reduce the risk of serious complications. The Trust currently has 315 clients receiving the support of the telemonitoring service which is available Trust wide (Antrim Times article).

(ci) A number of press releases and reports are available from this year's World Innovation Summit for Health.

(cii) Skype your GP, test your own blood pressure and get your prescription from Amazon – five ways the Health Service needs to modernise – Telegraph article by Roy Lilley.

(ciii) New publications from Department of Health, NHS and UKTI:

- The UK: your partner for clinical services
- The UK: your partner for digital health solutions
- The UK: Your partner for healthcare solutions

(civ) recent updates from Tunstall Healthcare:
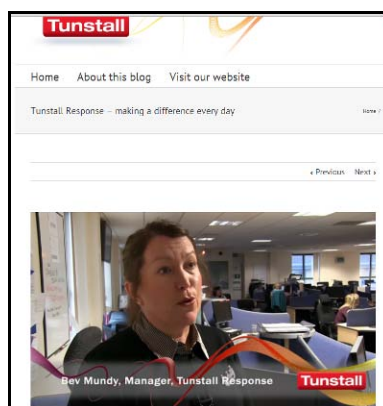
- Tunstall Blog - "Tunstall Response" making a difference every day
- Tunstall Blog - Is digital the new black?
- Tunstall Blog - More than a million days of telehealth monitoring
- Tunstall Blog - New marketing support to help you deliver services

(cv) There's two new blogs in Huffington Post from Ian Spero at Creative Skills for Life:

- Leading Brands Set Their Sights on Older Adults, So Should You
- EU Needs Social Entrepreneurs to Leverage the Silver Economy

(cvi) Channel 4 has a new programme on 'NHS: £2 Billion a Week' & Counting with additional information on where the money goes.

(cvii) There are two new reports from House of Commons Committees:

- Financial sustainability of local authorities 2014 report published - News from Parliament
- Financial sustainability of NHS bodies report published - News from Parliament

(cviii) Health Service Journal has an article on 'Engage clinical NHS staff using mobile technology'.

(cix) The Guardian has an article on the importance of good communication when considering integration of health and social care.

(cx) Dementia Diaries is a national series of audio diaries that document the day-to-day lives of people living with dementia. By sharing experiences they hope to prompt dialogue and promote understanding.
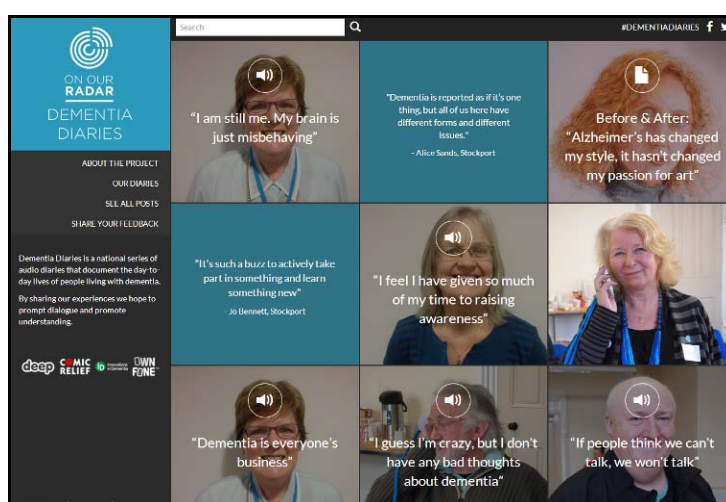
Item 6 – Summary list of recent journal articles and evaluations

Each month, our supplement (pdf, doc) provides a comprehensive list of recent journal articles. Here are a few important links from this month's long list:

A cost benefit analysis of three older adult fall prevention interventions
Chronic patients with the most active digital lifestyles feel better about their health: US study
Cleveland Clinic Research Finds Mobile Stroke Units Improve Treatment Time, Outcomes
Cost Savings of Home Telemonitoring Insignificant, Study Finds
A cross-sectional study of the quality of telephone triage in a primary care out-of-hours service
A New Initiative on Precision Medicine
Accuracy of Devices to Track Physical Activity Data
Be SMART: examining the experience of implementing the NHS Health Check in UK primary care
Big BMJ supplement on Patient Centred Care - with many SPM and MedX voices
Cancer-related internet information communication between oncologists and patients with breast cancer: a qualitative study
Cell phone ownership and use among mental health outpatients in the USA - Springer
Characteristics of the relationship that develops from nurse-caregiver communication during telecare
Client satisfaction with telehealth services in home health care agencies
Clinical Videoconferencing in Telehealth - Program Development and Practice
Digital health revolution: Is it time for affordable remote monitoring for Parkinson disease?
Digital Health Technologies and Digital Data: New Ways of Monitoring, Measuring and Commodifying Human Embodiment, Health and Illness by Deborah Lupton :: SSRN
Do Smartphone ECGs Have Similar Accuracy to Standard ECGs
Effect of real-time teledermatology on diagnosis, treatment and clinical improvement
Effectiveness of a Telehealth Service Delivery Model for Treating Attention-Deficit/Hyperactivity Disorder: A Community-Based Randomized Controlled Trial
Efficacy of telemedicine for thrombolytic therapy in acute ischemic stroke: a meta-analysis
Fitness apps lack evidence-based tools, study shows
Feasibility of AmbulanCe-Based Telemedicine (FACT) Study: Safety, Feasibility and Reliability of Third Generation In-Ambulance Telemedicine
Healthcare providers' perceptions of barriers in implementing of home telecare in Taiwan: A qualitative study - International Journal of Medical Informatics
Home-Based Telehealth Hospitalization for Exacerbation of Chronic Obstructive Pulmonary Disease: Findings from "The Virtual Hospital" Trial
How Effective is Health Coaching in Reducing Health Services Expenditures?
Impact of a Telehealth and Care Management Program for Patients with Chronic Obstructive Pulmonary Disease
Implementation of Behavior Change Techniques in Mobile Applications for Physical Activity
Internet use, social engagement and health literacy decline during ageing in a longitudinal cohort of older English adults
It's a huge maze, the system, it's a terrible maze': Dementia carers' constructions of navigating health and social care services
Patient Attitudes Toward Mobile Phone-Based Health Monitoring: Questionnaire Study Among Kidney Transplant Recipients

Randomized Controlled Trial of mHealth Telemonitoring with Enhanced Caregiver Support for Diabetes Self-management Open Access OMICS Publishing Group

Smartphone applications for melanoma detection by community, patient and generalist clinician users: a review

Social media in communicating health information: an analysis of facebook groups related to hypertension

Specialist cancer care through Telehealth models

Strategies to use tablet computers for collection of electronic patient-reported outcomes

TElehealth in CHronic disease: mixed-methods study to develop the TECH conceptual model for intervention design and evaluation -- Salisbury et al. 5 (2) -- BMJ Open

Telehealth Monitoring of Patients with Schizophrenia and Suicidal Ideation

Telemedicine for detecting diabetic retinopathy: a systematic review and meta-analysis

Telemedicine for patients with epilepsy: A pilot experience - Epilepsy & Behavior

Telemedicine in pre-hospital care: a review of telemedicine applications in the pre-hospital environment

Telemedicine in the Intensive Care Unit - Critical Care Clinics

Telemedicine-guided remote enrollment of patients into an acute stroke trial

The cost of hospital readmissions: evidence from the VA.

The Effect of Patient Portals on Quality Outcomes and Its Implications to Meaningful Use: A Systematic Review

The Impact of Telemedicine in Cardiac Critical Care

Transaction Cost Analysis of In-Clinic Versus Telehealth Consultations for Chronic Pain: Preliminary Evidence for Rapid and Affordable Access to Interdisciplinary Collaborative Consultation

Use of a Mobile Device by Nursing Home Residents for Long-term Care Comprehensive Geriatric Self-assessment: A Feasibility Study

Studies still lacking on patient portal usage, efficacy

Study Shows Telemedicine Could Help Veterans with PTSD

Study: Consumer wearables track steps pretty well, caloric expenditure not so much

Study: How Patients Value Digital Services

Item 7 – Learning and Events

Click on the links below for conferences and learning events over the coming months.

NHS England's Patient Online team are hosting a series of webinars in January/February 2015 to support practices, CCGs and CSUs with implementing online services, appointments, repeat prescribing and records access; which is included in the GMS/PMS contracts. You can ask questions, learn from other practices and find out how to access support locally.

March 2015

Mobile World Congress, Barcelona, 2-5 March 2015 http://www.mobileworldcongress.com/

UK eHealth Week – 3 to 4 March 2015, London
http://ukehealthweek.com/speakers.asp?Start=18&info

Telemedicine and video consultation: its application and evaluation for end of life care – 9 March, Keighley http://bit.ly/1DsUicZ

Wearable Technology Show 10-11 March 2015, London http://www.wearabletechnologyshow.net/

The future for health technologies: innovation, funding and regulation – 18 March 2015, London http://www.westminsterforumprojects.co.uk/forums/event.php?eid=919

Exporting Healthcare – 19 March 2015, London http://www.exportinghealthcare.com/

Long-Term Care Revolution roadshow – Cardiff, 24 March 2015 http://bit.ly/1ArZdep

The 15th International Conference for Integrated Care "Complex Needs, Integrated Solutions: Engaging, empowering and enabling people for active and healthy living" is to take place at the Sheraton Grand Hotel, Edinburgh, Scotland, 25-27 March 2015.

April 2015

Mainstreaming medical apps; reducing nhs costs; improving patient outcomes - 9 April 2015, London https://www.rsm.ac.uk/events/tef03

20th Finnish National Conference on Telemedicine and eHealth – Espoo, 9-10 April 2015 http://www.telemedicine.fi/en/national-conferences/253-national-conference-2015

socitm Spring Conference – 23 April 2015, London http://www.socitmspringconference.com/

Australian Telehealth Conference 2015 – Sydney, 23-24 April 2015 http://conta.cc/1yJlNOI

Holyrood Telehealth and Telecare 2015 Glasgow, 28-29 April 2015 http://telehealthcare.holyrood.com/

Med-Tech Innovation Expo 29-30 April 2015, Coventry http://www.mtiexpo-uk.com/

May 2015

ATA Conference – 2-5 May 2015, Los Angeles http://www.americantelemed.org/ata-2015/conference-overview#.VO4623ysU1I

Digital Health Conference – Dubai – 5 to 7 May 2015 http://nuviun.com/digital-health-conference

The Future of Medicine – Technology and the Role of the Doctor in 2025 – 6 May, London http://www.theiet.org/events/2015/215414.cfm

The Digital Health Innovation Summit – 13-14 May 2015, Philadelphia http://10times.com/digital-health-innovation-summit

People-driven Digital Health & Wellbeing – 13 & 14 May 2015, Leeds http://mhealthhabitat.co.uk/people-driven-digital-health-wellbeing-13-14-may-hold-the-date/

5th International Conference on Digital Health – Florence 18 to 20 May 2015 http://www.acm-digitalhealth.org/

Falls Prevention and Management in Older People, Birmingham 21 May 2015
http://www.healthcareconferencesuk.co.uk/falls-prevention-in-older-people-training

June 2015

International Digital Health and Care Congress – The King's Fund 16/17 June 2015 –
http://www.kingsfund.org.uk/events/digital-health-and-care-congress-2015

Health and Care 2015, London, 24-25 June 2015 http://www.healthpluscare.co.uk/

September 2015

Health and Care Innovation Expo 2015, Manchester, 2-3 September 2015
http://www.england.nhs.uk/expo/

Item 8 – Other useful links

Assisted Living Innovation Platform - https://connect.innovateuk.org/web/assisted-living-innovation-platform-alip

dallas_Connect Sub Group - Join the Sub Group at: https://ktn.innovateuk.org/web/dallas

Housing Learning and Improvement Network www.housinglin.org.uk Now on Twitter: @HousingLIN

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

King's Fund web site – http://www.kingsfund.org.uk/topics/technology_and_telecare/index.html

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

Newsletter prepared by Mike Clark (@clarkmike) and brought to you by the Telecare LIN on behalf of Innovate UK and Healthcare KTN.

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