Welcome to the October 2014 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 800 news and events links over the last month, we hope that you find this newsletter useful.

When Simon Stevens took over as the Chief Executive of NHS England in April 2014, he indicated that he would provide his thoughts on the future of the NHS within 6 months – a major collaborative report has now been published – the ‘Five Year Forward View (5YFV)’. With 6 months to the election, it is expected that politicians will need to take note of many of the messages particularly around long term funding to run alongside further efficiencies derived from new models of working including the incorporation of technological and other service innovations. Alongside the 5YFV, there is the new set of regulations and guidance on the Care Act 2014 which will impact on how social care is administered locally from 2015/16. The Better Care Funds were subject to further scrutiny last month and 151 Health and Wellbeing Boards will be looking to ensure that detailed implementation plans for 2015 onwards are being worked up. This month’s newsletter is packed with updates from the Long Term Care Revolution (register now for national challenge launch on 25 November), Telecare Services Association, Digital Health and Care Association and Integrated Care Foundation. There is a great article from Victoria Betton on mHealth Habitat and don’t forget there is a whole week of telecare and telehealth events in Scotland from 3-7 November 2014.

For weekly news, updates and information, you can register with the Technology Strategy Board, ALIP group and the dallas group. You can follow the dallas programme on Twitter at @dallas_connect. You can also access a Twitter Stream via the TelecareLIN website.
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A Links Supplement is available this month in two formats – pdf, doc.

The newsletter is Prepared by Mike Clark (Twitter: @clarkmike and http://storify.com/clarkmike) for the KTN, ALIP Knowledge Transfer Network and Telecare Learning and Improvement Network.
Item 1 - The Long Term Care Revolution – Update

The Long Term Care Revolution Challenge is ambitious. It focuses on finding radical and innovative new ideas that will disrupt the current long-term care institutional model. The vision is to replace the current model with alternatives that have the potential for real commercial value in the UK, and which sustain the rights, dignity and whole life experience of UK citizens by 2040.

The vision is to eventually replace what exists with a dynamic market for sustainable and affordable solutions that will fuel economic growth while ensuring that, when it is no longer possible to live independently, or when high levels of nursing care and support are required, people can confidently make the transition to more independent lifestyles.

The aim is to radically re think current models of long-term care and dependency and creating new and desirable alternatives leading to structural and change for the future. It is not about reforming what exists, but about constructing something new between now and 2040 to disrupt the current institutional and unsustainable model of long term care structure and delivery.

The goal is to create diverse, vibrant and cutting-edge non-institutionalised services and systems addressing the lifestyle needs and wishes of dependent individuals, their carers, and families, delivering long term care options that are fit for purpose and fit for the 21st century.

Launch of the Long Term Care Revolution National Challenge

Following on from the successes of the six Long Term Care Revolution projects, the next stage - The Long-Term Care Revolution National Challenge – will launch on 25th November 2014, 10.00-14.00 at Friends House, Euston, London.

REGISTER NOW: If you’d like to find out about the National Challenge, please come along to the launch event. You can register via the events section of our webpage.

We would be delighted if you could join our discussion. Your thoughts and opinions are valuable and will help to shape the Long Term Care Revolution national challenge.

We look forward to meeting you on 25th November. Hashtag: #LTCRevolution

In recent months we’ve told you about what the Innovate-UK LTCR projects have been up to (see latest from CASA and Poppins below), however we know there are many other projects out there with similar aspirations. We’d love to hear about yours. Please contact us at TeamSandstorm@advant-age.co.uk.
CASA (Connecting Assistive Solutions to Aspirations):

CASA partners will be presenting results from one of their carer elicitation studies at the 6th International Work-Conference on Ambient Assisted Living (IWAAL 2014) in Belfast on 2-5 December 2014. They have also been invited to present a paper at a special IWAAL workshop session on Health Technology Assessment (HTA) of Healthcare Telematics.

Presentations:

Michael P. Craven, Maria Laura De Filippis and Tom Dening. Quality of Life Tools to Inform Co-design in the Development of Assistive Technologies for People with Dementia and their Carers. UCAmI & IWAAL 2014 conference, HTA special session, Belfast. 2nd-5th December 2014. [oral presentation, short paper to be published in Lecture Notes in Computer Science, Springer series].

Maria Laura De Filippis, Michael P. Craven and Tom Dening. Informal carer role in the personalisation of assistive solutions connected to aspirations of people with dementia. UCAmI & IWAAL 2014 conference, Belfast, 2nd-5th December 2014. [oral presentation, long paper to be published in Lecture Notes in Computer Science, Springer series].

poppins:

A brand new Poppins website can be found at www.poppinsproject.co.uk. Have a look at what Carole Smilie got up to when she visited one of the Poppins events.

If you would like to read about the other 4 Long Term Care Revolution projects, don’t forget that there were updates in previous TelecareLIN newsletters at http://www.telecarelin.org.uk/. Watch this space for future news.
**Item 2 - New SBRI Competition - Inclusive Technology Prize**

Designers, makers and entrepreneurs are being challenged to apply for the chance to gain a contract worth £50k and to develop the next generation of products, services and technologies that will make a real difference to the 1 in 6 of us living with limiting long term illness or disability in the UK.

The UK’s innovation foundation, Nesta, is working with the Office for Disability Issues, Innovate UK, Business Innovation and Skills and Irwin Mitchell to champion the issue of assistive technology through the Inclusive Technology Prize. The challenge will encourage innovation through co-creation with disabled people, meeting needs as defined by the users themselves and challenging people to use lived experiences of disability to develop life changing technology.

The competition is using the SBRI competition process, (Small Business Research Initiative) which offers opportunities for businesses, especially early-stage and SMEs to develop and demonstrate technology to public sector funded challenges.

Interested organisations and individuals should visit www.inclusivetechprize.org to apply. Deadline for applications is **16 January 2015**.

**Item 3 – mHealth Habitat**

*Contributed by Victoria Betton, mHealthHabitat Programme Director ([victoria.betton@nhs.net](mailto:victoria.betton@nhs.net) and [@victoriabetton](https://twitter.com/victoriabetton))*

The mHealthHabitat programme was established in Leeds at the beginning of 2014 to support digital innovation for improved patient experience and outcomes and more effective and efficient services fit for the digital era. The programme works across Leeds Community HealthCare NHS Trust and Leeds and York Partnership NHS Foundation Trust.
Our approach

We chose the name mHealthHabitat to reflect how the programme endeavours to create an ecosystem in our city where mobile health can flourish. We have approached this in four ways:

Tactical – ‘learning through doing’ which involves identifying services keen to engage in digital innovation and working with them through the process from initial idea through to deployment. This includes carefully identifying problems services want to solve through to contracting with suppliers and advising on issues such as intellectual property and integration. The team provide project management support to each initiative.

Habitat – creating an environment in the city for mHealth to flourish which comprises opportunities for the design and developer communities to connect and collaborate with people accessing services, clinicians and academics. The habitat includes regular free ‘show and tell’ evening events; discovery days based on ‘hack’ principles; workshops and talks; horizon scanning; brokering collaborations between different sectors both locally and beyond; development of a systematic approach to mHealth innovation through a digital innovation pathway.

Strategic – embedding mHealth within transformation projects and the strategic direction of the NHS in Leeds, collaborating with city-wide initiatives such as Smart Cities, as well as influencing national policy and strategy.

Citizen involvement – the digital innovation pathway employs user-centred design and co-production approaches to ensure people who will benefit from mHealth innovations are fully involved from the outset. We have established regular ‘heart of the habitat’ breakfast workshops which invite people accessing services and citizens to steer the direction of the programme. The website www.mhealthleeds.co.uk and Twitter account @mHealthHabitat are used to share learning as well as create transparency and accountability.

In this highly emergent field, the habitat approach ensures that learning happens once and can be applied in many different contexts as well as scale where appropriate. Working across two NHS Trusts enables us to spread the benefits more widely across services for the benefit of the citizens of Leeds.

Our model

As our approach has developed, a model has emerged that provides a simple framework for the mHealthHabitat team support clinical services. The model has four components:

Catalyse – supporting clinical services with bright ideas, wicked problems or hunches they want to test out to investigate if digital can be part of the solution. This space involves discovery days, rapid prototyping and activities which bring people accessing services, clinicians, designers and developers together to share learning, explore and create.

Incubate – an incubation space in which projects are defined and prototypes developed using agile project management methodology. This space involves market research, business cases and grant applications, contracting with suppliers, and managing the end-to-end app development process including various options from licensing through to build.
Adopt – supporting adoption of existing products in the market or products which have been developed in the Incubate space. This space involves adoption, deployment and iteration of mobile apps and includes evaluation, research and development.

Embed – ensuring the sustainability and alignment of mHealth with organisational and city strategic priorities. This space involves supporting city leaders to embed digital within transformation programmes and strategies. It entails cross-organisational bids to bring resources into the city that support mHealth innovation. It involves influencing national policy and ensuring mHealth in Leeds has a place on the national and international stage, building the reputation of the city and supporting the LIHH objective to bring inward investment.

A key benefit of the mHealthHabitat approach is a focus relationship development and brokerage with a range of parties from academic institutions through to industry, bringing collaboration and innovation to the city.

Where we are now

We are finding an appetite from clinical services to integrate digital into service transformation based on an awareness that the expectations and digital literacy of people accessing services is changing all the time. We are working closely with corporate functions to remove barriers and enable even the most simple of innovations, such as e-clinics using Skype type tools, to be realised.

Our most developed innovation is an app prototype which enables people accessing the Yorkshire Centre for Eating Disorders to set goals and share food tracking with their clinician. We are also currently in the process of building a bespoke SMS system that enables our Assertive Outreach team to keep low level contact with people who are often unwilling recipients of care; the aim is to create more acceptable and supportive channels of communication. We have just received funding from commissioners to run an 18 month ‘Digital Innovation Lab’ led by young people to develop digital tools for mental health and wellbeing in the city. These are just a few of many projects we have in various stages of development.

At the time of writing we are currently planning our fourth ‘Discovery Day’ which will bring a range of clinical services together with designers, developers and academics to prototype digital artifacts. Using hack and service design approaches, the day aims to accelerate innovative ideas and enable clinicians to address wicked problems.

Future plans

We are now nine months in to the programme and our key priority is first and foremost to deliver and deploy the digital tools that we have been busy building. Secondly, we are focusing on options to sustain and develop the programme over the next 12 months. If you’d like to find out more about the programme or are interested in collaboration we’d love to hear from you!

For more information contact: Victoria Betton, mHealthHabitat Programme Director
victoria.betton@nhs.net - follow us on Twitter @mHealthHabitat or email us at mhealthhabitat@gmail.com
ITEM 4 - 15th International Conference for Integrated Care

**Contributed by Fiona Lyne, Integrated Care Foundation**

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.

The ICIC15 scientific committee is receiving abstracts of good practice, projects, development of policy and research and theory in integrated care across the congress key themes: Engagement and Co-production; Tackling Inequalities and Multi-Morbidities; Continuous Quality Improvement; and Digital Health Innovations. Accepted abstracts will appear in the programme as a formal oral presentation or as a poster to be displayed in the exhibition area, as deemed appropriate by the scientific committee. All accepted abstracts will be published in the *International Journal for Integrated Care*.

All submitted abstracts will be eligible for the IFIC 2015 Award for Integrated Care. First Prize is €1,000. The inaugural award was presented to Pim Valentijn in Brussels at ICIC14 for his contribution to the science of integrated care. Read more about Pim’s unifying conceptual framework and why the judges awarded him the prize. You can Find out more about the abstract submission process. You can also follow IFIC’s Twitter Account at @IFIC. The conference hashtag is #ICIC15.
Item 5 - News from the Digital Health and Care Alliance

Update provided by Charles Lowe, DHACA

The Digital Health & Care Alliance (DHACA) held a second Members’ Day on 11 October that was extremely well attended. Activity among the Special Interest Groups (SIGs) was very strong, the results of which are being reflected on the SIG pages in the members’ area of www.dhaca.org.uk – do check them out. DHACA membership now exceeds 300 with 9 special interest groups. Non-members continue to be welcomed to join, free. A third DHACA day has been set for Thursday 29 January 2014. Tickets are now available at https://www.eventbrite.co.uk/e/dhaca-day-iii-tickets-13482595807

Item 6 - Scotland Telehealth and Telecare Week - events

A full list of events for the Telehealth and Telecare week in Scotland is now available at the SCTT website and include:

3 November
Webcast Madness
D-Health Conference, Edinburgh Day 1

4 November
SmartCare General Assembly
Webcast Madness 2
D-Health Conference, Edinburgh Day 2
Building Safer Communities Through Technology Enabled Care
A Scottish Ecosystem for Innovation - Digital Health Institute
Delivering on Our Ambitions
Telescot Feedback Session

5 November
SmartCare General Assembly 2
Webcast Madness 3
Video Conference - Improvement Programme

6 November
Paediatric Unscheduled Care
Remote Practitioners Association
Scottish Digital Health & Care Conference
SOCITM Scotland Annual Conference
Digital Health and Care Scotland Conference
SOCITM 2014: Moving from Digital Vision to Value. Holyrood Events. Dynamic Earth, Edinburgh
Falls Update

7 November
Remote Practitioners Association Day 2
Technology Enabled Learning for the Digital Health & Care Workforce
United4Health Industry Visit
Webcast madness 4
Digital Health and Care at Scale
Technology Enabled Care Delivering on Our Ambitions
**Item 7 - News from Telecare Services Association**

*News updates from Telecare Services Association (@teleservassoc)*

(i) The International Telecare & Telehealth Conference 2014

For those wishing to attend, it is the last chance to secure your accommodation onsite at Celtic Manor Resort.

Make sure that you don’t miss out on accommodation at the Celtic Manor Resort and book your place at this year’s International Telecare & Telehealth Conference today.

The full conference programme is available and can be found here - [http://www.telecare.org.uk/conference/conference-programme](http://www.telecare.org.uk/conference/conference-programme)

**Breakout Sessions**

Delegates for this year’s International Telecare & Telehealth Conference are now able to choose which breakout sessions that they want to attend whilst at the Conference. There will be three dedicated breakout session time slots throughout conference.

Breakout sessions on offer include:

- Transformational Change and Technology Innovation
- Citizen driven digital health and wellbeing
- Assisted Living - your opportunity to shape the new framework
- Technical standards to support the evolution of technology enable care

The full list of available breakout sessions can be found here - [http://www.telecare.org.uk/conference/conference-programme/breakout-sessions](http://www.telecare.org.uk/conference/conference-programme/breakout-sessions)
(ii) TSA challenges the status quo and appoints top healthcare chief as External Chair

We’ve taken the next step in our new plans to make our vision for health, housing and social care a reality: we’re delighted to welcome Andrew Gardner, Managing Director of PBT, as our newly-appointed External Chair.

Andrew has extensive experience of our industry and healthcare and will drive TSA forward, helping us realise our vision for health, housing and social care through our bold 3-year growth plan to challenge the ‘status quo’ in the sector.

The plans set out our commitment to leading, representing and promoting Technology Enabled Care & Support (“TECS”) services including telecare and telehealth, and the actions we’re taking to make it all happen.

Andrew firmly believes the plans are crucial to the long-term success of TECS and answering the challenges in health and social care:

“TSA’s focus on solutions for the 21st Century and improving self-management really excites me. It’s in everyone’s interests to get more out of their technology and improve their services” he begins.

“My passion is building a sector that makes people’s lives happier, healthier and safer. TSA’s vision – people choosing technology enabled care and support to enrich everyday life – makes perfect sense.”

Andrew will be formally announced as TSA’s new Independent Chair at the International Telecare & Telehealth Conference on 17th November at Celtic Manor Resort in Wales.

More information regarding this appointment can be found [here](#).

**Item 8 - News from Royal Society of Medicine – upcoming conference**

*Update provided by Charles Lowe*

**Integrated Care – how can technology help? Royal Society of Medicine 24th -25th November 2014**

With a wide range of speakers from across the world, including Adam Darkins (ex VHA), Robert Wah (President, American Medical Association) as well the UK’s very own Cathy Hassell and Tim Kelsey, this conference will explore the many ways in which technology can assist in the effective delivery of integrated care to improve patient outcomes, at reduced cost.

The event will cover all the principal care disciplines which so often end up failing to work together to deliver holistic care: primary care, secondary care, mental health, social care and third sector engagement. Even within each of these areas, coordinating care can be challenging when people have to rely on paper and word of mouth to communicate.
Technology offers a way of vastly improving that coordination between care-givers, especially when they are in different organisations. It also enables care to be provided in a different way, with the patient as the focus, rather than the system. A key element of this now is the ability through the internet and mHealth to engage directly with patients and their carers too, to provide a seamless support environment.

The conference will also consider some of the challenges raised by improving technological integration such as concerns about data security and information privacy that become much more significant when a single unique patient identifier is used.

This conference follows in the footsteps of the RSM’s very successful 2013 conference exploring how technology could help people to age well, remaining in their own homes for longer. Book here whilst earlybird rates remain!

Also – new RSM events for 2015:

Recent developments in digital health - 26 February 2015  [www.rsm.ac.uk/events/tef02](http://www.rsm.ac.uk/events/tef02)

Playing games, using apps, promoting wellbeing - 9 April 2015  [www.rsm.ac.uk/events/tef03](http://www.rsm.ac.uk/events/tef03)

**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) A new Department of Health/NHS England [document](http://example.com) sets out national waiting time standards from April 2015 and plans to provide better access to mental health services over the next 5 years.

![Image of Department of Health document](http://example.com)

(ii) The Department of Health has [updated](http://example.com) its digital strategy.

(iii) The Department of Health has [announced](http://example.com) that under changes to their contract with the NHS, GPs will ensure all 53.9 million people in England will get a dedicated GP personally accountable for coordinating care tailored to their physical and mental health needs. Last year it was initially introduced for all 4 million people aged 75 and over. Other key changes mean that patients will have online access to more detailed information from their patient records and a larger proportion of
appointments will be available to book online. GPs will also be supported to offer patients more email consultations. (see also [NHS England welcomes GP contract changes to improve care for patients]).

(iv) The government is extending the Prime Minister’s Challenge Fund, which provides more flexible GP appointments, including extended opening hours from 8am to 8pm, seven days a week, as well as email, phone and Skype consultations. Helping families fit GP appointments into their busy lives, the extension will cover millions more people, supplementing the 7.5 million patients benefiting from wave one of the scheme. Following the launch of the £50m GP Access Fund pilots, more than 1,100 practices are already taking part. Building on this success, the new second wave of access pilots will be backed by a further £100 million, with priority given to places where patients find it harder to get a GP appointment because of long standing difficulties to recruit doctors. Innovative practices will be able to bid for a share of the fund by demonstrating new initiatives to improve patient access, in and out of normal working hours.

(v) NHS England has announced that seven new ‘ambassadors’ are to begin spreading the word about the importance of diagnosing more patients with dementia in a bid to help improve patients’ and their carers’ quality of life.

(vi) The NHS in England is to invest a further £120 million over the next two years on improving mental health services.

(vii) GP-led clinical commissioning groups in four areas of the country are to help develop the care.data programme as it moves into a ‘pathfinder stage’. The programme will be rolled out in participating GP surgeries in the CCG areas of Leeds North, West and South and East, Somerset, West Hampshire and Blackburn with Darwen.

(viii) The key themes for this year’s Future of Health Conference on 21 November 2014 are:

- Personalisation and Empowerment – What are the barriers and enablers for people participating fully in their care to achieve their best outcomes?
- Innovation, Technology and Enablement – What is the role for developments in digital health in improving the quality of life for people with long term conditions?
- Equality and Parity in practice – What are the enablers and barriers for participation by people with mental health problems, learning disabilities, dementia, and other conditions and inequalities, which can put them at disadvantage in the healthcare system?
- Creating value: Think like a patient, act like a taxpayer - What are the system and financial levers enabling national and local organisations to co-design services which produce the best outcomes?

(ix) Simon Stevens has praised CCGs for the huge progress they’ve made in their first operational year in a speech to the Commissioning Assembly.

(x) NHS England has announced that from 1 October 2014, People with complex health needs gain the ‘right to have’ personal health budgets (see also [The right to have personal health budgets is a vital landmark – Giles Wilmore]).

(xi) Speaking at the Queen’s Nursing Institute annual conference in London, NHS England’s Chief
Executive has called on nurses to demonstrate their innovation and leadership as part of the way to solve many of the challenges facing the NHS. He said, “We have an innovative group of health care professionals who are up for change. We need new ideas and, to that end, we are today launching the NHS Innovation Awards with a total of £650,000 prize money to give away for the best ideas that will make a difference to what we offer’

(xii) In a recent speech, Jeremy Hunt, Secretary of State for Health, has spoken about how improving the safety and quality of care will reduce avoidable costs for the NHS.

(xiii) The Department of Health is preparing the first annual progress report on ‘Hard Truths: the journey to putting patients first’, to be published later this autumn. They want to hear the voices of a range of staff, patients and carers on what they think the effects of the Francis inquiries and subsequent government commitments in ‘Hard Truths’ have been.

(xiv) According to the Department of Health, 260 more A&E doctors than last year have been recruited following an NHS recruitment drive.

(xv) The Five Year Forward View was published on 23 October 2014 and represents the first time the NHS has set out a clear sense of direction for the way services need to change and improve. It is a collaboration between six leading NHS groups including Monitor, Health Education England, the NHS Trust Development Authority, Public Health England, the Care Quality Commission and NHS England. It details the actions that will be taken to deliver transformed care for patients, and the help that will be needed from others. It sets out the stark choices facing the country, arguing that unless decisive action is taken now, in five years’ time we will face a growing health and care quality gap.

Simon Stevens, NHS England Chief Executive has outlined how action needs to be taken on four fronts:

• Do more to tackle the root causes of ill health. The future health of millions of children, the sustainability of the NHS and the economic prosperity of Britain all now depend on a radical upgrade in prevention and public health. The Forward View backs hard-hitting action on obesity, alcohol and other major health risks.

• Commit to giving patients more control of their own care, including the option of combining health and social care, and new support for carers and volunteers.

• The NHS must change to meet the needs of a population that lives longer, for the millions of people with long-term conditions, and for all patients who want person centred care. It means breaking down the boundaries between family doctors and hospitals, between physical and mental health and between health and social care. The Five-Year Forward View sets out new models of care built around the needs of patients rather than historical or professional divides.

• Action needed to develop and deliver the new models of care, local flexibility and more investment in our workforce, technology and innovation.

(xvi) The Department of Health in England has issued the outcomes of its consultation on the Care Act together with guidance and regulations.
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 Care Quality Commission has published its annual review covering 2013-14. Care in many sectors remains variable. There are additional reports covering aspects of diabetes and dementia.

- State of Care 2013-14
- State of Care Infographic
- Technical annex: Thematic data review of diabetes care pathways
- Cracks in the Pathway - people’s experience of dementia care as they move between care homes and hospitals

(ii) From the U.S. - Google is to trial doctor video consultations using Google Helpouts when you search for symptoms (Telegraph article).

(iii) Pew Internet has a new report on how fast internet access could change our lives by 2025 – Guardian article.
(iv) From the U.S. – Colorado Health Institute’s [publication](#) – Healthcare for a high tech world – the potential for telehealth in Colorado’.

(v) There is concern about pressures on GPs along with possible closures of practices:

- 500 GP practices could close next year, doctors warn
- [GP access seven days a week by 2020 guaranteed under Tories - Cameron](#)
- [GP out-of-hours care 'improving'](https://www.bbc.com/)
- [GP practices in peril: Doctors leave, trainees are given wrong incentives and little time for patients](#)
- [GPs’ leader says waiting times are a national disgrace](https://www.ncbi.nlm.nih.gov/pubmed/)
- [GPs restricting patients' access to online records](https://www.nature.com/)
- [GPs should be able to expand practices to employ hospital consultants, says NHS England](https://www.bmj.com/)
- [GPs to be brought under hospital trusts' control under plans announced by Labour](https://www.theguardian.com/)
- [GPs' working hours must be monitored for patient safety and staff wellbeing](https://www.thetimes.co.uk/)
- [Personalised GP care for everyone](https://www.theguardian.com/)
- [Quality of basic GP healthcare is plummeting, poll of medics finds](https://www.theguardian.com/)
- [Seven-day access to GPs sounds good, but the devil will be in the detail](https://www.theguardian.com/)
- [PM vows seven-day GP access by 2020](https://www.thenation.com/)
- [Doctors tell Health Secretary they are 'exhausted, drowning and furious'](https://www.thetimes.co.uk/)

(vi) From the Independent: By 2030 the number of older men living alone is expected to rise by two-thirds, according to a study by Independent Age and the International Longevity Centre-UK (ILC-UK).

(vii) Advances in NHS care are going into reverse - a report from Nuffield Trust/Health Foundation raises concerns about a number of NHS indicators eg trolley waits, access to GP appointments.

(viii) Forbes is [indicating](#) that Microsoft could be launching a smartwatch in the coming weeks.

(ix) Blackberry has now joined Apple, Samsung, Google, Microsoft and many others with updating their product range.

- [Blackberry rethinks the keyboard](https://www.bbc.com/)
- [Blackberry's Passport to a better future](https://www.bbc.com/)
(x) A BBC article covers Hammersmith Hospital in London, where the stethoscope could be under threat from a handheld ultrasound scanner that is connected by wire to a probe which is laid against a patient's chest. At the push of a button the patient's heart blood flow is highlighted, if all is well, in red and blue. An abnormal flow appears in yellows and greens.

(xi) A question asked many times over the years - would better designed, more fashionable wearable devices be more likely to gain general acceptance? (Guardian article).

(xii) CIO looks at the state of eHealth in Australia.

(xiii) Tech to support people at home – new article from The Register looks at some examples.

(xiv) The latest Better Care Fund (BCF) deadline was in September 2014 – Deloitte has a Slidedeck covering a BCF plan methodology.
(xv) A BBC article covers important advances in bionics.

(xvi) How realistic is it to build a smartphone app quickly – From the BBC, Can an app be built in 15 minutes?

(xvii) Community Care provides excellent resources on social care - Care Act 2014 - essential information for social workers, Community Care

(Also Four models for boosting social care assessment capacity under the Care Act).

(xviii) ‘The way technology is successfully being used to drive healthcare delivery shows the potential of using innovative systems in the UK’ - In an HSJ article, Matthew Shelley considers avatars, eHealth platforms and wireless monitoring following a U.S. visit. (HSJ article – subscription required).

(xix) A new report from Healthwatch (‘Suffering in Silence’) looks at consumer experiences of the health and social care complaints system.
(xx) Croydon Clinical Commissioning Group has joined forces with its local authority to create a £1.7bn plan to change the way health and social care services for over 65-year-olds are commissioned (HSJ article – requires subscription).

(xx) Some recent news on diabetes:
  - Diabetes integrated care briefing for health and wellbeing boards
  - Diabetes: the facts and figures
  - Cure for Type 1 diabetes imminent after Harvard stem-cell breakthrough

(see also the CQC report in (i) above).


(xxiii) British vlogger, Zoella has joined Mind as digital ambassador for launch of the #Dontpanic button.
(xxiv) A new report from Philips: ‘Redefining healthcare through innovation in telehealth’.

Also new Philips apps have been accepted by the FDA.

- Philips gives COPD patients a lifeline with new gadget
- Philips Hospital to Home: redefining healthcare through innovation in telehealth
- Philips launches wearable for chronic illness, to make the internet of things medical-grade
- Philips receives FDA clearance for two telehealth apps
- Philips rolls out health applications for chronic care management at home
- Philips Telehealth Apps Receives 510(k) Clearance for New Digital Health Platform

(xxv) The Times has a subscription only article on linking UK health records with Apple Health and Healthkit using Patient Access.

(xxvi) Can technology help with handling the Ebola situation in West Africa?

- Ebola crisis: online courses help spread awareness and fill the knowledge gap
- New Ebola checks for NHS 111 calls
- How digital health can — and already does — help contain Ebola
- Ebola outbreak: Where are the mHealth apps?
- Mobile phone data could help locate Ebola cases’
- Mobile Phones Used for Ebola Prevention
- Mobile Technology Key to Containing Ebola in West Africa

(xxvii) Catch up with recent news from eHealth insider...

- E-Health Insider :: Confed wants e-mental health strategy
- E-Health Insider :: Dean Street Express wins EHI Awards 2014
- E-Health Insider :: E-referrals launch delayed
- E-Health Insider :: Four care.data pathfinders chosen
- E-Health Insider :: GPs practices can opt out of care.data
- E-Health Insider :: GPSoC testing to start by Christmas
- E-Health Insider :: Hunt extends Challenge Fund by £100m
- E-Health Insider :: Northern Ireland consults on IT strategy
- E-Health Insider :: Second NHS wifi survey underway
(xxviii) Forbes is reporting that Microsoft plans to launch a smart watch shortly. Will.i.am has launched the Puls smart cuff that takes calls and sends texts without a mobile. There are update phones/tablets from HTC, Google and Apple.

(xxix) Health and social care organisations across the region have been shortlisted in the inaugural East Midlands Innovation in Healthcare awards. They range from a tool to improve the survival chances of people suffering heart attacks, to a text messaging service benefiting 100,000 school children, wrist bands that are helping reduce avoidable deaths, an instrument to enable earlier detection of lung tumours and a novel approach to training using techniques pioneered by Team GB Olympic cyclists. The awards will be presented at an event at the East Midlands Conference Centre in Nottingham on 22 October 2014.

(xxx) According to a Guardian article, Facebook is exploring the possibility of online ‘support communities’ that would connect Facebook users suffering from various ailments. A small team is also thought to be considering new ‘preventative care’ applications that would help people improve their lifestyles.

(xxxi) Fallcheck is a new UK online app developed by the Health Design & Technology Institute (HDTI) and the Centre for Excellence in Learning Enhancement (CELE) at Coventry University that could help prevent falls at home.

(xxxii) Can activity trackers lead you to gain weight – possibly if not accurate where they could lead users to eat more based on calorie counts (Daily Mail article).

(xxxiii) Telehealth examples in the UK from Polycom - NHS Cumbria and Lancashire Cardiac and Stroke Network (CSNLNC), Alder Hey Children’s NHS Foundation Trust, Blackpool Teaching Hospitals NHS Foundation. (See also - How Video as a Service is set to revolutionise healthcare).
(xxxiv) Head of civil service, Jeremy Heywood has said that technology is now central to government services including Government Digital Service and its projects around identity verification and open data (Guardian article, Blog).

(xxxv) Could a light bulb fitting act as a wi-fi network? – a UK start up is poised to win £10m funding.

(xxxvi) 3D printing is increasingly being used for prototyping and development of prosthetics - Girl gets 3D-printed prosthetic hand.

(xxxvii) ‘Cause for Concern’ is the second annual statement on care quality published by the Nuffield Trust and Health Foundation as part of their joint QualityWatch programme.
UK Telehealth services are currently being mapped – will your service be included? Some examples…

- Liverpool Community Health NHS Trust
- Berkshire Healthcare NHS FT

The Telecare map is being updated this Autumn and is being developed to include telehealth and other health and care programmes across the country. If you have site information and links, let Mike Clark know via Twitter (@clarkmike) so that site info can be amended or added to the map.

Consultus Care looks at the benefits of home nursing in a new report on the Care Choice Gap.
From the Health Foundation – ‘Ideas into action: person-centred care in practice’ – A new health report (Ideas into action: person-centred care in practice) aims to inform health care professionals, commissioners and providers about what to consider when implementing shared decision making and self-management support as part of their drive to make person-centred care a reality.

The Technology enhanced homecare forum has a summary of their recent event.

According to calculations from the House of Commons Library, the ratio of nurses per head of UK population has fallen from 5,364 for every million people in May 2010 to 5,182 in May 2014 (Independent article).

An Intel intern has developed a smart wheelchair (BBC article).

The ILC’s ‘Age Audit’ reveals that:

- The over 65s in the UK currently spend around £2.2 billion per week (£114 billion per annum) on goods and services. Assuming their weekly spending rises in line with annual inflation of 2%, they are likely to be spending over £6 billion per week (£312 billion per annum) by 2037.
• From now until 2037, the 15-64 age group in the UK will, on average, grow by just 29,000 per annum. By contrast, the number of people aged 65 and over will rise by 278,000 on average each year.

• Across more economically developed countries, the proportion aged 65 and over will rise from 16% to 26% and the proportion over 80 will rise from 4.3% to 10%

(xlv) Asking clinicians for suggestions and feedback during new IT projects can lead to better patient outcomes – article about University hospitals of Leicester NHS trust.


(xlvi) Inclusive Technology Prize - Nesta and their partners are looking for innovation in products, technologies and systems that enable disabled people, their families, friends and carers' equal access to life’s opportunities. Innovations can relate to any aspect of life including, but not limited to, education, home, leisure, transport and work. The deadline for entries is Friday 16th January 2015.

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Cambridgeshire and Peterborough clinical commissioning group (CCG) has chosen UnitingCare Partnership to take on a £800 million community and older people’s services contract.
UnitingCare Partnership is a consortium made up of Cambridgeshire and Peterborough foundation trust (FT) with Cambridge University Hospitals FT.

(xlix) NHS Stoke-on-Trent Clinical Commissioning Group is hosting a national event to celebrate a successful NHS project which helps patients to self-care using simple cost effective technology. “Implementing Effective Digital Health—Flo Simple Telehealth” will be held at the Britannia Stadium on 6 November 2015.

(I) Following a listening and consultation period, a care.data pilot scheme involving 265 GP surgeries and 1.7 million patients will commence and will involve confidential medical information being put on a giant database.

(li) Norway is the best place to grow old, according to the Global AgeWatch Index of the quality of later life in 96 countries (BBC article).

(lii) Interested in the Integrated Digital Care Record? – get updates at the NHS Technology Community website.

(liii) From Independent Age - The number of severely lonely men over 50 is set to rise to one million in 15 years (Guardian article).

(liv) In a recent survey, more patients are going to their GP and telling them what treatment they need based on information from apps and the internet, a survey has suggested. A third of the UK physicians surveyed said patients would come with suggestions for what prescription they should receive. Fewer than 5% of doctors felt it was helpful (BBC article).

(lv) The Secretary of State, Jeremy Hunt has issued a new letter on the Better Care Fund following concerns that hospitals could be affected as money moves into community services and social care.

(lvi) The Social Tech Guide at Nominet Trust.
(lvii) Following some media speculation, the Care Quality Commission has issued a statement about the use of cameras to monitor care in care homes.

(lviii) From Northern Ireland: Telecare Service makes a difference to Alzheimer’s patient - Northern Health and Social Care Trust (NHSCT) currently has 533 clients receiving the support of the Telecare Service which is available Trust wide.

(lx) In response to patients’ needs, MND experts at the Sheffield Institute for Translational Neuroscience (SITraN) have developed a bespoke monitoring system (TIM Telehealth in Motor Neurone Disease) to ensure that aids and assistance can get to patients at the right time. Weekly updates on mobility and general well-being are sent to the patient’s specialist MND care team to swiftly identify problems and points for action. An initial trial with 40 patients will now start at the Sheffield MND Care Centre funded by a National Institute for Health Research (NIHR) fellowship to trial manager Dr Esther Hobson. This pilot study will assess how well the telehealth system works. If successful, a larger trial will follow with the aim to make this technology widely available to MND patients.

(lxi) Panasonic has launched On4TodayTM, a telehealth service to keep residents of assisted living facilities connected (website).

(lxii) Catch up with recent blogs from Tunstall Healthcare:

- Dementia awareness is improving but what about the carers?
- Improving residential care for people living with dementia
- Learning from Telemonitoring NI
- Embracing assistive technology in Shropshire
- Moving Forward Together in Birmingham
• 3 steps to better telehealthcare implementation
• How do you keep the NHS great?

(lxiii) Jeremy Porteus, Director of the Housing and Telecare LiNs and a member of the Prime Minister’s Challenge on Dementia Health and Social Care Champion Group, gave evidence to this month’s All Party Parliamentary Group on Housing and Care for Older People meeting which focussed on housing, dementia and the built environment. He highlighted latest policy, funding, research and practice developments including the launch of the Dementia-friendly technology charter (see below) and the current consultation by the British Standards Institute on what constitutes a dementia-friendly community. The latter makes reference to assistive technologies and comments are invited by 14 November 2014. More at: http://drafts.bsigroup.com/Home/Details/53721

(lxiv) Meet Molly the nurse avatar from sense.ly who could provide long term condition support.

(lxv) Interested in Apps that could link to Apple Health/Healthkit – mobihealthnews has a list.

(lxvi) From mHealth News: The FDA has issued a new set of regulations to protect medical devices from Web-based attacks (also The FDA wants medical device makers to lock down security).

(lxvii) In the mHealth Masters series – Chuck Parker, David Lee Scher and Randy Moore – worth a read.
(lxviii) There is a new video on the NHS Ayrshire and Arran telehealth service using the Medvivo homepod.

(lxix) At HCPLive, Arlen Meyers looks at ten things to be aware of in investing in the digital health industry. Also worth a look...

- Evidence still thin on benefits of digital health
- So Far, Little Proof That Digital Health Is Healthy. Does It Matter?
- Health apps 'useless' says health app expert
- Why doctors still have reservations about mHealth
- Will the home of the future improve our health?

(lxx) When organisations like Mayo Clinic and Cleveland Clinic are looking at the possibility of telemedicine kiosks it is important to take notice.

(lxxi) New reports from PwC – ‘The Wearable Future’ and ‘Health Wearables - early days’.
(lxxii) In the mobile health platform stakes, how do Google, Apple and Sami compare? – mHealthNews has an infographic.

(lxxiii) Each month the supplement lists a range of telehealth, mhealth and digital health products and services – examples include Mi Heart and MyOnCallDoc and Orthomonitor (video).

(lxxiv) XPRIZE, has announced the 11 finalist teams selected for the $2.25M Nokia Sensing XCHALLENGE, a competition to develop breakthrough medical sensing technologies that will
ultimately enable faster diagnoses and easier personal health monitoring (Marketwatch article).

(lxxv) From mobihealthnews - PillPack raises $8.75M more for its online pharmacy service.

(lxxvi) There is a new report from the Commonwealth Fund on ‘Taking Digital Health to the Next Level – Promoting technologies that empower consumers and drive health system transformation’.

(lxxvii) Videos available from the UK MALT Study include:

- Telehealth at home
- Telehealth for nurses
- Telehealth in practice
- The telehealth hub
The Department of Veterans Affairs has announced that its national telehealth programs served more than 690,000 Veterans during fiscal year 2014. That total represents approximately 12 percent of the overall Veteran population enrolled for VA healthcare, and accounted for more than 2 million telehealth visits. Currently, there are more than 44 clinical specialties offered to Veterans through VA’s telehealth programs. One program at the Miami VA schedules close to 90 clinic connections every week for dermatology, eye exams, the women Veterans program, podiatry, mental health and other clinical specialties.

The Information Daily has an interesting article on When people live till 120, how will health and care services cope?

From tmforum, a survey and infographic of self-diagnosing online.

From the BBC: Health chiefs have identified a gap of around 90,000 patients - an average of 12 per practice - who could benefit from a more timely diagnosis, for which an additional £5m has been made available to boost existing work to identify people with dementia so tailored support can be put in place. The money is on top of an existing scheme launched last year, costing £42m nationally and involving 85% of GP practices, while there is also a further £31m in incentives already offered to family doctors for the care of patients after they have been diagnosed.

In Forbes, Todd Hixon asks why is telemedicine suddenly hot? – the opportunities to support longer term relationships between doctors and patients.

There is a new telecare tender from West Sussex County Council – deadline 10 November 2014.

There has been extensive coverage of the ‘Five Year Forward View’ announcement by Simon Stevens.

Review coverage at NHS England, BBC, Guardian, Telegraph
(lxxxv) The Design Council has launched a 3-5 year initiative called ‘Design for Care’.

(lxxxvi) Don’t forget to catch up with all of the latest news, case studies, articles from the Housing LIN website.

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:

- Internet Delivered Diabetes Self-Management Education: A Review
- A comparison between phone-based psychotherapy with and without text messaging support in between sessions for crisis patients
- A meta-analysis of serious digital games for healthy lifestyle promotion
- A randomized trial comparing live and telemedicine deliveries of an imagery-based behavioral intervention for breast cancer survivors: reducing symptoms and barriers to care
- A tailored Web-based psychoeducational intervention for cancer patients and their family caregivers
- A telehealth program for self-management of COPD exacerbations and promotion of an active lifestyle: a pilot randomized controlled trial
- A web-based peer-modeling intervention aimed at lifestyle changes in patients with coronary heart disease and chronic back pain: sequential controlled trial
- A web-based program improves physical activity outcomes in a primary care angina population: randomized controlled trial
Aligning health information technologies with effective service delivery models to improve chronic disease care

Are Telehealth Technologies for Hypertension Care and Self-management Effective or Simply Risky and Costly?

Assessing the Impact of Nurse Post-Discharge Telephone Calls on 30-Day Hospital Readmission Rates

Behavior change techniques implemented in electronic lifestyle activity monitors: a systematic content analysis

Costs of care for people with dementia just before and after nursing home placement: primary data from eight European countries - Online First - Springer

Design and develop a video conferencing framework for real-time telemedicine applications using secure group-based communication architecture

Electronic monitoring to assess adherence with once-daily glaucoma medications and risk factors for nonadherence; the automated dosing reminder study

Evaluating and selecting mobile health apps: strategies for healthcare providers and healthcare organizations

Evaluating the Process of Online Health Information Searching: A Qualitative Approach to Exploring Consumer Perspectives

Home BP Monitoring Using a Telemonitoring System is Effective for Controlling BP in a Remote Island in Japan

Home telehealth acceptance model: the role of innovation

Impact of introducing an electronic physiological surveillance system on hospital mortality

Implant-based multiparameter telemonitoring of patients with heart failure (IN-TIME): a randomised controlled trial : The Lancet

Increasing health examination survey participation rates by SMS reminders and flexible examination times

Online and Social Networking Interventions for the Treatment of Depression in Young People: A Systematic Review

Patient experiences with electronic medical records: Lessons learned

Resistant hypertension and associated comorbidities in a veterans affairs population

Self-monitoring and Self-titration for Hypertension

Smart care spaces: pervasive sensing technologies for at-home care

Smartphone breast applications - What's the evidence? [Breast. 2014]

Telemedicine-guided very low-dose international normalized ratio self-control in patients with mechanical heart valve implants

Telephone counseling and home telehealth monitoring to improve medication adherence: Results of a pilot trial among individuals with multiple sclerosis

The association of co-morbid Symptoms of depression and anxiety with all-cause mortality and cardiac rehospitalization in Patients with heart failure - Psychosomatics

The double-edged sword of electronic health records: implications for patient disclosure

The Effects of a Telehealth Coping Skills Intervention on Outcomes in Chronic Obstructive Pulmonary Disease: Primary Results From the INSPIRE-II Study

The empirical foundations of telemedicine interventions for chronic disease management

Use of technology when assessing adherence to diabetes self-management behaviors

Using telecare for diabetic patients: A mixed systematic review

Web-Based Intervention Programs for Depression: A Scoping Review and Evaluation

Web-based self-assessment health tools: who are the users and what is the impact of missing input information?
What follow-up care and self-management support do patients with type 2 diabetes want after their first acute coronary event? A qualitative study

Another Geisinger Health Plan Study Demonstrates Cost Effectiveness of AMC Health’s Remote Patient Monitoring Solution

Prediction of heart failure decompensation events by trend analysis of telemonitoring data.

**Item 12 – Learning and Events**

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

**October 2014**

Connected Health Symposium by Partners HealthCare - Boston 23-25 October 2014  

The Promise and Perils of Digital Healthcare Bradford, 29 October 2014  

National Children and Adult Services Conference 2014, Manchester, 29-31 October 2014  

**November 2014**

The [Scottish Centre for Telehealth and Telecare](http://www.scottish-centre-for-telehealth.org/) will this year host the Scottish Digital Health & Care Week in conjunction with the Scottish Government's eHealth and Joint Improvement Team from 3-7 November – see Item 6 for detailed daily events.

EHI Live – 4-5 November 2014 Birmingham  
[http://www.ehilive.co.uk/](http://www.ehilive.co.uk/)

Internet of Things Expo 2014 - Santa Clara 4-6 November 2014  

Smarthome Technologies and Telecare exhibition - Maximizing independent living, 5 November 2014, Dublin  
[http://www.atandme.com/?page_id=514](http://www.atandme.com/?page_id=514)

Role Of Telecare And Telehealth As Part Of A New Localised Healthcare System, 5 November 2014, London  

Innovate UK 2014 – London 5-6 November 2014  
[https://www.innovateuk.org/-/innovate-uk](https://www.innovateuk.org/-/innovate-uk)

Scottish Digital Health & Care Conference – 6 November 2014, Edinburgh  

Implementing Effective Digital Health - Flo Simple Telehealth, Stoke, 6 November 2014  
[https://www.eventbrite.co.uk/e/implementing-effective-digital-health-flo-simple-telehealth-061114-registration-12163761137](https://www.eventbrite.co.uk/e/implementing-effective-digital-health-flo-simple-telehealth-061114-registration-12163761137)

Health 2.0 Europe, London 10-12 November 2014
http://www.health2con.com/events/conferences/health-2-0-europe-2014/

The King’s Fund Annual Conference 2014 – London, 13 November 2014

Telecare Services Association Conference, Celtic Manor Resort, Wales – 17 to 18 November 2014

http://www.digitalhealthconference.com/

Connections – Amsterdam 18- 19 November 2014
https://www.parksassociates.com/events/connections-europe


RAatE 24 November 2014 http://www.raate.org.uk/


Long Term Care Revolution - National Challenge launch – 25 November 2014, London REGISTER NOW: If you’d like to find out about the National Challenge, please come along to the launch event. You can register via the events section of our webpage.

December 2014


mHealth Summit - Washington DC, 8-12 December 2014 http://www.mhealthsummit.org/

2015

A third DHACA day has been set for 29 January 2015. Tickets are now available at https://www.eventbrite.co.uk/e/dhaca-day-iii-tickets-13482595807

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

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.

Playing games, using apps, promoting wellbeing 9 April 2015, London, [www.rsm.ac.uk/events/tef03](http://www.rsm.ac.uk/events/tef03)

Holyrood Telehealth and Telecare 2015 Glasgow, 28-29 April 2015

16/17 June 2015 – International Digital Health and Care Congress – The King’s Fund

**Item 13 – Other useful links**

**Assisted Living Innovation Platform** - [https://connect.innovateuk.org/web/assisted-living-innovation-platform-alip](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](https://ktn.innovateuk.org/web/dallas)

**Housing Learning and Improvement Network** [www.housinglin.org.uk](http://www.housinglin.org.uk) Now on Twitter: @HousingLIN

**Telecare Learning and Improvement Network** [www.telecarelin.org.uk](http://www.telecarelin.org.uk)

**King’s Fund web site** – [http://www.kingsfund.org.uk/topics/technology_and_telecare/index.html](http://www.kingsfund.org.uk/topics/technology_and_telecare/index.html)

**Telehealth and Telecare Aware** – daily news and comments [www.telecareaware.com](http://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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