NHS

Informatics Merseyside

Sefton Online Health, Care and Wellbeing App Library

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TABLE OF CONTENTS

Purpose

The purpose of this paper is to provide Sefton's Health and Wellbeing Board with an overview of Sefton's Online Health, Care and Wellbeing App library following its successful launch on 8th March 2022.

This paper will outline the partnership implementation approach, benefits realised since the launch, and planned next steps to increase usage and support for our residents.

The Online Health, Care and Wellbeing App library can be access through the following link https://sefton.orcha.co.uk/

Background

Digital health is revolutionising health and care services, forming a crucial step on the road to care that is more efficient and patient-centred than today. But, with hundreds of thousands of apps available, and 85% falling below quality thresholds, health and care professionals require tools to find the right digital solutions for their patients' and service users' needs.

Sefton Partnership organisations including the local NHS, Sefton Council and Sefton CVS, involved in health, care and wellbeing in Sefton have worked with ORCHA (the Organisation for the Review of Care and Health Applications) to provide a Health Apps Library website for the population of Sefton. The aim is to make it quicker and easier to access safe, accredited health and wellbeing apps, which can make a real difference to people's lives.

Health Apps are a fantastic opportunity to provide people in their homes and communities with important health information, helping support people to manage their health conditions (e.g. asthma, mental health conditions) and live healthier and happier lives through exercise and healthy living. There are thousands of different health apps available, and with the ongoing COVID-19 pandemic, there is even greater demand for them.

We worked with ORCHA (Organisation for the Review of Care and Health Applications). ORCHA review and certify digital health technology to provide safe, accredited, compliant, and trusted digital health libraries to accurately prescribe to our residents. ORCHA regularly carry out independent reviews of health and care related apps, with information clearly presented throughout this website. Any apps shown on this site have undergone a rigorous review process, with only the highest scoring health apps being shown on the site.

By bringing this information together, it's now possible to identify and compare the best health apps for individuals needs to ensure that a person's friends, family, or care network can access high quality health apps.

Approach

Through our Sefton Partnership, implementation funding was successfully awarded for via Cheshire and Merseyside Digital First Primary Care fund. This bid funded the implementation and procurement of year 1 licenses for ORCHA. Whilst this funding supported this initial pilot, additional capital investment from the Local Authority was identified to sustain the use of the platform for a further year whilst an evaluation is carried out. This project evidenced how partnership and collaboration between health and care services can be maximised for the benefit of our Sefton residents.

During the implementation, the online health, care, and wellbeing app library was tailored to the health needs of the Sefton population.
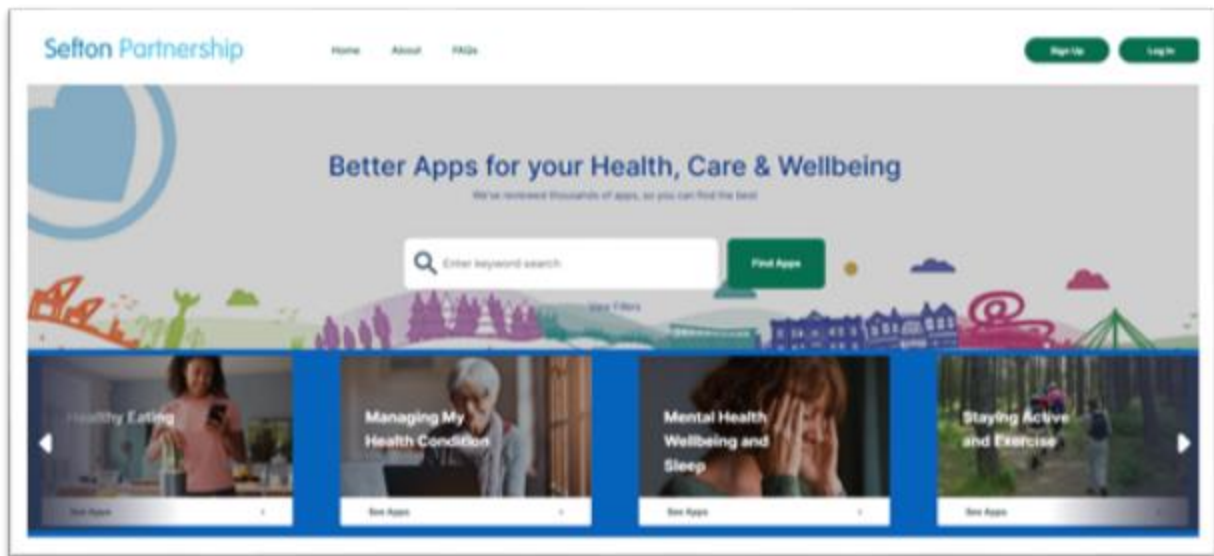
The apps highlighted on the App Library are regularly reviewed by ORCHA ensuring that they provide information we can rely on and best support the needs of our population

The project was implemented with four key partners within Sefton. Each partner identified the most appropriate services and staff to make benefit of the App library. Staff identified within this project were given pro-account licenses to allow them to directly send information to our residents via email or mobile phone directing them to App's which may support their needs.

South Sefton Primary Care Network	Sefton CVS	Sefton Local Authority	Southport and Ormskirk Hospital Trust

In addition to our health and care staff having access to the library, our residents can also browse the App library directly and review the supportive information for self-care.

To support the implementation of the Online App Library, a Communication workstream has engaged with local media to promote the availability of the library to our residents. This is shown in the Appendix at the end of this paper.

Benefits

At the time of writing, the Online Health, Care and Wellbeing App library has been live for 10 weeks which included a phased onboarding of our partners. Whilst this time period is relatively small, there are some early insight which can be shared regarding the usage of the App Library.

610 people have accessed and used the App Library

2241 pages of Apps have been viewed

Word Cloud of Search Terms

Most popular App category
- Health Living
- Mental Health

Feedback from our partners has confirmed that the app library makes it quicker and easier to access safe, accredited health and wellbeing apps, which can make a difference to people's lives. Apps which have been recommended to our residents are being used to them to help them manage their health conditions and live healthier and happier lives.

Next Steps

Sefton's Online Health, Care and Wellbeing App library is live for our residents to access, and our health care professionals to prescribe apps to support individuals' health and wellbeing.

- We will continue to monitor the use of the website and the apps that are prescribed to provide us with insight regarding the resident cohorts using the platform
- We will gather qualitative feedback from our partners and residents to evidence the value and support the online app library is having is assisting the safe navigation of app
- We will work with our partners to explore further opportunities to expand the ability to prescribe apps at the point of care/support

Appendix

Publications

Information regarding Sefton adoption of ORCHA to support our residents access to the online health app library have been shared in local and national publications. Namely Champion Newspaper publications on 4th May 2022 and Digital Health online on 22nd April 2022.

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1 www.champnews.com/papers/pdf/NS1822.pdf
2 www.digitalhealth.net/2022/04/industry-news-in-brief-60/