

Self-Management of Health Care

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BACKGROUND

Aims and Objectives

- Explore different ways of working, different approaches to solutions development and different approaches to collaborative working to improve overall health outcomes
- Determine whether it is feasible to link person centred data captured from lifestyle wearables to central administrative healthcare data in terms of governance and technology
- Explore whether linked data could add value to patients either through direct feedback, through provision of care, or indirectly by informing policy or planning of care

National Health Data Sets

NHS National Services Scotland (NSS)

NHS NSS is the custodian of a wide range of health and care national data sets for Scotland covering from cradle to grave e.g. hospital activity, community prescribing, cancer, mental health, maternal and child health. These are used to improve outcomes for the Scottish population by helping to run the health service through informing and monitoring policy, monitoring performance. Data security and information governance are paramount; access to data is governed by strict guidelines and the law

Storm Health

Get Active is an innovate digital platform and digital pedometer to maximise the successful outcomes of physical activity treatments prescribed by practitioners working at a local level with groups or individuals who are seeking to improve their health.

The service is comprised of:

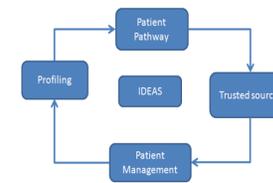
- Online portal to record and monitor physical activity levels
- Wearable activity tracker to automatically record activity data
- Apps to automatically sync activity data from the tracker to the online portal



INNOVATE, COLLABORATE & CHALLENGE

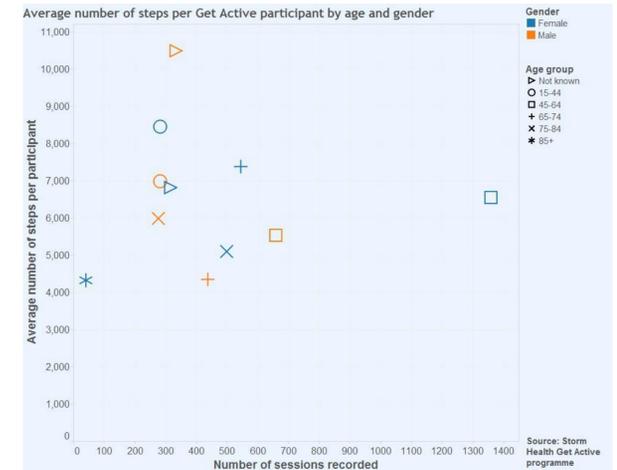
Collaborative Working

- Exploratory workshop hosted by the Digital Health Institute
- Range of different health associated organisations
- Insight from patients with long term health issues around the types of information that would help them better manage their conditions
- Outcomes were used to develop this project in more detail



Patient centred activity from lifestyle wearable devices

Age group	Female	Male	Total
Not known	6	6	12
15-44	3	3	6
45-64	20	9	29
65-74	10	12	22
75-84	6	5	11
85+	1	0	1
Total	46	35	81



Working Virtually

QUBE, the virtual business school to collaborate, innovative and deliver at speed with:

- No travel
- Fewer meetings; and
- Less paper



Human Centred Design

Empathise with target audience (patients, GPs, policy makers) to gain insights on what and how they would like to receive information to support self management of health



Patient Group Insights

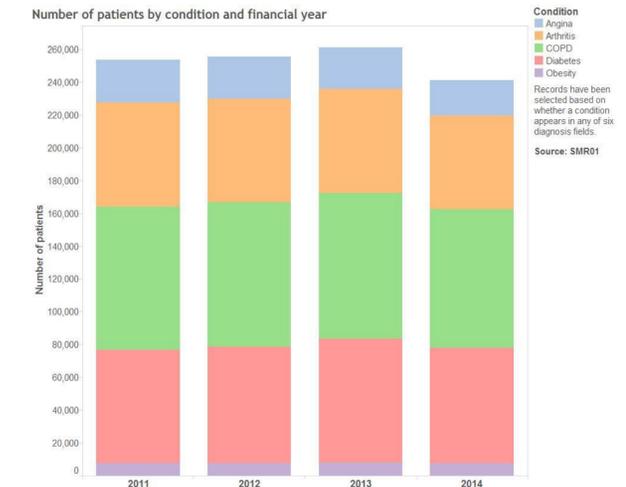


Challenges

- Long standing practices – mindsets of organisations with different ways of working
- Linking data – patient permissions and governance
- Investing time in innovative – fire fighting/day job

INSIGHTS & NEXT STEPS

National Picture



Next Steps

