NEWSLETTER
January 2015

Welcome to the January 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 1800 news and event links over the last month, we hope that you find this newsletter useful.

It was on the cards for months – a full blown NHS crisis over the festive period. Although A&E attendance was not particularly high in England, admissions increased and the media searched for who was to blame given an extra £700m had been made available for winter pressures. Scotland, Wales and Northern Ireland all announced poor performance figures too. Fortunately, at the end of January, the position was improving but there is still a long way to go with integration, care coordination, managing patient flow for people with long term conditions (70% of spend), sharing data and using technologies to support a workforce geared to personalised treatment and support. This month's newsletter captures the key links as the NHS and wider care sector look for new 21st century care models and vanguard sites. A new year brings the inevitable review of the previous year and a look forwards to possible trends for health, care and digital/technology for 2015. The Consumer Electronics Show (CES 2015) from Las Vegas is always on hand to identify the great and not so great products that may find buy-in from increasingly tech-savvy consumers - health, fitness and wearable devices all featured. As we head into a UK election period, we can expect public announcements to dry up because of Government restrictions on what can be published. Business as usual will start again in the late Summer with possibly new Government priorities and no doubt continuing issues around funding. Meanwhile, the £5.3bn Better Care Fund kicks off in England along with the Care Act 2014 requirements. Also in the newsletter this month, there's plenty of new resources around Technology Enabled Care Services (TECS) – NHS Commissioning Assembly, MALT Study, University of Cumbria/CSC telehealth readiness tool are all covered in this edition. There are plenty of conferences around digital health and care along with serious numbers of developments from the UK and around the world. Along with the usual links listing (1800 this month), there is an extra supplement covering a summary list of Journal articles mentioned in 2014's newsletters.

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

Two supplements are available this month:

- Links Supplement in two formats – pdf, doc

- Journal articles from 2014 – 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

## (i) The Long Term Care Revolution – Update

We have been keeping you up to date with The Long Term Care Revolution, with its ambitious search for radical and innovative new ideas to disrupt the current long-term care institutional model. This year, the Long Term Care Revolution will be running workshops in the lead up to the opening of the National Challenge SBRI competition in April 2015. We hope many of you will attend and find out how you can get involved, and will be publishing details both in this newsletter and on the webpage as soon as we have them finalised.

Don't forget you can keep up with our news via our [webpage](), [Facebook]() and [Twitter]().

(ii) An update from flourish

Flourish is one of the [six projects]() funded during the first stage of the Long Term Care Revolution, following the sandpit in September 2013.

Over the past few months, the Flourish developers, designers, and copywriters have been hard at work, creating the infrastructure for their innovative service.
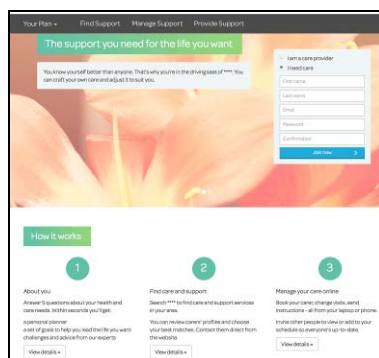
The Flourish tool will provide personalised plans and well-being recommendations from a strengths- and interests-based perspective, rather than using the traditional 'needs-based' approach.
This new thinking comes from what the Flourish team would want for themselves, the idea that we would all like to be able to easily plan, find, and manage our care at home, perhaps with the help of our relatives, rather than being reliant on professionals to tell us what we 'need'.

With this in mind, Flourish have designed a web-destination for older adults who require care at home, but don't want an institutional, one-size-fits-all approach. The site is helpful and aspirational - and it looks great!
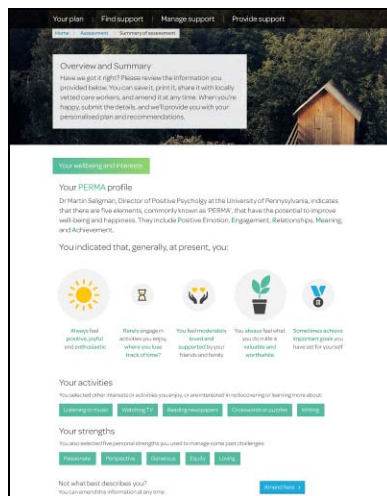
Over the coming weeks, Flourish will be performing user-testing to ensure that the site is as intuitive as possible, and hope to be ready for trial in March. Many thanks to Suzi for providing this update, and if you're interested in being notified when the tool is ready, please drop her a line: suzi@digital-laundry.com

(iii) Blog: a personal experience

This month, you can read about the journey of one sandpit participant in our new blog.

"It is over a year since 25 of us were tucked away in a hotel for a week, taking our first steps on the journey of the Long Term Care Revolution. It's been a heck of a year, and now that the next stage has been launched, it is a great time to look back and reflect. For starters, here's a whistle-stop overview of one personal journey from Sandpit to National Challenge.

I applied for the Long Term Care Revolution Sandpit after my partner attended one of the workshops and told me 'you should hear this woman; she's saying all the things you say'. He was talking about Jackie Marshall-Cyrus (now Marshall-Balloch) of the Technology Strategy Board (now Innovate UK)…" *Read more*

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 upcoming events from Knowledge Transfer Network

Contributed by Sarah Forson sarah.forson@ktn-uk.org (http://www.ktn-uk.co.uk/ and @ktnuk)

(i) EMAHSN Diabetes Innovation Exchange - *Putting proven innovations into practice at pace and scale (*27 January, Castle Donnington)

This key event - the second in a series of Innovation Exchanges - will focus on the opportunity to put proven innovations in the **prevention, diagnosis and treatment of diabetes** into practice at pace and scale throughout the East Midlands. Organised and hosted by the East Midlands Academic Health Science Network in partnership with the Leicester Diabetes Centre and Medilink East Midlands. For more information click here

(ii) £210K available for Wearable Technologies Innovation (28 January, London & 29 January, Manchester)

The IC tomorrow Wearable Technologies Innovation contest will offer six businesses up to £35k each, to encourage innovation in wearable technology across the themes of hospitality, accessibility, entertainment, design, sport and wellbeing, health and safety. Winners will benefit from the contest funding as well as the opportunity collaborate with the one of the contest challenge partners, which include Disney, Amey and Network Rail, Atos, Queen Mary University London, Loughborough University and McLaren, and glh Hotels. Register for Manchester: 29 January 2015 -

(iii) BioTech & Money (3 & 4 February, London)

Biotech and Money London 2015 is a two-day congress providing the education, strategies and solutions executives need to enable more effective funding, investment, business planning and partnering within your business. It's 2-days that will change your company's funding, investment and partnering outlook in 2015. It's where life science meets money, investors uncover innovation and pharma seek partners.

Keynote Speakers include:

- George Freeman, Minister for Science, DoH
- Zahid Latif, Head of Healthcare, Innovate UK
- Sir Chris Evans, Chairman, Excalibur Group
- David Roblin, COO, The Crick Institute
- Nicole Mather, Director, OLS, BIS, DoH
- Keith Thompson, Chief Executive, Cell Therapy Catapult

For information on companies that are attending or to register click here

(iv) Digital Health Assembly (10-12 February, Cardiff, Wales)

Do you believe that radical change and innovation is a must for sustainable healthcare into the future? Do you want to connect with like minded people that share your passion for progress? Then you are just the person to attend 'Digital Health Assembly: Open Innovation'. The conference will

bring together an array of innovative minds from a variety of sectors within the Digital Health space that are open to acquiring new knowledge and skills, and developing new partnerships. To find out more click here

(v) The Healthcare Technologies Student and Early Career Awards 2015 (25 February, London)

The 2015 Healthcare Technologies Student and Early Career Awards, hosted by the IET and IMechE are now open. Finalists will be invited to be present at the awards on the 25 February 2015 in London. For more information or to register click here

(vi) Launch of MALT tools for telehealth adoption & implementation

The MALT toolkit of resources for telehealth implementation and adoption are now available via the MALT website.

MALT have produced a series of tools to help overcome the barriers to telehealth adoption and reduce the uncertainty around telehealth implementation, including:

- Case study videos

- Mythbuster factsheets

- A quick guide to implementing telehealth

- Financial tool for telehealth (hosted at malt.shef.ac.uk)

- Patient acceptance measure

- Scenario planning tools, such as the ST-Hex app (available free via itunes)

There is also a handy quick animated guide to all of the tools "Overcoming barriers, reducing uncertainty".

Download this journal entry which looks at rapid synthesis of the evidence on interventions supporting self-management for people with long-term conditions: (PRISMS - Practical systematic Review of Self-Management Support for long-term conditions) Click here to download

All the tools and resources are free to use and download. The final summary report and key messages from the project are also on the website.

If you have any queries about the project or tools, please contact Lizzie Coates (former MALT study manager) at e.coates@sheffield.ac.uk

(vii) Health Foundation – up to 20 teams to share £1.5m for healthcare innovation

A share of £1.5m is available for up to 20 teams to test and develop innovative ideas to improve health care delivery in the UK. The Health Foundation is looking for projects that aim to improve health care delivery and/or the way people manage their own health care. Each team will receive up to £75,000 of funding over 15 months, to support the implementation and evaluation of their health care innovation project. For further information, visit www.health.org.uk/innovatingimprovement

Item 3 - Liverpool More Independent programme

Contributed by Anna-Marie Taylor

Liverpool played host to the 2015 Health is Wealth conference on 21 and 22 January 2015.

Chaired by Professor Sir Ian Gilmore, Chair of Liverpool Health Partners, the conference brought together high calibre national and international speakers to present and debate key agendas surrounding "health" as a driver for business growth and economic development.

Liverpool Clinical Commissioning Group (LCCG), through the More Independent (Mi) programme has been looking at new and novel approaches to health challenges. Over £1bn is spent on the delivery of NHS services across the City region and leaders are keen to begin to divert increasing amounts of

this investment towards creative and digital innovation to help drive forward service transformation.

Mi "Digital Futures" fora, hosted by Robert Madelin, Directorate General for Communications Networks, Content and Technology, EU Commission, and his colleague Joost van der Vleuten, considered the digital health agenda, what LCCG and partners have achieved to date in the City, and what the future may hold.

LCCG and it's partners have created a new dialogue in the City between industry, citizens and care/health practitioners. The interactive "Delivering Digital Futures" fora were delivered from an SME perspective – giving practical insight into the:

- issues faced by SMEs
- advantages SMEs can bring to the Health Sector to support growth.

and provided SMEs supported by LCCG Business Assistance programme, the opportunity to give their perspective and raise their profile including:

- Digital Inclusion – Road-testing online recovery packages with citizens – Genie in the Gutter and PSS
- Cultural Co-creation – House of Memories – Damibu and Innovate Dementia
- Community Co-creation - ReMind – Citrus Suite, Merseycare and Chinese Wellbeing
- Care Home Partnership - testing health and care technology
- Red Ninja – cross sector working with Care Home Partnership and Housing Sector
- Personal Health Records creating a market place - Sitekit

Common points drawn out from case studies and discussion included:

- Ensuring research and product development is built upon the needs and expectations of citizens
- SMEs in both technology and health & social care are close to communities
- How SMEs can support strategy/policy development
- SMEs with local cross sector contacts – essential in early stages of research and product development
- The need for effective local brokerage
- Thinking outside the care and health box(es) – consumerisation, new markets and finance models

Item 4 – Technology Enabled Care Services (TECS) – new from NHS Commissioning Assembly

Contributed by Annie Thompson, NHS England

Technologies such as telehealth, telecare, telemedicine, telecoaching and self-care apps have the potential to transform the way people engage in and control their own healthcare, empowering them to manage it in a way that is right for them. The NHS Five Year Forward View promotes the importance of prevention and of new models in care in designing sustainable, high quality health

and care – an essential precondition will be giving service users more control and professionals the data they need.


The NHS Commissioning Assembly's *Technology Enabled Care Services (TECS) Online Resource for Commissioners* has been developed by NHS commissioners to help maximise the value of technology enabled care services for patients, carers, commissioners and the whole health economy. This resource raises awareness of how the wide range of TECS can support commissioning intentions and benefit patients, commissioners, families, health and social care professionals and provider managers. It also addresses the demand from commissioners for information on how to commission, procure, implement and evaluate these types of solutions effectively. For more information visit the NHS Commissioning Assembly website here or access the TECS Resource for Commissioners.

Item 5 – TeleHealth Readiness Tool

Contributed by Clive Flashman (CSC) and Alison Marshall (Univ Cumbria)

The TeleHealth Readiness Tool recently launched in beta version by CSC, NW Coast AHSN and the University of Cumbria is an effort to support Healthcare organisations on their journey to implement a TeleHealth service. All too often, organisations focus on the technology without thinking of the wider implications of this sort of initiative.
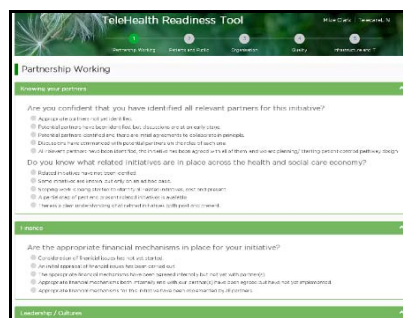
The tool provokes this sort of thinking and helps organisations to plan for a change that will drive service redesign, stronger partnership working and better patient engagement. There are 5 categories in the tool, and low scores in each will generate a set of resources to help users to develop their thinking further. Please try out the tool at www.ready4telehealth.com and send your feedback to alison.marshall@cumbria.ac.uk

Item 6 – The King's Fund Call for Papers for Digital Health and Care Congress 2015

The call for papers for The King's Fund's 2015 Digital Health and Care Congress is still open. This year the overarching theme for the congress is enabling patient-centred care through information and technology. The congress scientific committee are looking for current or latest research results and/or reports on the progress and impact of innovative projects in digital health, and authors are encouraged to submit papers to one of the main themes indicated below:

•   sustaining independence as people age

•   preventing and managing chronic illness effectively

•   engaging health care professionals and commissioners

•   digitally enabling service transformation.

The abstract submission deadline is **13 February 2015 – website.**.

Item 7 – People-driven Digital Health & Wellbeing – 13 & 14 May 2015 in Leeds

Contributed by Victoria Betton, mHealthHabitat (@victoriabetton, @mhealthhabitat)

Most digital health events may have one speaker on the podium who has innovated to solve a problem they have been personally affected by – either as a patient or family member. Our event not only showcases digital innovations which solve real world problems, it brings people together to learn how we can realise the enormous value of people and community driven digital health and wellbeing innovation. The event is for aspiring and seasoned digital entrepreneurs who want to meet like-minded people from across the UK (and beyond) to network, share learning and collaborate; for people accessing health and social care services who want to get digital on the agenda; for providers, commissioners, policy makers, industry and investors who want to understand how people-driven digital health can support the future transformation of health and care services.

The event is supported by NHS Citizen and will be held at Open Data Institute in Leeds, the 14 May includes lightning talks, open space conversations and a challenge: H*ow can we unleash people-led digital innovation in health and wellbeing?* The answer to this question will take the shape of a White Paper with a series of recommendations for future action. The evening and day events are both free and we would like all our attendees to bring a gift to share on the day.

This event is being organised by the mHealthHabitat team in partnership with some amazing digital entrepreneurs –Mark Brown from Social Spider, Michael Seres founder of 11Health, Kat Cormack from Buddy App, and Anne Cooper. *Eventbrite and further details are to follow. In the meantime, If you'd like to support the event and/or get involved do get in touch with Victoria at* victoria.betton@nhs.net

Item 8 – Upcoming one-day events at the Royal Society of Medicine

Contributed by Charles Lowe (@LoweCM)

a) Recent developments in digital health

This event will take place on 26th February at the Royal Society of Medicine.

The meeting will explore the current developments and future applications of digital health across the NHS and private settings. Using real world examples, lectures and interactive discussions, this meeting will keep delegates up to date with modern trends and give the opportunity to network with other likeminded professionals.

Presenters will include Professor Marco Viceconti from the University of Sheffield's Virtual Physiological Human Institute, Dr Rob Beardall Chief Medical Officer at NantHealth UK and Professor Kazem Rahimi, Director of the Healthcare Innovation Programme at the George Institute for Global Health, University of Oxford.

There are only some ten spaces left for this event now - for more details, or to book, click here https://www.rsm.ac.uk/events/events-listing/2014-2015/sections/telemedicine-ehealth-section/tef02-recent-developments-in-digital-health-2015.aspx

b) Mainstreaming medical apps; reducing NHS costs; improving patient outcomes

This one-day conference, on April 9th will build on the last two years' sell-out one-day conferences on medical apps at the Royal Society of Medicine.

Presenters include Professor Gillian Leng, Deputy Chief Executive of NICE, Professor Susan Michie, Professor of Health Psychology at University College London, Dr Richard Brady of Edinburgh University and Professor Ray Meddis, Department of Psychology, University of Essex as well as representatives of other organisations important to the development of medical apps, such as the MHRA.

This year as medical apps are coming of age, this conference will focus on the critical aspects of mainstreaming them. In particular the event will focus on the various UK and EU regulatory issues that need managing in order to enable apps to be recommended or prescribed with confidence by clinicians. The day includes a session on 'bad apps' and how to avoid them. We will also take a look at examples of ground-breaking medical apps and the use of electronic games to promote health and wellbeing.

For more details, or to book, click here https://www.rsm.ac.uk/events/events-listing/2014-2015/sections/telemedicine-ehealth-section/tef03-mainstreaming-medical-apps-reducing-nhs-costs-improving-patient-outcomes.aspx

Item 9 – 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) In response to requests from commissioners, NHS England has developed a number of handbooks to provide practical support for good long-term conditions management. They draw on the latest research, best practice and case studies. Over a quarter of the population in England has a long term condition (LTC) and an increasing proportion of people have multiple conditions. £7 of every £10 of health and social care spend is targeted towards the 15 million people with LTCs.

Case finding and risk stratification
An executive summary
Core information on personalised care and support planning
Information for commissioners
Practical delivery guidance
Multi-disciplinary team (MDT) working

Also: Blog - Helping you to help people with long term conditions – Dr Martin McShane.

(ii) NHS England has published a new Practical Guide to Healthy Ageing with Age UK, to help people improve their health and general fitness, particularly those aged 70 or over with 'mild frailty'.
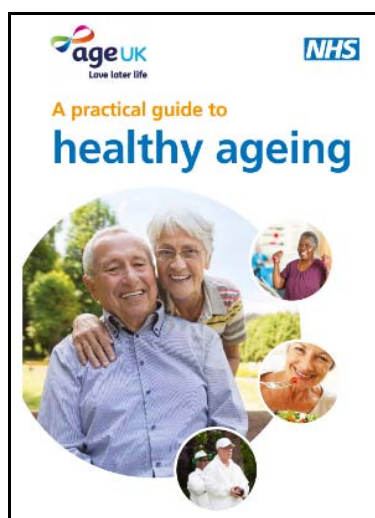
(iii) Professor Sir Bruce Keogh, NHS England's National Medical Director, has warned the NHS's future is in danger because its model of care cannot meet the relentlessly growing demand for treatment caused by the ageing population. In a Guardian interview, He has said there needs to be changes to the way the NHS treats patients, including far less reliance on hospitals, or the service risked becoming unaffordable and could see its entirely taxpayer-funded status challenged. (Full interview on the Guardian website: NHS cannot cope with ageing population, warns top doctor).

(iv) Dr Dan Harwood, Consultant Psychiatrist at South London and Maudsley NHS Foundation Trust and a Dementia Ambassador for the London area for NHS England, is meeting with 21 CCGs to advise them on how to overcome obstacles to dementia diagnosis and how to improve care pathways. Dr Harwood's work is part of NHS England's wider strategy to increase dementia diagnosis. In England, there are an estimated 683,000 people with dementia and currently about 365,000 are diagnosed. NHS England, in parallel with the Prime Minister's Challenge on dementia, has an ambition that two thirds of people with dementia will have a diagnosis and post diagnostic support by 2015. Two thirds is 455,000 which leaves a gap of 90,000 people who need to be identified.

(v) The NHS has announced two new pilots that aim to reduce wasted ambulance journeys and improve the quality of care for all patients contacting 999. For the most serious calls, ambulances will continue to be dispatched immediately. A number of conditions will be upgraded from "Red 2″ to "Red 1″ to receive an even faster response, and no conditions will be moved in the other direction to a lower priority classification. Clinical experts believe extending the call handling time by 120 seconds for non life threatening calls will reduce the number of double dispatches, freeing up more ambulances to respond to more patients, and will also allow the 999 response to be more accurately targeted to patient need, improving the service as a whole.

(vi) Each week, NHS England publishes winter health check data – Festive Period, 9 January, 16 January, 23 January 2015.

(vii) GPs across England are being invited to submit bids to improve their premises as part of a £1bn investment in primary care over the next four years announced by NHS England. A recent British Medical Association survey suggested that four out of ten practices felt that their current practices were not adequate to deliver services to patients.

(viii) The NHS in England has increased the budget for the cancer drugs fund from £280 million in 2014/15 to an expected £340 million in 2015/16. A new independent taskforce to develop a five-year action plan for cancer services has been announced. It also launched a major new programme to test innovative ways of diagnosing cancer more quickly at more than 60 sites across the country, and committed a further £15m over three years to evaluate and treat patients with a type of modern radiotherapy. The taskforce has been asked to deliver the vision set out in the NHS Five Year Forward View, which calls for action on three fronts: better prevention; swifter diagnosis; and better treatment, care and aftercare for all those diagnosed with cancer.

(ix) NHS England has announced two national leaders to support implementation of the new NHS England care models. Samantha Jones, Chief Executive of Watford, St Albans and Hemel Hempstead Hospitals has been appointed as Director of New Models of Care, and will join NHS England on secondment. Sir Sam Everington will help lead national work on primary care-driven care models and service redesign. Dr Everington is a senior GP in Tower Hamlets, a CCG chair, board member of

NHS Clinical Commissioners, trustee of the Kings Fund, and member of the BMA Council. In addition, Dr Don Berwick will provide advice in international models of care integration.

(x) NHS England's Medical Director, Sir Bruce Keogh has launched a search for pioneering healthcare innovators. The programme will focus on the conditions and cultural change needed to enable the NHS to adopt innovations at scale and pace, aiming to improve outcomes and give patients more equitable access to the latest products, services and technology.

(xi) NHS England has published details of how the extra £700million that has been injected nationally is being used in every part of the country to open extra beds, employ more frontline clinicians, and support community and local council services over the winter period. Details of the cash allocations to each part of the country are listed, along with some examples of the initiatives the local NHS and councils report they are funding with the extra money. Nationally, extra funding is also going into ambulance services faced with additional call volumes, and to increase access to urgent primary care services.

(xii) Simon Stevens has announced that the NHS is going to be funding a new national programme that will offer tens of thousands of people at risk of diabetes proper support to get healthier, eat better and exercise more.

(xiii) NHS England has announced eleven centres across the country that will lead the way in delivering the 100,000 Genomes Project.

(xiv) Jeremy Hunt has announced a pilot for possible change to the way ambulance services respond to 999 calls.

(xv) Health Secretary Jeremy Hunt has announced further measures to tackle sepsis, involving the NHS, government and national health bodies.

(xvi) A revised code of practice for the Mental Health Act 1983 provides updated guidance for professionals.

(xvii) Guidance has been issued on complying with Monitor's integrated care requirements.

(xviii) The Scottish Government is to ask patients and staff to help shape a refreshed long-term vision for Scotland's NHS. Speaking in a debate in Parliament, the Cabinet Secretary for Health, Shona Robison said the Scottish Government will produce a refreshed plan to reach the 2020 Vision and extended an invite to all politicians, as well as patients, families, clinicians and other stakeholders to work with the Government to develop a longer term 10 to 15 year plan for the NHS.

(xix) Health leaders in England have announced a £10 million investment to kick start a new plan to expand the general practice workforce. The money will be used to recruit new GPs, retain those that are thinking of leaving the profession and encourage doctors to return to general practice to better meet the needs of patients now and for the future.

(xx) NHS England and its national partners have announced a new programme to focus on the acceleration of the design and implementation of new models of care in the NHS. Potential vanguard sites have until 9 February to respond.

Item 10 – 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 worst A&E/hospital figures for a decade, claim the headlines. It is still unclear why the festive period has brought pressures on the NHS – is it A&E cover, delayed transfers, social care cuts, 111 referrals, people admitted onto the wrong wards, lack of GP appointments or a complex combination of these and more? A&E attendance has been lower than in the Summer, but admissions have been higher. Questions have been asked about the use of the additional £700m made available and how long it could take to address the situation (3-5years?). Some of the indicators are now showing improvement, but there may be backlogs of planned admissions to work through. No doubt the discussions will continue through the election period. Here is a selection of links:

- [A&E crisis rapidly deepening, new figures show](#)
- [A&E crisis: a million more pensioners going to hospital rather than their GP, says Cameron](#)
- [A&E crisis: major incidents risk being the new normal for the NHS](#)
- [A&E crisis: monitoring conditions through telehealth could transform NHS care](#)
- [A&E crisis: soaring numbers of hospitals declare major incidents](#)
- [A&E pressure 'spreads in hospitals'](#)
- [A&E waiting is worst for a decade (i)](#)
- [A&E waiting is worst for a decade (ii)](#)
- [Cameron defends NHS as A&E units record worst-ever performance](#)
- [Three challenges and a big uncertainty for the NHS in 2015](#)
- [Doctors warn of patient misery as A&E crisis hits planned surgery](#)
- [Hospitals crisis: what the experts think](#)
- [Winter pressure - how helpful is NHS 111?](#)
- [Why is the NHS in trouble? Seven reasons why A&Es are struggling](#)
- [Charities offer to help out in A&E to relieve pressure on staff](#)
- [Why the A&E crisis is a tribute to the health service's success](#)
- [2014 was the year the cracks began to show in the NHS](#)
- [It could take FIVE YEARS to solve problems causing A&E crisis](#)
- [It has been non-stop': Hospital social work during the A&E crisis](#)
- [Wales and NI A&E waits 'worsen'](#)
- [What Is Really Causing the A&E Crisis?](#)
- [What's behind the drop in A&E performance? The Nuffield Trust](#)
- [What's going on in A&E? The key questions answered](#)
- [Why are hospitals under so much pressure?](#)
- [More than 400,000 extra A&E visits](#)
- [Lack of GP appointments driving one million a year to A&E units](#)
- [NHS crisis grows as young Britons turn their backs on family doctors](#)
- [NHS crisis: Extra cash is not reaching critical areas effectively](#)
- [Six reasons A&Es are struggling](#)
- [Surviving a night in A&E: a doctor's story](#)
- [The NHS needs more money - but that's not all](#)
- [David Oliver: Discharging patients from overcrowded hospitals - fewer progress chasers and more doers please](#)

The BBC has an NHS Winter Tracker.

NICE has set out some potential guidance on safe staffing levels for A&E.

- A&Es given safe nurse staffing rules
- NICE sets out draft safe staffing guidance for A&Es

(ii) The start of the year always sees a tech review of the previous year and predictions/trends for the new year as well as the annual Las Vegas Consumer Electronics Show (CES). Here is a summary of links for 2014, 2015 and CES.

2014 roundup:

- 2014: Wearable tech review of the year
- 2014's innovations in technology far-reaching
- Looking back over Telehealth & Telecareaware's predictions for 2014
- The 12 tech months of 2014
- Round-up: 33 digital health acquisitions in 2014
- Ten Tips -- 2014 Year-End Guide for Launching a Product or Service Aging In Place Technology Watch
- The 2014 eHealth year in review: part one
- The best innovations of 2014
- TRENDS Top 10 eHealth Gamechangers of 2014
- Why 2014 was a groundbreaking year in digital health

2015 roundup:

Examples of tech innovations for 2015 from the 'Nominet Trust 100' (Guardian Report):

- Jerry the bear: Interactive toy that teaches children to manage chronic conditions
- Liftware: Spoon reduces shaking for people with Parkinson's disease
- Casserole Club: Online service matches neighbours to prevent loneliness and malnutrition
- Smart Glasses: Wearable technology that allows visually impaired people to see
- Reverse the Odds: Smartphone game advances cancer research as you play
- Euan's Guide: Review website maps accessibility for disabled people
- Ostomi-i Alert: Bluetooth technology helps patients cope with ostomy bags

…and from the Telegraph – Technology in 2015 – the new gadgets coming your way - The smart-home, smart appliances, mobile payments, super drones, better 3d printing, virtual reality at home, connected cars, 4k, more smartwatches – how many will still be top of the list at year end?

…and from the BBC: Technology predictions fly into 2015

…and from New England College: 6 New Technologies Keeping Seniors Independent

Virtual Caregiver: These innovative platforms help to keep in-home care organized, safe and efficient. Features vary by program, but typically include the ability to create a medicine schedule, tips to safety proof a home and include a variety of wellness resources.

Smart Garments: Even the slightest fall can result in a major injury for seniors, so smart garments offer an added layer of protection. They contain 3D motion sensors designed to detect falls, automatically deploying a micro-airbag to pad the body. Smart garments also automatically issue a call for help to caregivers or family members when needed.

Smart Pill Bottles: Seniors often have a hard time remembering when to take their medication. Smart pill bottles send online alerts, glow a different color and beep to alert the person to take their medicine on time.

Mobile Physicians: Devices like the Scanadu Scout and Kinsa allow physicians to keep a close eye on patients from a distance. These tools measure heart rate, haemoglobin, temperature and other vitals and can be easily sent to a smartphone. Many of these medical gadgets also provide possible reasons for symptoms, allowing for a quick and easy diagnosis.

Virtual Companions: Many senior citizens live alone, meaning it can take hours or even days to discover there's been an emergency. Virtual companions — in the form of cameras, easy-access messaging devices and wireless sensors — closely monitor the activities of seniors, making it easy to deploy help if needed.

Smartphone and Tablet Apps: Many families work together to care for elderly family members, making it easy to become confused on who is handling which needs. Apps like Jointly, serve as a seamless way for caregivers to coordinate tasks and easily facilitate communication.

…and many more articles for 2015:

- 15 health care predictions for 2015
- 17 People Shaping Wearable Technology in 2015
- 18 Influencers Shaping Digital Health in 2015
- 2015 tech trends to watch: Smartwatches, algorithms, 'glance media' and more
- 2015: The Year of Healthcare for wearables
- 25 Startups To Watch In 2015
- 3 things telehealth needs to succeed in 2015
- 4 Interesting Tech Trends In Patient Monitoring
- 5 digital health trends you'll see in 2015
- 50 wearable gamechangers for 2015
- 7 health IT trends for 2015_Government Health IT
- Lookahead 2015: 'The future is here'
- 2015 tech trends to watch: Smartwatches, algorithms, 'glance media' and more
- 2015: The Year of Healthcare for wearables
- 15 health care predictions for 2015
- 23 notable FDA clearances for digital health apps, devices so far this year

- DIY Healthcare will be the top trend of 2015
- ECRI: Telehealth, Google Glass among health tech to watch in 2015
- Forget smart watches and glasses, smart clothing will be the hottest trend of 2015
- Four Predictions for 2015 -- A Mixture of New and Old Shifts
- The 2015 State Of The U.S. Health & Fitness Apps Economy
- The 4 things your mobile health app needs for a breakout in 2015
- Top 5 Digital Health Categories Poised for Growth in 2015
- Top 5 Internet of Things predictions for 2015
- Will 2015 deliver the promise of telemedicine?
- The Top Healthcare Tech Trends to Watch in 2015
- Wearable Technology in 2015: A fad or the future?
- Wearable Technology Show Home
- Wearable technology to be looked at for handling e-health data in the mainstream
- Wearables Carve New Path To Health In 2015
- Wearables In 2015: 4 Predictions - InformationWeek
- Wearables market enters new frontier with smart clothes
- Wearables to fill the state of Texas (and other CES 2015 thoughts)
- Where your tech focus should be in 2015
- Why 2 app evangelists say 2015 will be a tipping point for doctors prescribing apps
- Why 2015 could be the year Silicon Valley fully wakes up to digital health
- Why 2015 May Be the Year of the Ear for Wearables

CES 2015:

- CES 2015: 25 new products and technologies worth talking about
- CES 2015: 4K TV, wearables and the connected home
- CES 2015: Preview of the gadget-fest
- CES 2015: Time for ankle tech?
- CES 2015: what to expect from consumer electronics in Las Vegas
- CES: Super-fast phone charger demoed
- T-shirt checks your vital statistics
- Samsung call to open up net of things
- Smart belt shames you into losing weight by tracking your waistline
- Samsung pledges over $100m to make an open Internet of Things finally happen
- CES 2015 Part 1 - Six New Offerings in the Aging Tech Market
- CES 2015 Part 2 - Seven Tech Offerings for Health
- CES 2015 Round-Up: In Search of Technology in Search of a Problem
- CES 2015: Digital Health Trends, What's Hot, What's Not?
- CES 2015: Five Outstanding Pieces Of Wearable Technology [VIDEO]
- CES 2015: Gadget convention looks beyond the geeks
- CES 2015: Parenting Gets 'Smarter' with Baby Glgl, TempTraq, Pacif-i and More Tech for Babies
- CES and mHealth: It's about the journey, rather than the destination
- CES Diary: Wearables may be headed mainstream, but many still aren't ready for prime time
- CES: Sensors Rule From the Start
- Health devices take the stage at Consumer Electronics Show
- I tried on 56 wearables today. Here's a photo of every single one of them
- List Of Wearables Featured At CES 2015
- Self-Tracking Gadgets That Play Doctor Abound At CES
- Slideshow: 19 more health devices that launched at CES 2015
- Slideshow: Health devices launched at CES 2015

- Slideshow: Health tech dangers for 2015

(iii) The Kings Fund has published its latest quarterly monitoring report for England.

'*Services are stretched to the limit with financial problems also endemic among hospitals and staff morale a significant cause for concern, the situation is now critical*' – John Appleby, Chief Economist.

(iv) NHS Change Day is 11 March this year – follow #NHSChangeDay on Twitter for updates and actions being shared from the health and care sector.

(v) Telemonitoring NI started in December 2011 and last November saw the service deliver its one millionth day of telehealth monitoring, supporting 3,300 of patients with a range of long-term conditions, including chronic obstructive pulmonary disease, heart failure, stroke and diabetes.

The service recently had a ministerial visit from Health Minister Jim Wells, along with Richard Pengelly, Permanent Secretary for Health, and Dr Michael McBride, CMO and CEO of Belfast HSC Trust (Tunstall Blog article).

(vi) eHealth Insider provides daily news on health informatics – here is a selection of recent articles:

- E-Health Insider :: Another view: of the A&E crisis
- E-Health Insider :: Blackpool uses Emis Web in community
- E-Health Insider :: EHI PC 500: now for the next ten years
- E-Health Insider :: HSCIC data lab to launch in March
- E-Health Insider :: Manchester builds games to stop falls
- E-Health Insider :: More action needed on IG - Caldicott
- E-Health Insider :: More TPP firsts for Plymouth
- E-Health Insider :: NHS England names 100K genome centres
- E-Health Insider :: NHS England promotes IT in 'to do' list
- E-Health Insider :: NHS England silent on tech fund delay
- E-Health Insider :: NHSmail SMS funding extended for GPs
- E-Health Insider :: Northumbria issues framework tender
- E-Health Insider :: NW London district nurses go mobile
- E-Health Insider :: Open source framework needed - CIO
- E-Health Insider :: Salford uses Graphnet for drug trial
- E-Health Insider :: Stevens calls for digital NHS front door
- E-Health Insider :: The year of the wearable
- E-Health Insider :: Wales invests £3m in sharing documents

(vii) The British Geriatrics Society (BGS, @gerisoc) has launched *Fit for Frailty (*Part 1 *and* Part 2*)*, produced in association with the Royal College of General Practitioners (RCGP, @RCGP) and Age UK (@AgeUK), and aims to be an invaluable tool for social workers, ambulance crews, carers, GPs, nurses and others working with older people in the community.

(viii) After months of speculation, Google has called an end to Google Glass in its current form. Here are some of the links covering the announcement:

- Google calls end to Glass experiment
- Google Glass can return - but it must clear four big hurdles first
- Google Glass ceases production for now
- Google Glass review: useful, but overpriced and socially awkward
- Google Glass: Tech giant to halt sales of headset in current form - but vows to look to future
- Google halts sales of Google Glass
- A New Version Of Google Glass Is Coming In 2015

- Google Glass Failed, but Here's the Path Its Successors Will Take
- Google Glass may be a technology in search of a problem, but what's wrong with that?

(ix) The Government has published the Independent Information Governance Oversight Panel's report (First Year). It looks at whether health and social care organisations are sharing information wisely and preventing improper disclosure of personal data. It shows evidence of pockets of exemplary practice but the overall picture is of a need for improvement. The IIGOP report concludes that a basic condition for building public trust is a commitment to more transparency about how data is collected, stored and used. Individuals must also be able to opt out of data sharing arrangements and be confident that their wishes are being respected consistently across the system.

(x) The Guardian reports that Nurses are at breaking point as the number off work with stress soars.

(xi) Palliative care can provide a better death and even a longer life - Guardian article by Dr Margaret McCartney.

(xii) *'The NHS can streamline, innovate, cut and chivvy all it wants to improve quality and save money but only citizens can change how they use the service'* – argues Jonathon Carr-Brown in Patients must drive a digital revolution in the NHS.

(xiii) The Daily Mail reports on the NHS England initiative where patients are to be allowed to refer themselves for cancer tests and GPs will also be able to send a person straight for scans in effort to save 8,000 lives a year.

Also:

- Patients to be allowed to self-refer for cancer diagnostics without going through GP
- NHS aims for earlier cancer diagnosis

(xiv) Person Centred Resource Centre from Health Foundation:

Also:
Personalisation: what can the NHS learn from social care?
Person-centred commissioning will improve services for frail older people, says guidance

(xv) Based on FOI requests, the number of councils commissioning 15-minute home care visits has risen in the past year, prompting fears of 'dangerously low levels of care' being offered to vulnerable people.

(xvi) The Guardian covers highlights from 2014 in Social Care.

(xvii) From the Guardian: Professor Sir Bruce Keogh believes that gadgets similar to fitness trackers, which are growing in popularity, and others resembling games consoles will revolutionise the monitoring of patients' health, especially those with a serious condition. *"Technology is emerging which enables those to be brought together and transmitted through mobile phones or other methods where health professionals can analyse them and act upon any warning signs,"* Keogh says.
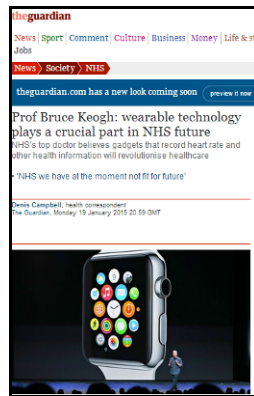
(xviii) Ageing does not have to bring poor health and frailty, scientists have claimed, after discovering that the most active people in their 70s are as fit as those in their 50s. A study of older cyclists found that there was little physical difference between people aged 79 and those aged 55 if they maintained similar levels of exercise. (Telegraph article)

(xix) Chemotherapy via a mobile unit – a new service run by NHS Trusts and 'Hope for Tomorrow' (BBC News article).

(xx) American website App Annie reveals that Amwell (American Well) is the most popular telehealth app of 2014.

(xxi) US websites are suggesting that the Apple Watch is due for release in March 2015 (Telegraph article).

(xxii) askmyGP is a secure online portal where a patient can request a consultation with their GP and provide relevant information about their symptoms to better inform a fast response and resolution to their problem.

(xxiii) Augmented humans: 'In five years you'll see exoskeletons on the building site' – the development of robotics and external exoskeletons continues apace (Guardian article).

(xxiv) Cancer will kill almost no one under the age of 80 by 2050 due to continued advances preventing and treating the disease, a major study by UCL suggests (Telegraph article).

(xxv) A study of 20,000 hospital admissions found 12 per cent of older people arriving from care homes were dehydrated (Telegraph article).

(xxvi) Carers face a postcode lottery in access to support because of significant variations in the way councils carry out assessments, determine eligibility and allocate resources, a York study has found (Community Care article).

(xxvii) Current UK tenders:
Barnsley tenders - dementia support and telecare

[Contract Notice: Telecare Service Soft Market Testing - Manchester](#)

(xxviii) [From eHealth Insider](#): At a parliamentary health committee hearing on the pathfinder phase, MPs were told that a number of questions about the care.data project remain unanswered, with regulations outlining restrictions on access to the data still to be released.

(xxix) Britons are much less likely to follow advice from health professionals such as GPs and nurses if the health professionals are overweight or obese, a new RSPH survey shows. Polling commissioned by the Royal Society for Public Health (RSPH) found that 41% of people would be less likely to take advice about adopting a healthy diet from an NHS member of staff who was carrying extra pounds, while just 17% said they would heed it. Similarly, 48% would be less likely to take advice about exercise and diet from an overweight GP and just fewer than one in 10 – 9% – would heed it. In comparison, 59% would follow such advice if it came from a GP who was not overweight. Just over half (51%) of the 2,100 adults polled said they would listen to advice from an overweight nurse. ([Guardian article](#)).

(xxx) A digital health services firm has developed a tool to reduce the pressure on the NHS – Yorkshire Post [article](#) on [inhealthcare](#).
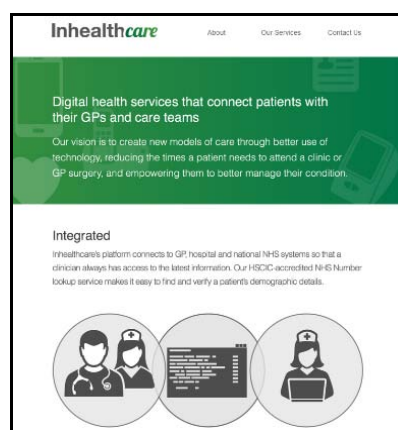
(xxxi) Emis Group has bought Medical Imaging (UK) and MIDRSS, which provides diabetic eye screening and ophthalmology imaging to the NHS in England ([Yorkshire Post article](#)).

(xxxii) The final [reports](#) of the Malcolm Project (**M**apping **A**ssisted **L**iving**C**apability **O**ver **L**a **M**anche) are now available on the SEHTA website.

(xxxiii) There is increasing interest in 3D printing, particularly for making models of internal body parts from scan data.

- [Father creates 3D model of kidney to help surgeons operate on him](#)
- [Man Saves Wife's Sight by 3D Printing Her Tumor](#)
- [3D-printed model heart helps doctors save a little girl's life](#)

(xxxiv) Five things the next government should pledge for older people – Stephen Burke ([Guardian article](#)).

(xxxv) Carol Turner, Senior Operating Department Practitioner in the Pre-operative Assessment Unit at King's Mill Hospital covers the use of Florence Simple Telehealth to help identify white coat hypertension.

(xxxvi) A "deeply personal" picture of every consumer could be grabbed by futuristic smart gadgets, the chair of the US Federal Trade Commission has warned. Speaking at CES, Edith Ramirez said a future full of smart gadgets that watch what we do posed a threat to privacy. The collated data could create a false impression if given to employers, universities or companies, she said. Ms Ramirez urged tech firms to make sure gadgets gathered the minimum data needed to fulfil their function (BBC article).

(xxxvii) Researchers, at the Northeastern University in Boston, Massachusetts have discovered 25 new antibiotics from soil - teixobactin is the latest and most promising one. (BBC News Article).

(xxxviii) Google is piloting a modular phone with various useful components and devices that can be included.

- Google to pilot modular phone
- Google's phone that comes in bits

(xxxix) GP funding for text message appointment reminders is to remain until September 2015 (Pulse Today article).

(xl) Meals on wheels deliveries for the elderly and vulnerable have seen a dramatic decline by almost two-thirds under the coalition, a Labour analysis has found. The research into services offered by English councils revealed there are an estimated 220,000 fewer meals on wheels being served to older people than when the Conservatives and Liberal Democrats came to power. That is a drop of 63% compared with 2010, with prices rising over that time by an average of £237 a year for those who receive meals every day (Guardian article).

(xli) The new Buddi GPS wristband can track people 24/7 and sends alerts when they fall.

(xlii) A lack of exercise could be killing twice as many people as obesity in Europe, a 12-year study of more than 300,000 people suggests. University of Cambridge researchers said about 676,000 deaths each year were down to inactivity, compared with 337,000 from carrying too much weight (BBC News article).

(xliii) Hinchingbrooke Hospital has been placed in special measures by CQC and also plan to end their 10 year contract with the NHS. (Guardian article).

Also:
- Private firm pulls out of hospital
- Can a private business run a hospital?
- Circle in talks to exit private contract to run Hinchingbrooke hospital
- Circle pulls plug on hospital deal and sparks storm over private firms in NHS
  NHS urged to 'take back' hospital

(xliv) Dr Saif Abed argues that *'Digital Health needs Doctors more than Patients'* – he sets out a few reasons why clinicians are so important to convince.

(xlv) Tunstall and the Good Governance Institute have a website on Innovations in Integration.

(xlvi) More than 80,000 people a year could be saved from dementia by lifestyle changes to protect the brain, according to a major global report. The research says individuals should be encouraged to take action earlier in life to try to fend off conditions such as Alzheimer's disease, amid increasing evidence that deterioration of the brain starts in the 40s (Telegraph article).

(xlvii) People with type 1 diabetes who intensively control their blood glucose (blood sugar) early in their disease are likely to live longer than those who do not, according to research funded by the National Institutes of Health. (NIH article).

(xlviii) Oxehealth, the camera-based health monitoring company, has been awarded funding by Innovate UK, to develop its vital sign monitoring technology, in collaboration with Broadmoor Hospital. (RealWire article)

(xlix) Although additional funding will be made available for GP services in England, there is concern about seven-day working.

- Making NHS seven-day service could threaten patients' safety, say doctors
- Medical chiefs blast plans to open GP surgeries at weekends

(l) Telecare Services from Medway Council.

(li) The number of people with a mental health condition admitted to hospital as an emergency is likely to reach its highest level ever this winter, Paul Burstow, former health minister has warned. An estimated 280,000 mental health patients will be admitted to hospital as an emergency in the last three months of 2014, latest analysis suggests as emergency doctors warned that overstretched A&E departments are the wrong place for people in mental distress.

- Mental health emergencies' expected to reach highest figures this winter
- Mental Health Treatment - Supporting Integrated Delivery guidance
- Mental health treatment failings adding to strain on A&E, says minister

(lii) Researchers from the University of Calgary have demonstrated that tremors can be accurately diagnosed and assessed using a smartwatch. It's estimated that essential tremor affects 10 million patients in the United States alone. Another 10 million patients are affected by Parkinson's disease worldwide.

(liii) A new treatment for arthritis? - Scientists have seen an improvement in the conditions of more than half of the 20 patients in their trial, which uses small pacemaker-type devices to send electrical impulses to a nerve relaying brain signals to vital organs (Guardian article).

(liv) Proposals to develop new health and social care models will need to demonstrate meaningful clinical and patient involvement to get NHS England support, HSJ has been told. (HSJ article – subscription required).

(lv) eHealth Insider has reported that the £240m tech fund 2 appears to have been raided by HM Treasury to shift money towards dealing with A&E pressures in the run up to the general election.

Also:
Nursing tech fund 2 winners informed

(lvi) The Self-management Partnership and Practice Programme in Scotland has launched a new network to share learning, good practice and innovative ideas being developed, and facilitate conversations about self-management (article).

(lvii) Three of England's 211 GP-led local clinical commissioning groups (CCGs), which fund treatments, are facing heavy criticism after announcing they intend to restrict the numbers of hearing aids in order to save money (Guardian article).

(lviii) New Garden cities will introduce a new '*virtual health service'* with fewer GPs in surgeries and instant access to doctors by Skype, the head of the NHS, Simon Stevens, has said. Future developments would start from 'the default assumption that digital interaction will be the main way that people will interact with the health service'. Rather than registering with a family doctor, patients would sign up to a 'virtual primary care service' and rather than book an appointment would 'just be able to call up a doctor or a nurse on [their] iPhone and have the face-to-face interaction there' he said. Others would be able to communicate with medical staff through their television or by Skype, he said. (Telegraph article).

(lix) NHS England's Patient Online team are hosting a series of webinars to support practices, CCGs and CSUs with implementing online services, appointments, repeat prescribing and records access.

(lx) Poor diabetes care in England is leading to avoidable deaths, record rates of complications and huge costs to the NHS, Diabetes UK is warning. The NHS spends a tenth of its budget on diabetes, but most goes on managing complications not preventing them. (BBC article).

(lxi) The safety of vulnerable people is being put at risk because they are discharged from hospital without proper information about their condition and future needs, Healthwatch England has found (Guardian article).

(lxii) The Department of Health, its arms length bodies and the NHS have made progress in improving cancer services since 2010, according to the National Audit Office. However, significant variations in outcomes and access to services persist across England, indicating that there is considerable scope for further improvement. (NAO Report).

(lxiii) A record 2.5 million people are now living with cancer or the after-effects of it, threatening 'a crisis of unmanageable proportions' for the NHS, Macmillan Cancer Support has warned. They have said the long-term burden of side effects would put 'huge pressure' on the NHS, and called for political parties to commit to 'urgent action' on cancer care in their manifestos. Around one in four people face ill health or disability following treatment for cancer (Independent article).

(lxiv) Apple's smartwatch will have a fundamental impact on the way the U.K. NHS runs - thinks Stephen Davies.(bionic.ly article).Whilst a Guardian article by Samuel Gibbs considers The future of wearable technology is not wearables - it's analysing the data.

(lxv) Anti-gravity treadmills. No mirrors. Exercise chairs for the obese. One entrepreneur has built the ultimate gym for people who hate to work out, and it's attracting thousands of members (Telegraph article).

(lxvi) People with mental health problems are less likely than other eligible groups to use personal budgets, which give them direct control over selecting and paying for their own support. But when they do have them, the money is spent in imaginative ways. People tend to select things like gym sessions to manage their health, IT to build social networks and sleep-in support to alleviate mental

health problems like paranoia. So why has personalisation not really taken off in mental health? Asks Rob Grieg (Guardian article).

(lxvii) Recent news from Tunstall Healthcare:

- Tunstall Blog - Coventry TeleCareline launch
- Tunstall Blog - Integrated telecare at Derbyshire County Council
- Tunstall keeps investing after challenging year
- Tunstall reports on telecare success through partnership with Walgreens

(lxviii) From Solihull – the Gadget Gateway website.
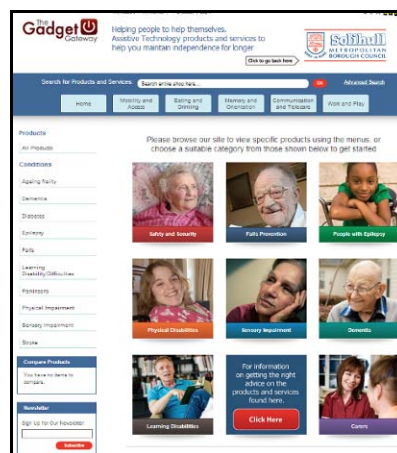
(lxix) 'Live for ever?' - Fixing the 'problem' of ageing is the mission of Silicon Valley, where billions are pouring into biotech firms working to 'hack the code' of life – despite concerns about the social implications (Guardian article).

(lxx) From the U.S.: Investors pumped a record $6.5 billion into digital health ventures during 2014, an increase of 125 percent from the 2013 level, according to StartUp Health's annual report. (Fierce Health IT article).

(lxxi) New from Gov 2020 - 2020 health care trend: healthcare everywhere.
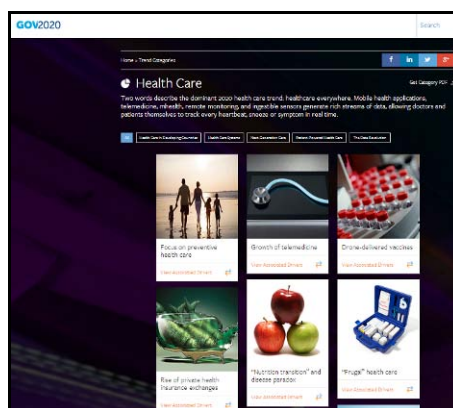
(lxxii) David Lee Scher has an mHealth News article on 5 ways that telehealth will change medicine.

(lxxiii) Two tech articles from Gizmodo – tattoo for diabetics, smart EpiPen case.
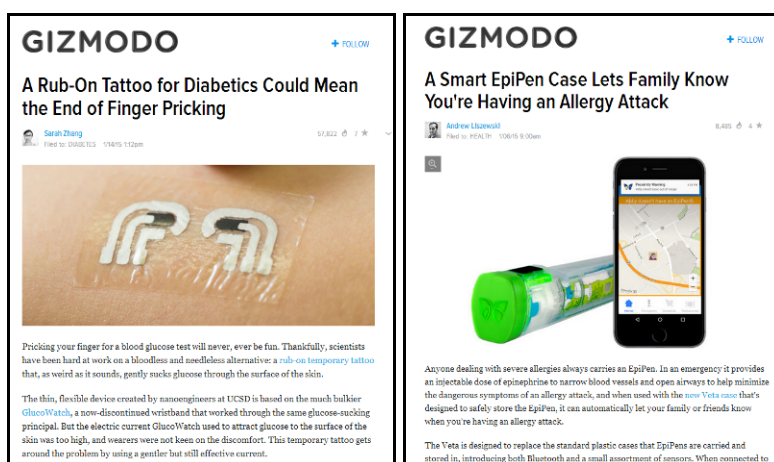
(lxxiv) Assessment of the Feasibility and Cost of Replacing In-Person Care with Acute Care Telehealth Services – New article by Dale H. Yamamoto.

(lxxv) The American Telemedicine Association (ATA) recently released '*Practice Guidelines for Live, On Demand Primary and Urgent Care'*. The document provides guidance on specific clinical applications, practice, benefits, limitations and regulatory issues pertaining to the delivery of telemedicine

(lxxvi) Avoiding app fatigue: 4 tips for integrating mHealth tools in specialty settings (mHealth News article).

(lxxvii) An interesting article from Buzzfeed on apps that are tracking you – often without your knowledge.

(lxxviii) What do people think of health/medical apps? – Applause looked at 39 health and fitness apps and 28 medical apps for a recent report.(Fierce Mobile Healthcare).

Also:
Stroke apps made for patients lack evidence based principles - iMedicalApps

(lxxix) Millions of people could be trying to measure their blood pressure with untested, inaccurate and potentially dangerous smartphone applications, or apps, a new study finds. Researchers analyzed the top 107 apps for 'hypertension' and 'high blood pressure' that are available for download on the Google Play store and Apple iTunes and found that nearly three-quarters offered useful tools for tracking medical data. But they also found seven Android apps that claimed users needed only to press their fingers onto phone screens or cameras to get blood-pressure readings – claims that scientists say are bogus. (Reuters article).

(lxxx) Honeywell Life Care Solutions is joining forces with medical alert technology vendor MobileHelp to offer a consumer-facing platform that would allow patients to monitor their vital signs and share them with providers. The partnership hits upon an important strategy: 'For mHealth to succeed in the consumer market, it needs to attach itself to something that's already in place and a part of the consumer's lifestyle'. (mHealth News article).

(lxxxi) Recent You Tube videos from Cair cover the Onyx pendant alarm in various configurations.
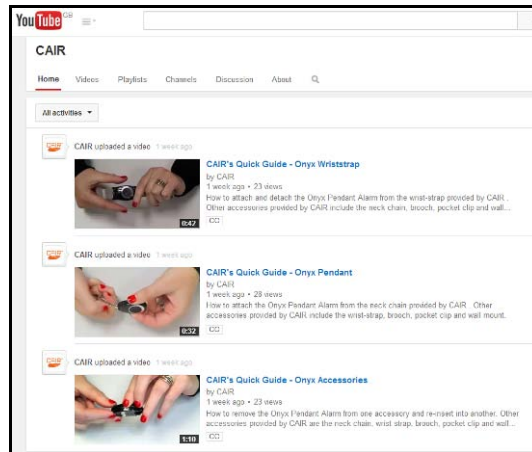
(lxxxii) Smartphone ECG company AliveCor announced the publication of a long-awaited independent trial of the technology conducted by the Cleveland Clinic. As was reported at Heart Rhythm Society in May 2014, the trial showed that AliveCor's heart monitor detected atrial fibrillation that was present 100 percent of the time, and only returned false positives 3 percent of the time. (Mobihealthnews article)

(lxxxiii) Website from My Help at Home.
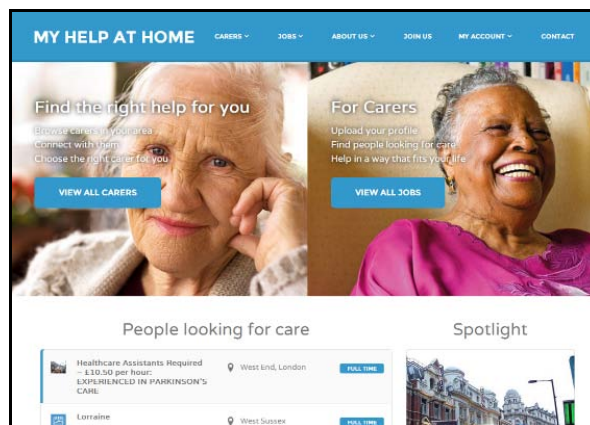
(lxxxiv) The FDA has published a draft guidance document that aims to help those creating wellness devices and apps to better understand when their product (or their marketing claims) crosses over into regulated medical device territory (Mobihealthnews article).

[Also:](#)
- [FDA Approves Mobile App To Identify Brain Trauma](#)
- [FDA Clears Pacemaker for the Stomach](#)
- [LifeWatch gets FDA clearance for adhesive, remote patient monitoring wearable](#)
- [Round-up: 31 FDA clearances for digital health in 2014](#)

(lxxxv) The healthcare industry is an inventor's dream come true because it is rich with obsolete ideas – [list](#) from Vishal Gulati.

(lxxxvi) There's a new [book](#) from Dr. Eric Topol '*The Patient Will See You Now: The Future of Medicine is in Your Hands ([Forbes article](#))*'.
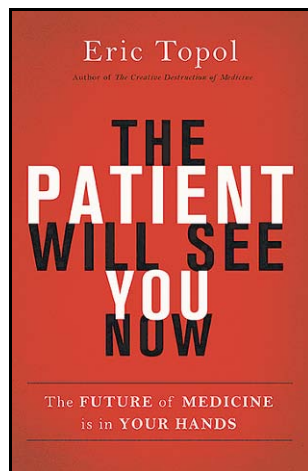
Also:
[The Patient Will See You Now' Envisions a New Era of Digitally Perfected Care](#)

(lxxxvii) From the Royal Australian College of GPs:

- [RACGP - Telehealth: the general practice perspective](#)
- [RACGP - We can manage depression better with technology](#)

(lxxxviii) New website update from Telealarm.
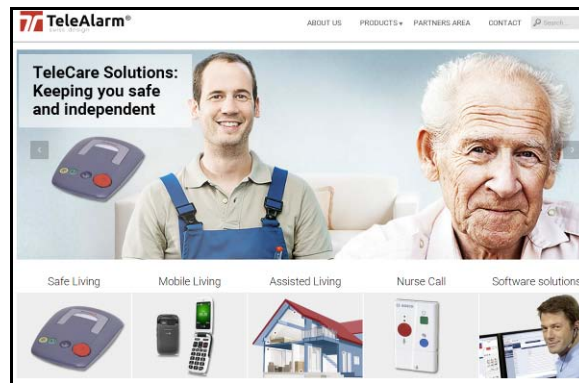
(lxxxix) Finding clinical observation sites where physical therapy students can observe physical therapist(s) performing wound care can be very challenging. Telehealth is an alternative that allows students to observe a specialty like wound care in real time (synchronous) during a classroom session – article from Advance Web.

(xc) Seventy percent of US consumers own a smartphone, while just 5.7 percent own a fitness-sensing wristband, according to a GlobalWebIndex survey of 7,500 US internet users conducted in the fourth quarter of 2014 (Mobihealthnews article).

(xci) From the U.S.: Lert.Ly website.
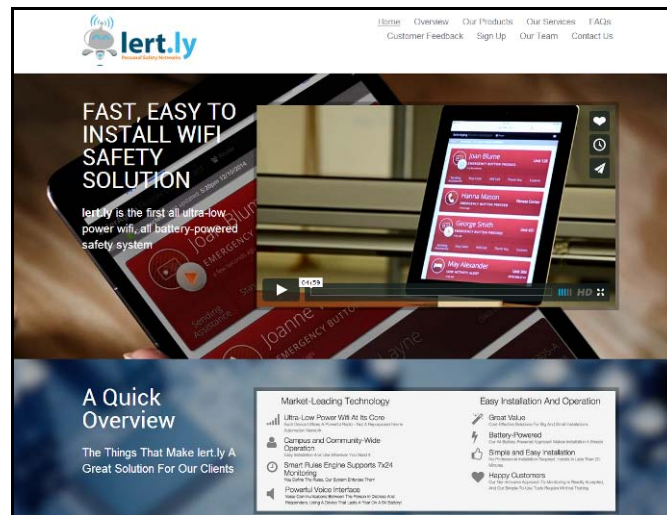
(xcii) Partners HealthCare's Center for Connected Health is in the midst of a transition from being a technology group that supports care offerings to being an integrated connected care group within the hospital, according to a year-end blog post by (now Vice President of Connected Health) Dr. Joseph Kvedar (Mobihealthnews article).

(xciii) Philips is making anonymised eICU telehealth data available for research (mHealth News article).

(xciv) Tom Greene tries to make sense of Apple Health – Venture Beat article.

(xcv) Qualcomm Life, Inc., is collaborating with Walgreens to power device connectivity with Walgreens mobile and web applications and its Balance Rewards for healthy choices program. Within the apps, Qualcomm Life's 2net Platform will also enable remote patient monitoring, transitional care support and chronic care management through a secure and seamless transmission of biometric data from patients' connected medical devices (Digital Journal article).

More about Walgreens in the news:
- Walgreens is aiming to be a hub for digital health tracking
- Walgreens Joins MDLive To Access Doctors Via Telehealth
- Walgreens Offers Virtual Doctor Visits Via App
- Walgreens Partners with WebMD on Wellness
- Walgreens To Provide Telehealth Options
- Walgreens, WebMD Take Early Lead In Mobile Health Market PYMNTS.com
- You Can Now Video Chat With a Doctor Through the Walgreens Mobile App

(xcvi) David Wilcox reports on a recent SEEFA symposium '*Transforming not excluding – the impact of information technology and innovation on later life*' and concludes 'its culture as much as tech'.

(xcvii) Independent Age website for recent research including impact of the Care Act.
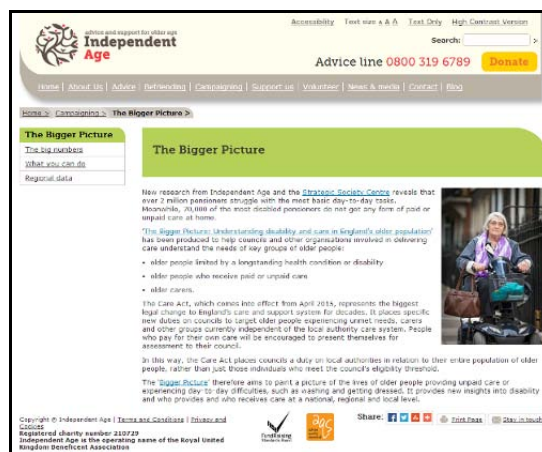
(xcviii) From Business Insider – slide deck on the Internet of Everything.

(xcix) Peter Beresford writes in the Guardian on How to revive social care after a cataclysmic year

Also:
• What does excellent social work with older people look like?
• My wish for social care in 2015: a new funding settlement above all else

(c) The world's first ehealth app to support cancer patients and families has been launched. Compatible with Apple devices, CancerStories is an ehealth innovation that aims to provide hope and inspiration for those newly diagnosed as well as long term cancer survivors. The project is led by Dr Alex Mitchell from the University of Leicester's Department of Cancer Studies together with volunteers and is hosted by CancerStories Ltd, a not-for-profit organisation.

(ci) There's an interesting [video](#) from Verve Communications on integrated care and technology.
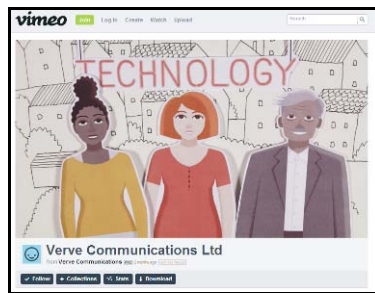
(cii) Novelty or serious proposition - Interested in the future possibility of personal care robots and robot companions? Here is a selection of links:

[Luna](#), [Meccanoid](#), [Cooki](#), [Giraff](#)

[Paro](#), [JIBO](#), [Pepper](#), [P37](#)
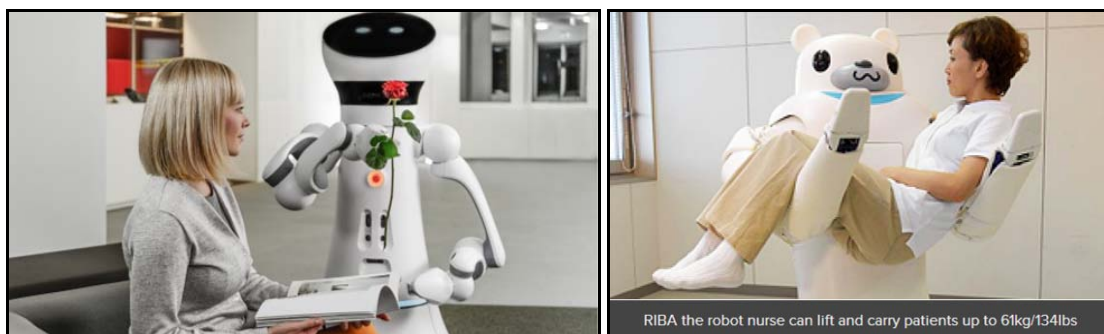
[Care-O-bot](#), [RIBA](#)

Also:

- [Robots as companions - are we ready?](#)
- [Even If Grandma Embraces Her Robot, Should We Fear It?](#)
- [Designed to live among us: Robots that may one day become our friends](#)
  [iRobot and Others Look Ahead to Robotic Elder Care](#)
- [We're in the century of medical robots](#)
- [Will robots replace doctors?](#)
- [You too can hire Robocop -- for just $6.25 an hour](#)
- [Julian Sheather: Time to debate the ethics of robot care?](#)
- [Granny and the robots: ethical issues in robot care for the elderly](#)
- [Robotic Care Assistants and Ethics](#)
- [Care robots for the supermarket shelf: a product gap in assistive technologies](#)
- [Accompany Project](#)
  [Robot Companions for Citizens](#)
- [Are 'Carebots' the Future of Elderly Care?](#)
- [Robot to care for elderly made at University of Salford](#)
- [Death by Robot](#)
- [Japanese robot a tireless aid in dementia care](#)
- [Robots will never take over the world, says Google's Eric Schmidt](#)

(ciii) 'Redesigning health and social care; challenges and opportunities from an IT and digital perspective' is a 22 page [document](#) prepared for senior policy and decision-makers across these and related sectors by socitm/adass. The summary applies specifically to England in terms of the new legislation and policies, although the underlying issues relate to the whole of the UK.

(civ) County Durham and Darlington NHS Foundation Trust has a [presentation](#) on the Health Call Undernutrition Service.

(cv) The BBC's Hugh Pym looks at Labour's detailed plan for the NHS and social care.

Also
- Labour's Ed Miliband to pledge longer social care visits
- The future of the NHS at stake in 2015 election, says Ed Miliband

(cvi) NHS finances: the challenge all political parties need to face – Anita Charleworth from Health Foundation looks at the crucial numbers for England – there is a potential funding gap of £30bn by 2020/21 unless additional funding is made available or substantial productivity savings are made. By 2030, the NHS may need as much as £65bn.

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

(cviii) One million elderly people are chronically lonely, with many not seeing or even speaking to someone every day - Age UK and the Campaign to End Loneliness. Almost a quarter of those aged over 75 who live alone go whole days without any human contact – face-to-face or over the phone. (Daily Mail article).

(cix) Telecare stories from Stirling Council in Scotland.
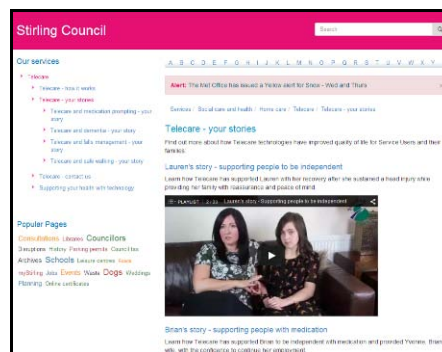
(cx) The BBC's Nick Triggle covers the new assistive technology/telecare arrangements in Leeds.

(cxi) From Australia: Professor Branko Celler on telehealth for the Chronically Ill at Home' - video.

(cxii) If you can't wait for the monthly Telecare LIN news and need daily news updates on #telehealth, #telemedicine, #digitalhealth, #telecare, #mhealth, #ukhealthandcare? - Here are some options.
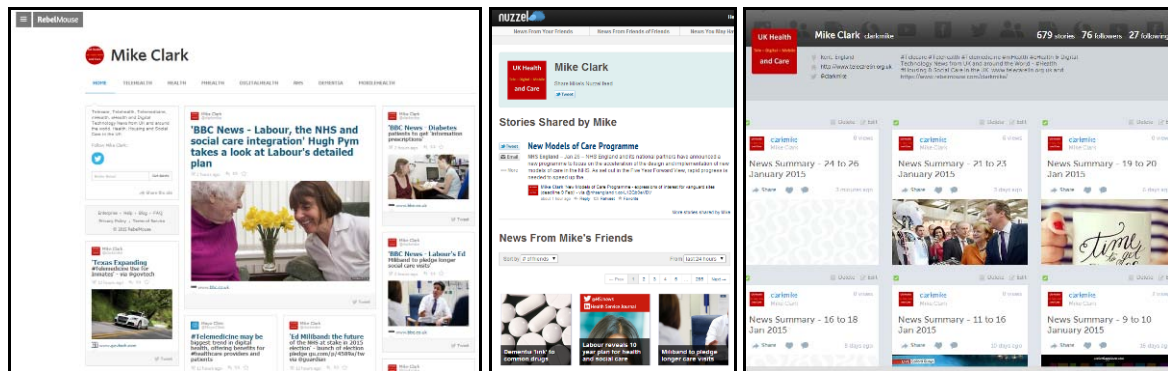
Rebelmouse, nuzzle, Storify

(cxiii) All 300 places at the HLIN conference (17 February 2015) went within hours of the announcement – you can add your name to the reserve list and be sure to follow on Twitter at **#HLINconf2015.**

Item 11 – 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 Content Analysis of Smartphone-Based Applications for Hypertension Management
A meta-analysis of the use of electronic reminders for patient adherence to medication in chronic disease care
A rapid synthesis of the evidence on interventions supporting self-management for people with long-term conditions: PRISMS - Practical systematic Review of Self-Management Support for long-term conditions

Telemedicine system for the care of patients with neuromuscular disease and chronic respiratory failure

Telemedicine, the effect of nurse-initiated telephone follow up, on health status and health-care utilization in COPD patients: A randomized trial

Telerehabilitation for older people using off-the-shelf applications: acceptability and feasibility

The costs and benefits of technology-enabled, home-based cardiac rehabilitation measured in a randomised controlled trial

The remote exercise monitoring trial for exercise-based cardiac rehabilitation (REMOTE-CR): a randomised controlled trial protocol

The Use of mHealth to Deliver Tailored Messages Reduces Reported Energy and Fat Intake

Treatment of Diabetes and Long-term Mortality

Trial of telemedicine for patients on home ventilator support: feasibility, confidence in clinical management and use in medical decision-making

Use of mobile phones as a tool for weight loss: a systematic review

Use of Telemedicine Technologies in the Management of Infectious Diseases: A Review

Which frail older patients use online health communities and why? A mixed methods process evaluation of use of the health and welfare portal

Study finds most patients want the option to withhold data from their doctors

Study funded on the clinical, financial effectiveness of telemedicine versus telephone consultations

Study Reveals Effective Telemental Health Treatment for Rural Veterans

Study to Examine Effects of Artificial Intelligence

Study validates Fitbit, doctors should consider prescribing to patients

Study: 19M fitness wearables in use today, to triple by 2018

Study: BP apps require greater oversight due to lack of validation

Study: Educational content improves vaccine text reminders efficacy

Study: EHR Modification Can Help Meet Quality and Safety Goals

Study: More regulation needed for smartphone health apps

Study: Remote Monitoring at Home Brings Lower Costs and Better Outcomes

Study: Some hypertension apps are making misleading claims

Study: Telemedicine Could Reduce PTSD Severity for Rural Veterans

Telemedicine Convenient and Cost-Effective For Diabetic Retinopathy Screening

Telemedicine Could Help Veterans with PTSD in Rural Areas

Willingness to pay for telecare programmes to support independent living: Results from a contingent valuation study

Item 12 – 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.

February 2015

BioTech and Money London - 3-4 February 2014 Click here for more information

Integrated Digital Care: An Information Revolution - 10 Feb 2015, London
http://www.openforumevents.co.uk/event/integrated-digital-care-information-revolution-2/

Digital Health Assembly - Open Innovation Conference, 10-12 February 2014, Swansea
http://www.digitalhealthassembly.com/

RE.WORK Future Health Summit : 12-13 February 2015, Dublin For more information and to register

Recent developments in digital health 26 February 2015, London www.rsm.ac.uk/events/tef02

March 2015

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

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

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

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

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

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/

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

September 2015

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

Item 13 – 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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www.alip-healthktn.org

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