

digitalhealth

REWIRED

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Headline Sponsors:



REBECCA HOWARD

CEO and Founder
ShinyMind

You can't pour from an empty cup

The Fuller Stocktake Report highlights increasing demand on care services “stretched beyond capacity, with staff morale at a record low” and the need to “help people to stay well for longer”.

“Digital transformation needs to be embedded as part of a more holistic approach to primary care transformation”

Providing proactive and personalised digital care to reduce ill-health across the patient populations.



‘The Ask’..... from primary care clinicians

- ★ What if we could support primary care staff with their own mental health - and at the same time help our patients look after their mental health?
- ★ What if we could digitally prescribe wellbeing support for our patients, to personalise it to their condition, and help them feel better?
- ★ Improved health activation is mainly achieved through improved mental health..... So what could happen if we could prescribe at scale to patients with LTCs and a co-morbidity of mental health?
- ★ There is no mechanism to prescribe other than suggestion - how do we change that?
- ★ What happens to demand if we can support our patients easily and simply outside of 1-to-1 contact?

ShinyMind - Proven Innovation

Co-Created with the NHS

Using proven science and life-changing results, ShinyMind is a unique mental health app co-created in partnership with the UK's most trusted brand, the NHS

Independent research

- ★ Employee Turnover - 3% vs. 18% (ShinyMinders vs. Non-app users)
- ★ Staff Absence - 3% vs. 6% (ShinyMinders vs. All staff)

Proven Innovation

Assessed by the Academic Health Science Networks and is showcased as a 'Proven Innovation' on the Innovation Agency Exchange

- ★ NHSEI Nursing secondment to address burnout, retention and recruitment
- ★ NHS launch nursing version to all nurses, midwives, HCSWs and Nursing Associates
- ★ 94% of nurses felt better - Impact research October 2022
- ★ Successful clinician-led trials for patients with a diagnosis of anxiety and depression

11:02

VoLTE LTE1 86%

< Nursing LifePacks

We are proud to launch ShinyMind's Nursing version for all NHS nurses, midwives and HCSWs. Created with nurses, it is supported by the Florence Nightingale Foundation, Cavell Nurses Trust, the Foundation of Nursing Studies, and our Nursing Advisory Board, to provide resources to help everyone Shine.



Home



Masterclasses



Gratitude



Messages

NHS Primary care co-designed Prescribing Portal

Shiny Mind The power to shine brighter

Supporting the wellbeing of thousands of NHS staff every day. Now available to you as a Wellbeing Prescription.

“ I love knowing that I've got the ShinyMind app to hand regardless of the kind of day I've had. It's a great way to reflect, explore your mind and recharge. **”**

Dr Shankari Maha, GP in Milton Keynes

What is ShinyMind?
ShinyMind is a digital wellbeing prescription, co-created with NHS staff with over 100 resources to choose from to help you feel better and live well.

Why should I use it?
Already being used by the NHS to help and support frontline doctors and nurses in their work and lives, ShinyMind is proven to help with stress, anxiety, and coping with long-term conditions, providing tools to feel happier and more positive. It's confidential to you, flexible, and easy to use – as little or as much as you like, anytime 24/7.

How do I know it will work?
As well as supporting NHS staff, ShinyMind is now helping patients who are experiencing anxiety, stress, depression and a range of long-term conditions - many of whom have reported improved wellbeing and positivity.

What if you could feel better, cope better with your condition, and be happier and more positive? Ask your practice team for details.

Wellbeing psychological programme empowers the primary care family to improve their mental health and learn how ShinyMind can support their patients

“Let me prescribe you ShinyMind”



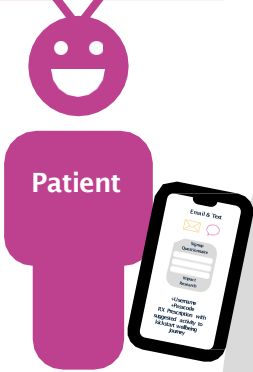
Personalised wellbeing prescriptions

Patient name

Condition specific Life Packs

- Anxiety
- Depression
- Menopause

“Thanks, I'd like to try that please”



Email & Text

Getting Started Questionnaire

Impact Research

+Username
+Passcode
Prescription issued with suggested activity to kickstart wellbeing journey

Prescribing Portal behaviour nudges

- ★ The benefits of nudges which is a prosocial activity, include life satisfaction, wellbeing and psychological flourishing
- ★ Keeping patients well outside of 1:1 care
- ★ These 'positive behaviour nudges' result in improved clinical outcomes e.g. Lowering HB1Ac scores and reduced demand on GP contacts

The screenshot shows the ShinyMind dashboard for a prescriber named Sam. The interface includes a sidebar with navigation options: Dashboard, Your Practice, Messages, and User Support. The main content area is titled "Welcome Back, Sam" and features several key sections:

- What would you like to do today?**: Two prominent buttons: "Create Prescription" (blue) and "Send Message" (purple).
- Your Patients**: A table listing patient names and email addresses.
- Empowerment Resources**: A section with links to "Conversations for Managers & Teams", "Become a Relationship Guru", and "Patient Signposting Materials".
- Social Links**: Links to Facebook, Twitter, and Instagram.
- Wellbeing Prescriptions**: A section showing a "Helping Hand" prescription with a count of 200, a "Remaining Expires" indicator, and a "Helping Hand" button.

The screenshot shows a message sent to Katie Batty. The message text is:

Hi Katie, How are you getting on? I hope you've managed to spend some time looking after yourself and maybe tried listening to the ShinyMind relaxation and sleep meditations? I find they really help me and hope you will too. Take care

Becca, ShinyMind

Impact of the wellbeing programme on staff?

■ improved a lot
 ■ improved a little
 ■ stayed the same
 ■ declined a little
 ■ declined a lot

My understanding and awareness of myself has



91% improved

My wellbeing has



91% improved

My job satisfaction has



73% improved

My productivity at work has

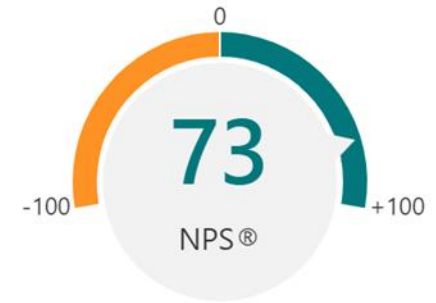


73% improved

The likelihood I will continue to work in Primary Care has

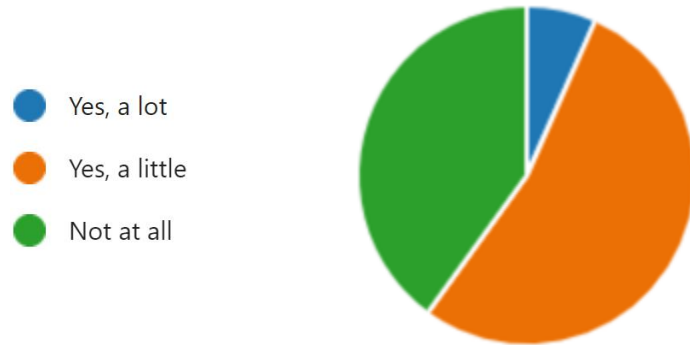


64% improved



How Did Patients Feel About ShinyMind? - 6 week impact

60% patients felt better and wanted to keep using it



Significantly fewer days feeling anxious or worrying

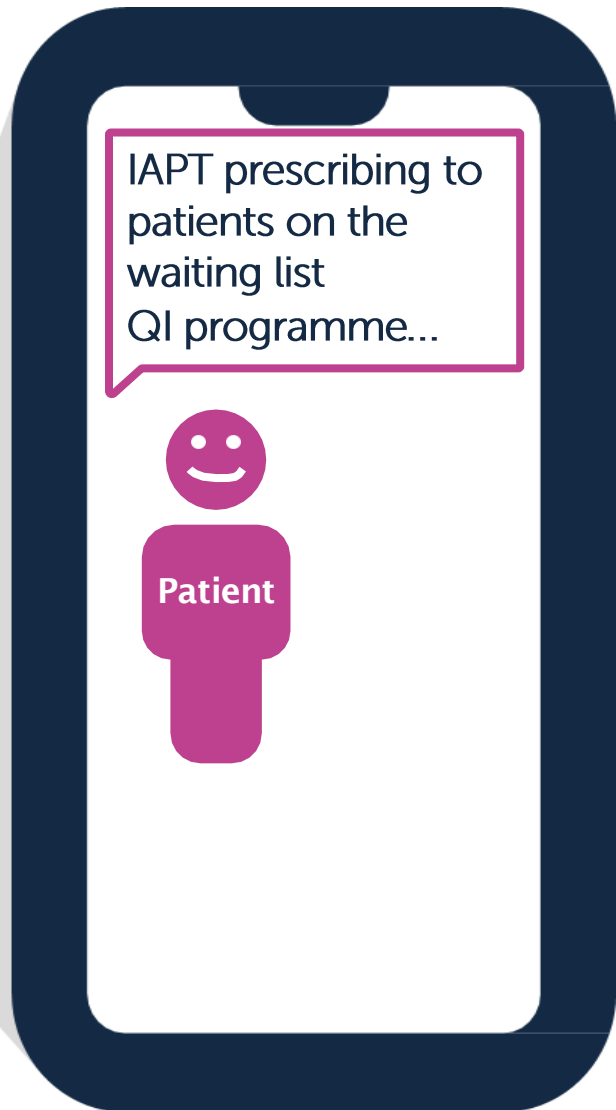
17% improvement in anxiety scores (GAD)

- 83% said other patients would benefit from ShinyMind
- 28% improvement in the Life Satisfaction scores
- 13% improvement in satisfaction with physical health
- 10% improvement in relationships
- 8% improvement in work productivity
- 7% improvement in health activation

Evidence of Impact: 12 months longitudinal research

- ★ Patients who use ShinyMind have fewer GP contacts – approximately 3 less GP contacts per patient per year and their demand is falling over time
- ★ A reduction of 0.8 referrals per patient per year – non-users twice as likely to be referred

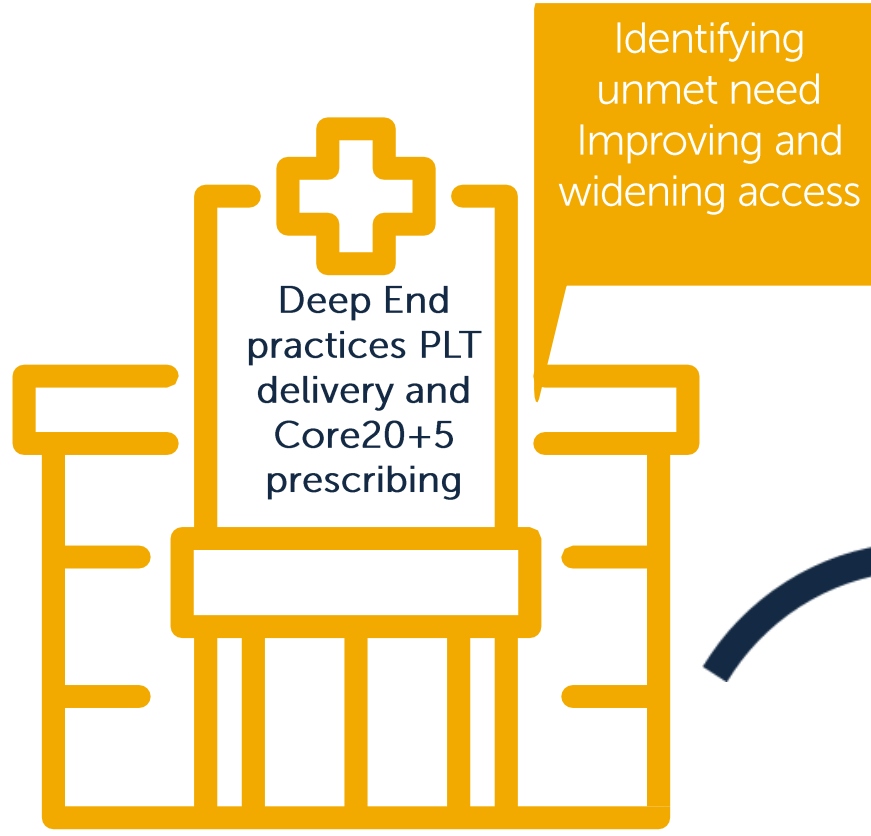
System Transformation in action across BLMK ICB



30 GP Practices
PCNs
Prescribing

ARRS roles
Library of
Core20+5
searches

Community
Pharmacy
prescribing



Preventative prescribing
at population health level

Less demand and pressure with happier healthier staff, delivering personalised, proactive, preventative care at scale





“A brilliant opportunity to improve the wellbeing of patients and the staff that support them. It’s such an innovative approach that works for a modern world and I think it’s really exciting”.

Dr Sarah Whiteman, Chief Medical Director of BLMK
Integrated Care Board

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