

digitalhealth

**REWIRED**  
LONDON 14-15 MARCH 2023

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# Umar Nizamani

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International  
NICE DAY

REWIRED 2023



Scaling evidence driven digital mental  
health

# Mental healthcare is overburdened



Patients contacting NHS funded care (2022)

National Audit Office - Progress in improving mental health services in England (2023)

# Excessive load on care professionals

39.3%

Therapist time  
spent on admin

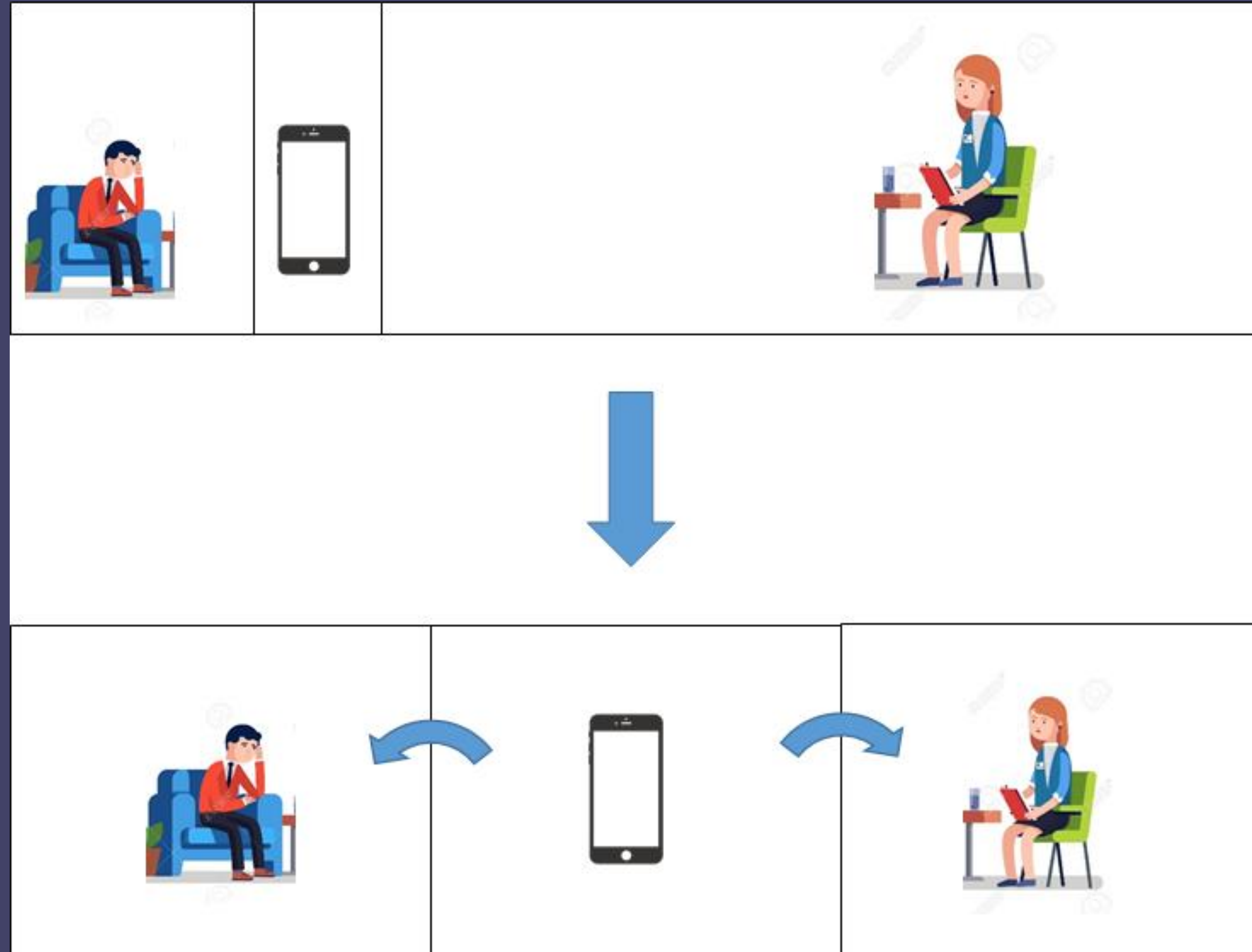
Specialist therapist in dutch healthcare (2020)

KPMG - Eindrapport Merkbaarheidsscan [Ont]Regel de Zorg (2020)

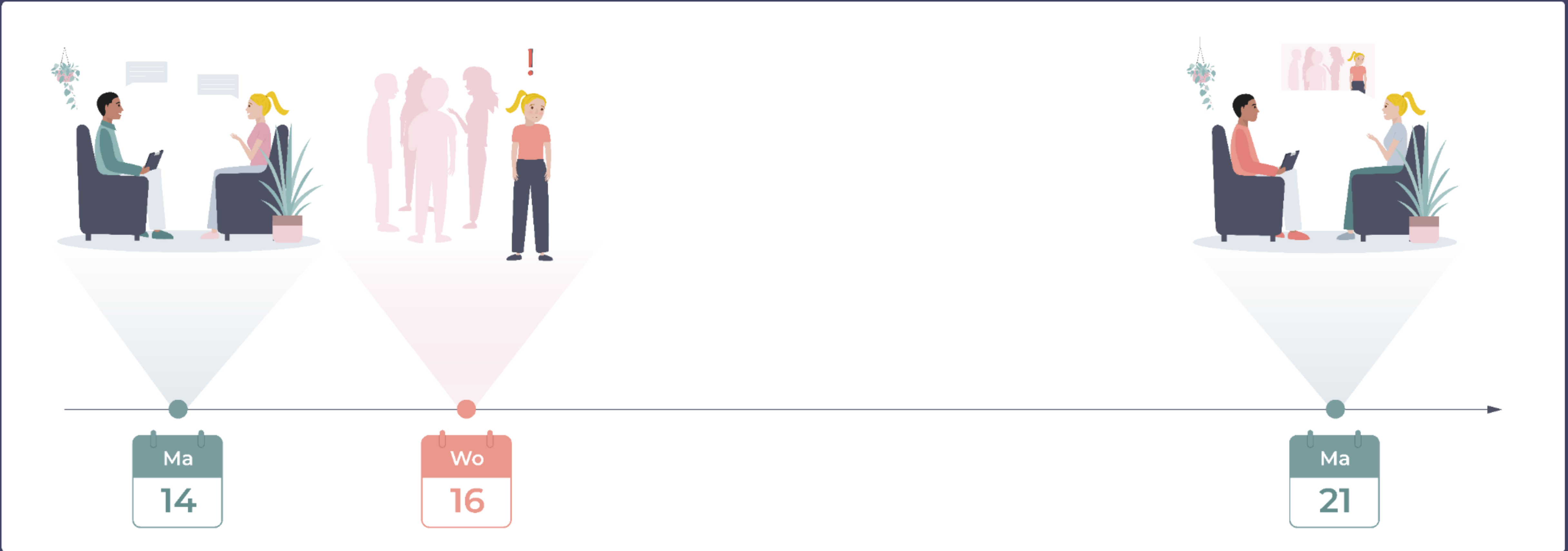


A workspace for therapists to provide  
effective and efficient care

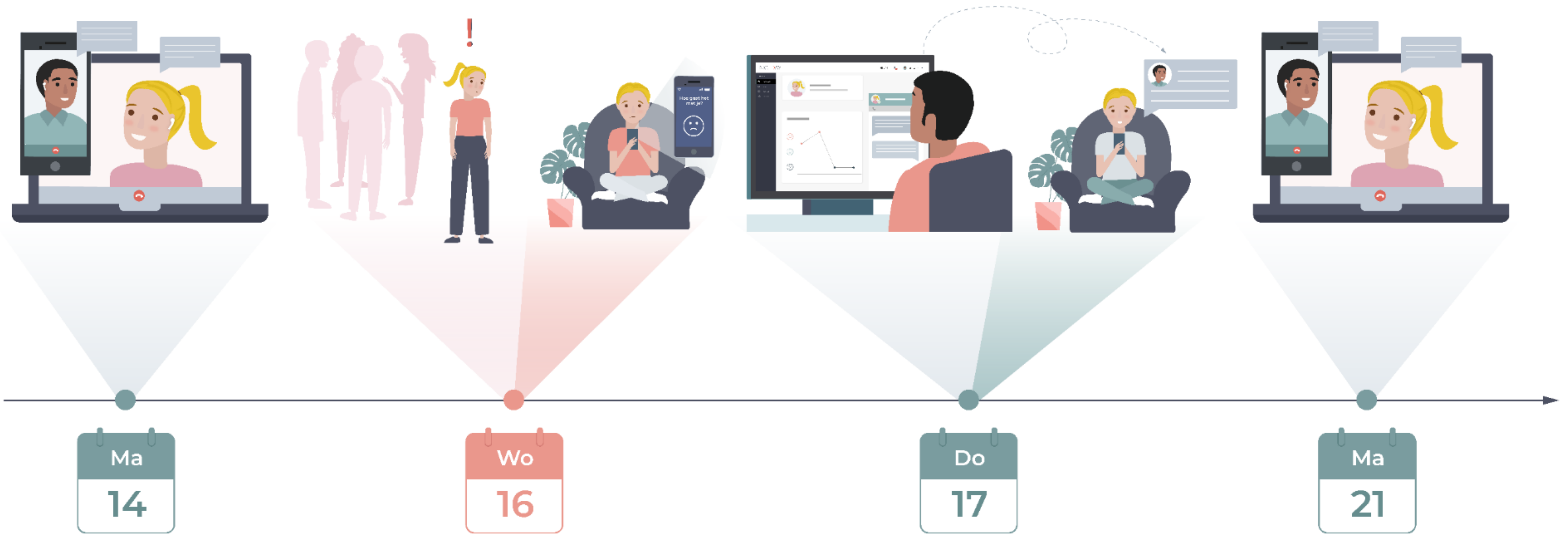
# Making care effective and efficient



# Traditional Care



# Data Supported Care



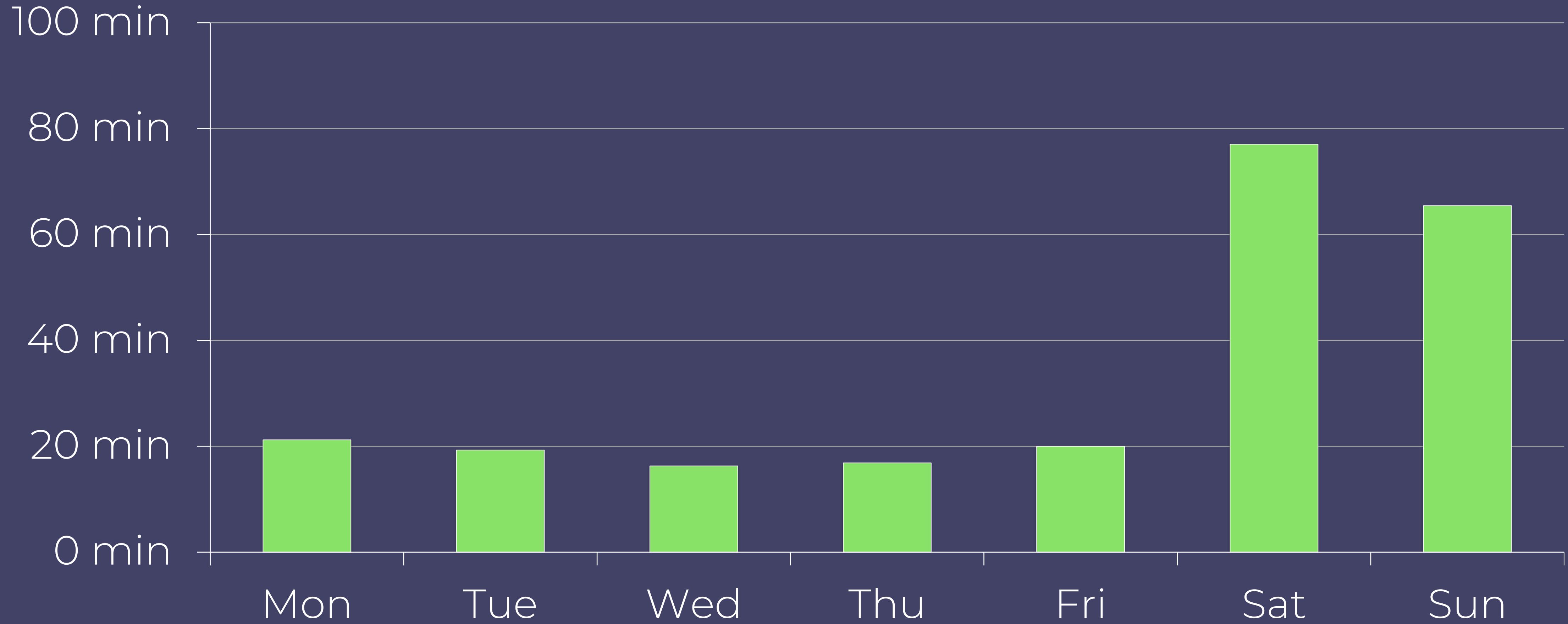


# Validation Study

10.249 participants

- ✓ 24% faster patient recovery
- ✓ 8% less direct time spent by therapists
- ✓ High client satisfaction (8.9 / 10)
- ✓ Equally effective as face to face therapy

# Unsupported client time in app



Client time in NiceDay app outside of therapist interactions (2022)

# Trusted in Dutch public healthcare

2.300  
Therapists

70.000  
Clients



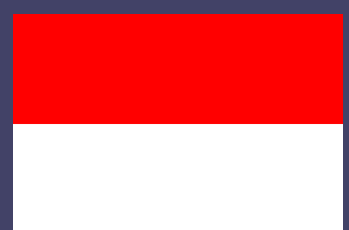
## Growing global usage



Ukraine



Belgium



Indonesia



Brazil

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# Thank You

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