

digitalhealth

REWired

LONDON

14-15 MARCH 2023

Headline Sponsors:



Dr. Juhi Tandon

GP, Medical Director, Co-founder,
Cognitant

Case Study

My Stroke Companion



University College London Hospitals

NHS Foundation Trust

COGNITANT

Challenges:

What patients, carers and stroke consultants say

Stroke survivors

“ I didn’t understand what type of stroke I had... Even after a Google I still didn’t understand what it meant ”

“ I looked for information online, and it was just worrying ”

“ The thing I wanted to know was exactly what happened when I had my stroke, but nothing too medical ”

Family members

“ What I really needed was a good roadmap of local services, or at least signposting to links in our area ”

“ We needed information for us and resources pulled together for us, making the online search a bit easier ”

Consultants

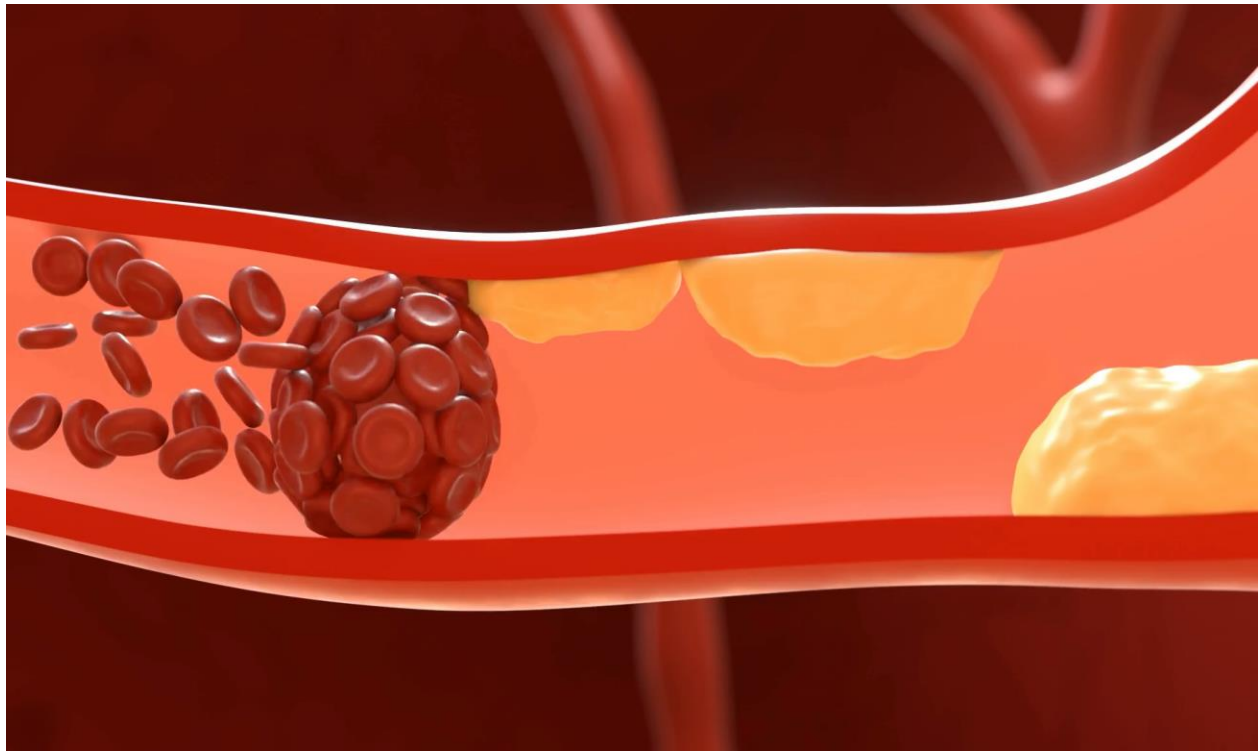
“ Currently there is a real lack of personalised support that is offered to stroke survivors. ”

“ NHS services often struggle to communicate the information that people want and need after such a sudden and life-changing event such as a stroke ”

Stroke Digital Support Programme

My stroke companion

COGNITANT



The screenshot shows the 'healthnote' website interface. At the top, there is a search bar and navigation links for 'My Content', 'Sign Up', and 'Log In'. Below this is a navigation menu for 'My Stroke Companion' with sub-links: 'What to expect' (highlighted), 'What is stroke?', 'Life after stroke', 'Support', 'Glossary', and 'Contact'. A secondary menu lists 'Life after stroke', 'Medicines', 'Conditions', 'Rehab', 'Tests', and 'Lifestyle'. The main content area is titled 'What to expect after having a stroke' and includes an introductory paragraph, a paragraph about a recovery process diagram, and a flowchart with four steps: 'You had a stroke', 'You may have been taken to emergency care', 'You may have had rehab in the hospital (inpatient rehab)', and 'You may have rehab out of the hospital (outpatient rehab)'. On the right side, there is a 'NOTICE' box, a 'Created by' section for 'COGNITANT' with collaboration details and dates, and a 'Feedback' button.

Create an information prescription



- 1 Type of stroke
- 2 Medicines**
- 3 Condition related to stroke
- 4 Rehab
- 5 Tests
- 6 Contact

Antiplatelets

- Low-dose aspirin
- Clopidogrel

Anticoagulant

- Anticoagulants (general information)
- Rivaroxaban
- Dabigatran
- Edoxaban
- Apixaban
- Warfarin

Statins

- Medicines for high cholesterol (general information)
- Statins

Anti-hypertensives

Results of pilot: Engagement of the tool in first 8 weeks



ENGAGEMENT



Used by
59 people
(patients and family members)

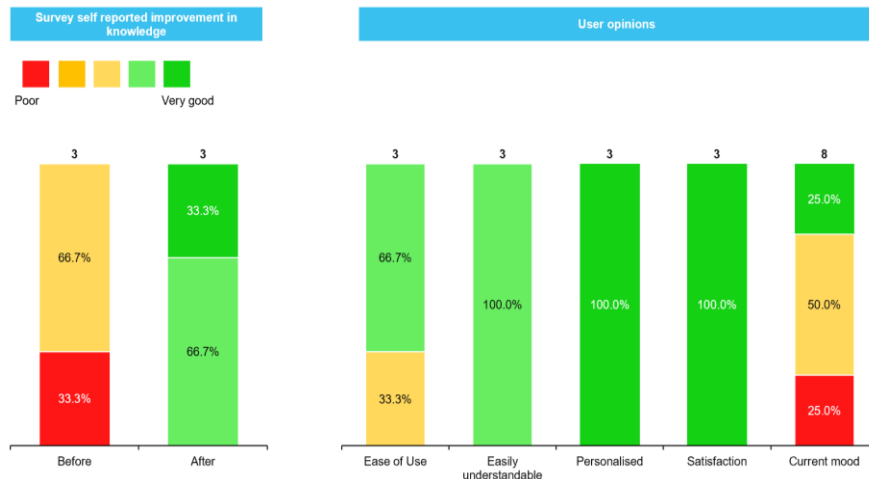


Average engagement time
12 mins 56 seconds



128
total sessions
(2.2/user)

OUTCOMES



↑ 100% Increase in self-reported knowledge after engaging with the DSP

“This tool is a valuable use of clinical time as it provides tailored and accurate education that directly supports patients’ recovery and is easy to prescribe - saving us time”

UCLH Stroke Consultant Dr. Rob Simister

“The stroke hub is a useful central repository of information that is great and stopped us having to google lots of things and figure it all out... especially useful for our family and relatives”

Stroke Patient

What's next...

Phase 2:

12 month study, 500 patients, 5 NHS Trusts

Content expansion

Clinical system integration (& NHS Log-in)

Evaluating the impact of this tool

Health Economic Evaluation



Aim of the My Stroke Companion

Improve

Improve **health related quality of life** of stroke survivors

Improve

Improve patient **self management**

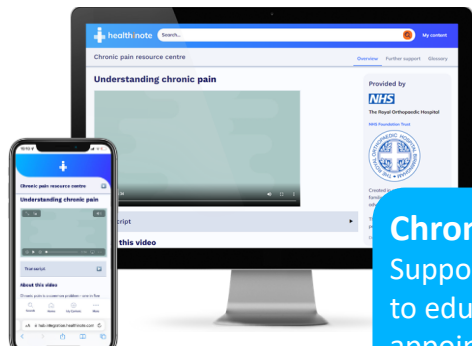
Reduce

Reduce disability post-stroke

Reduce

Reduce the rate of stroke recurrence and other hospital admissions

Empowering patients through Digital Health across the NHS



NHS
The Royal Orthopaedic Hospital
NHS Foundation Trust

Chronic pain
Supporting the chronic pain service to educate patients prior to their first appointment after referral



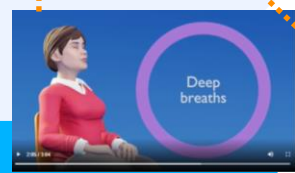
NHS
Royal Berkshire
NHS Foundation Trust

Renal diseases
Educating patients with renal diseases remotely across a range of languages. Featured in the NHSx [Renal digital playbook](#)



NHS
GIG CYMRU
NHS WALES | Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Cardiff and Vale University Health Board

Allergy
An interactive, avatar guided tutorial to remotely train paediatric patients how to use their EpiPen.




NHS
Portsmouth Hospitals University
NHS Trust

Asthma
A digital education programme for patients identified as having poorly controlled asthma



NHS
Imperial College Healthcare
NHS Trust

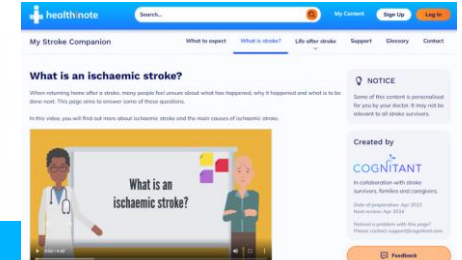
Renal transplantation
Interactive, educational videos in multiple languages to educate patients about the drugs required following a transplantation and the importance of adherence, led by the pharmacy team



NHS
Cambridge University Hospitals
NHS Foundation Trust

NHS
Norfolk and Norwich University Hospitals
NHS Foundation Trust

Rheumatoid arthritis
An immersive education programme for patients initiating on high-cost biologics drugs



NHS
University College London Hospitals
NHS Foundation Trust

Stroke
A digital and personalised stroke recovery education programme curated by the patient's clinical team