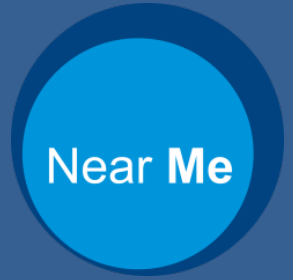


Near Me Groups within Allied Health Professions

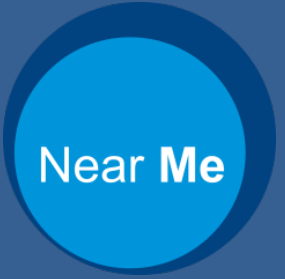


6th October 2022



@marcbeswickahp @NHSNearMe

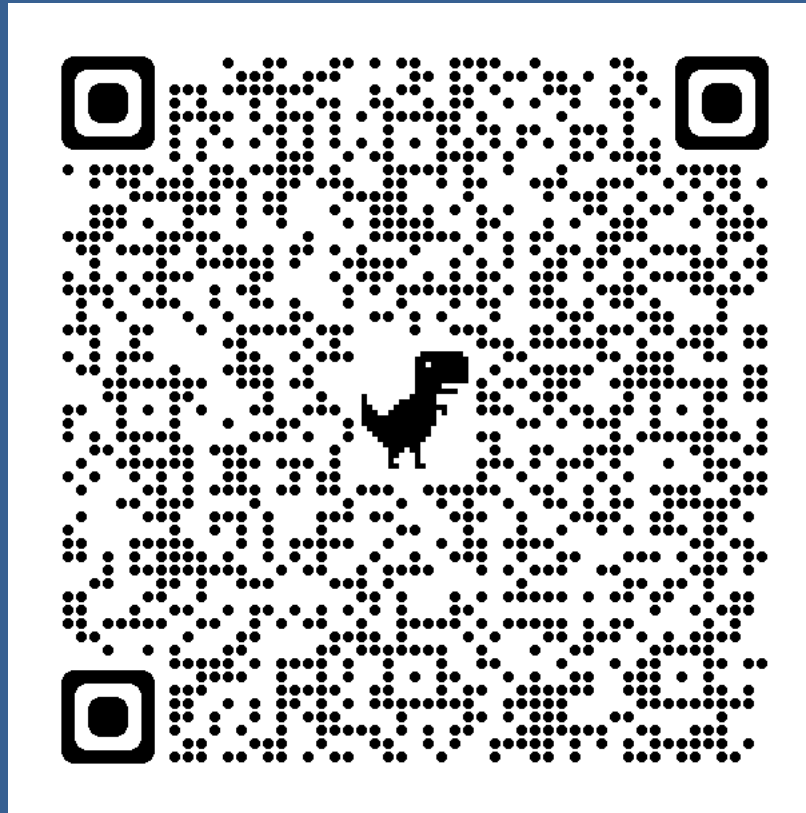
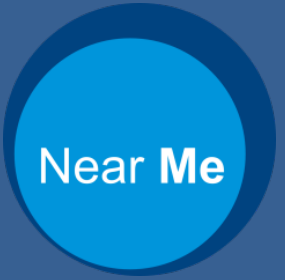
Housekeeping

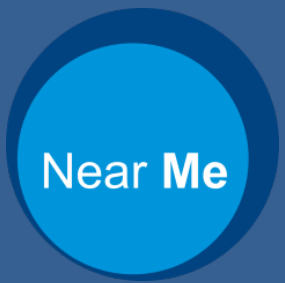


- All on mute
- Accessibility options
- Tips for getting good WiFi
- Please use the Q&A section



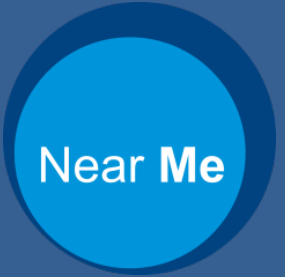
Please complete the 2 question poll from the link in the chat or the QR code below. Thank you.



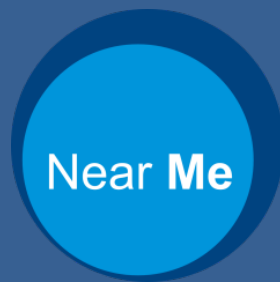


- Hosts
 - Marc Beswick – National Lead – Near Me Networks
 - Dawn Robb – Program Manager – Near Me Team
 - Tracy Towler – Customer Success Manager – Induction Healthcare/Attend Anywhere
- Presenters
 - Lesley Holdsworth – Clinical Lead for Digital Health & Care - Scottish Government
 - Dervilla Byrne & Angela Carvalho – Dietetics – NHS Lothian
 - Annabelle Colquhoun - Speech & Language Therapy – NHS Lothian
 - Cathy Gillan & Sarah Nolan - Physiotherapists - Our Lady of Lourdes Hospital - Drogheda

Agenda



- Where do Near Me Groups fit within the national Digital AHP agenda?
- Clinician experience of Near Me Groups.
- Panel Q&A.



Lesley Holdsworth
Clinical Lead for Digital Health &
Care
Scottish Government

Dervilla Byrne & Angela Carvalho

Dietetics

NHS Lothian

Using Near Me in AHP Services Webinar

NHS Lothian Weight Management Service

Thursday 6th October 2022

Dervilla Byrne & Angela Carvalho

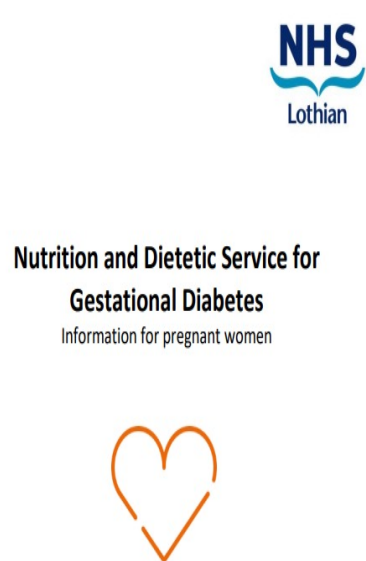
NHS Lothian Weight Management Service



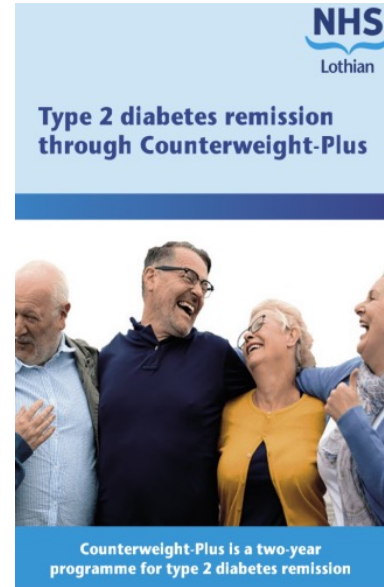
Child Healthy
Weight
Adult Weight
Management



Weight
Management
Psychology



Gestational
Diabetes



Type 2
Diabetes
Remission



DESMOND
&
Let's Prevent
Diabetes



Fertility

Launching the Near Me Platform



MAY 2020

Discussions
started around
Near Me

Went live with our
1:1 clinics using
Near Me

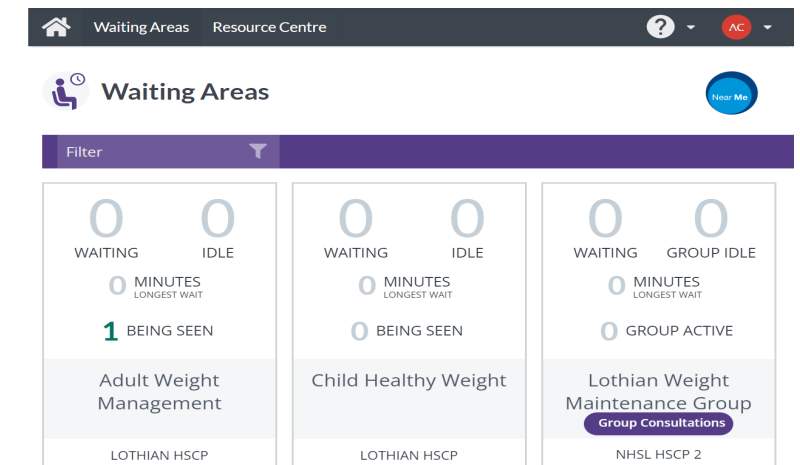
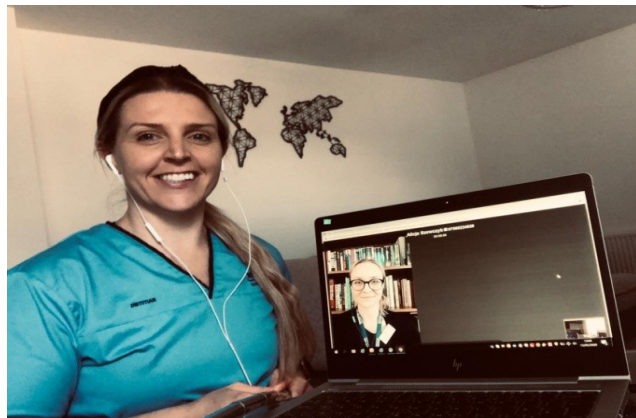
JUN 2020

LIVE



Switched our Tier 2 WM
group programme over to
Near Me, followed by our
Weight Management
Maintenance groups

DEC 2021



Our Services that use Near Me

Near Me 1:1 Clinic

All of our work streams now use Near Me for 1:1 assessments and appointments

Near Me Group

- ▶ Weight Management Maintenance
- ▶ Gestational Diabetes
- ▶ T2DM Remission groups
- ▶ DESMOND and LPD groups
- ▶ Fertility groups
- ▶ Eat.Think.Change due to start

Benefits

- ▶ Opened up access to our service
- ▶ Reduce exposure to COVID-19
- ▶ Enables us to reach wider patient demographic
- ▶ Faster care delivery
- ▶ Increased scope for flexibility
- ▶ Virtual platforms are user-friendly and are routinely being upgraded/improved
- ▶ Reduced carbon footprint



Challenges

- ▶ Unable to take anthropometry – reliance on self-reporting
- ▶ Digital poverty
- ▶ Initial functionality issues
- ▶ Periodic functionality issues e.g. delayed sound, echoing, freezing etc. due to poor internet connection
- ▶ Less personal than face to face interaction
- ▶ No guaranteed access to secure confidential space



Patient Testimonials

I could not have committed to the time necessary had there not been a virtual option

Very helpful as I am not a car driver and it would have been two buses for me to get to the hospital

Being at home meant I didn't need to worry about parking, travel or arriving late.

This group alleviated my anxiety for travel and meeting people in person

Very happy to be online and lower my carbon footprint

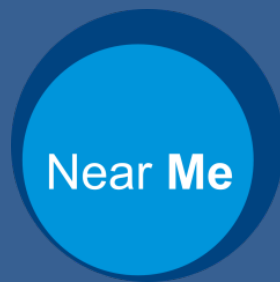
This was easier to fit around work hours



Future Plans Going Forward...

- ▶ Planning to move all of our virtual groups to Near Me
- ▶ Continue to liaise with Near Me team to discuss further beneficial functions





Annabelle Colquhoun Speech & Language Therapy NHS Lothian

Cathy Gillan & Sarah Nolan
Physiotherapy
Our Lady of Lourdes Hospital
Drogheda



Transitioning Pulmonary Rehabilitation to Virtual Health

Cathy Gillen and Sarah Nolan

Clinical Specialist Respiratory and COPD Outreach Physiotherapists

Our Lady of Lourdes Hospital, Drogheda



Our Lady of Lourdes Hospital, Drogheda

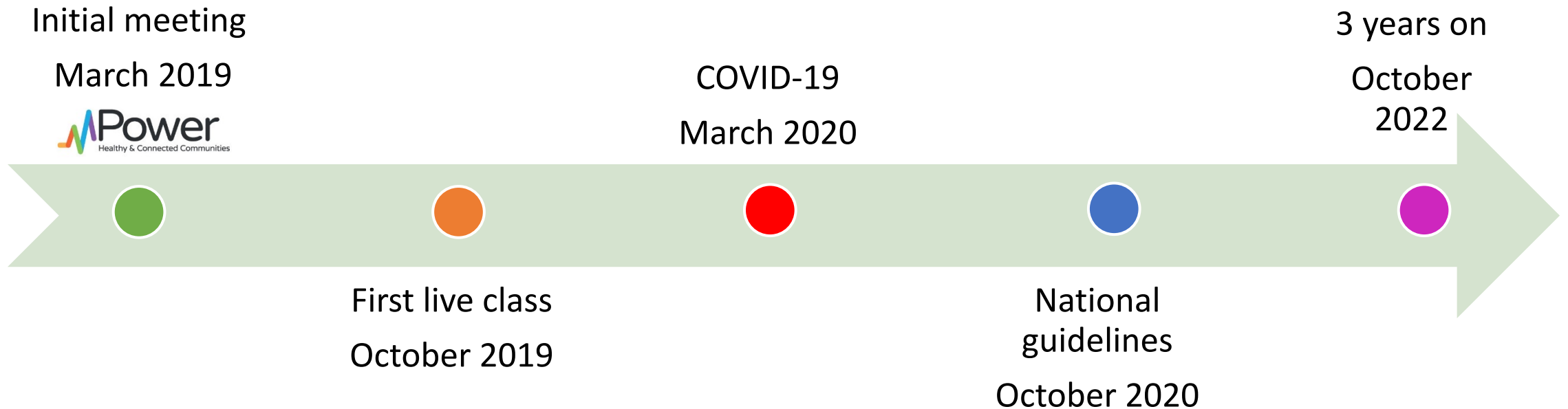


**Catchment Area
100,000**



Virtual Pulmonary rehabilitation

- First of its kind nationally
- Project Objective:
 - To utilize digital technology to deliver a home-based Pulmonary Rehabilitation Programme resulting in clinically significant improvements in patients aged 65 and over with COPD



3 years in...

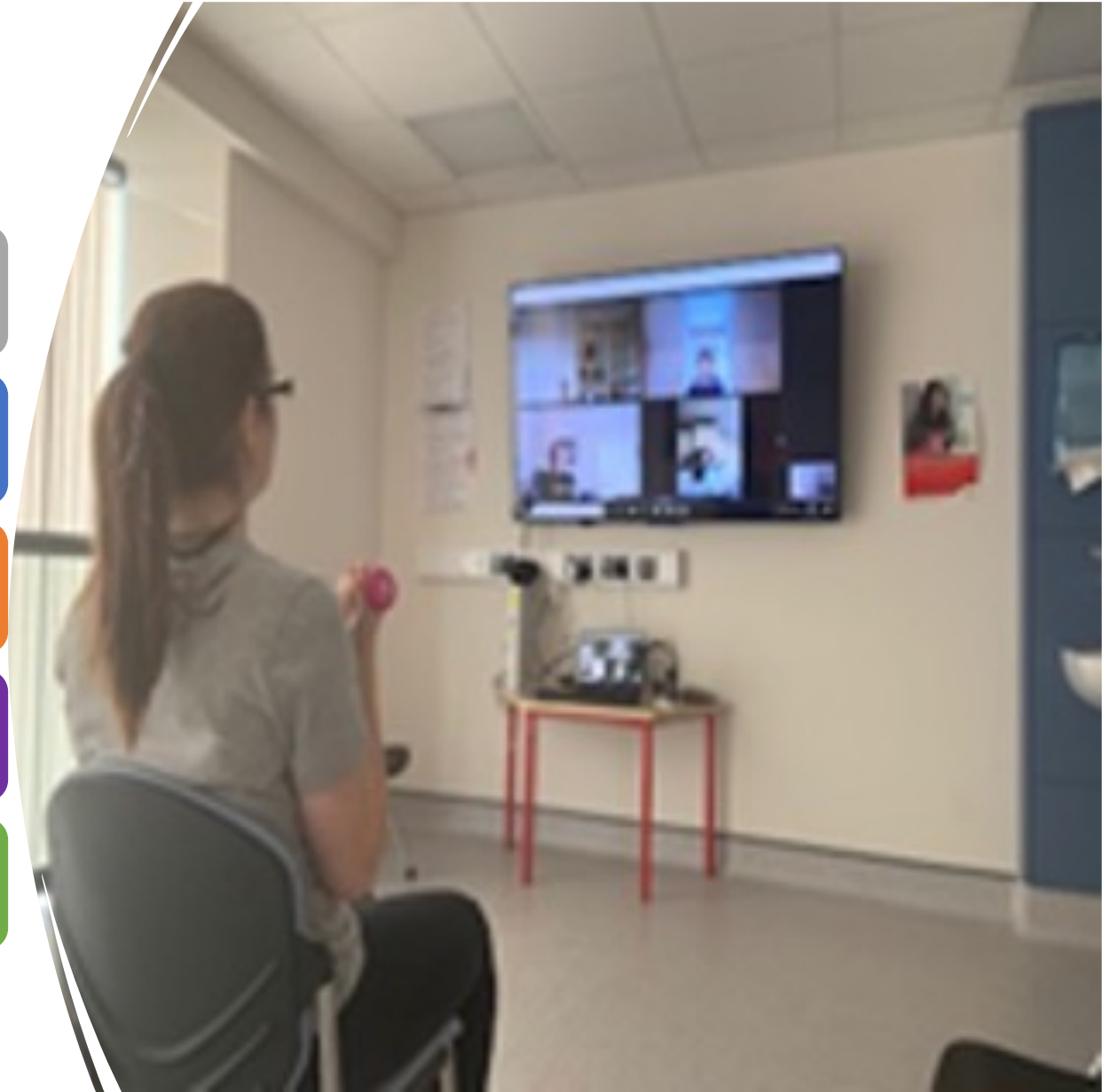
15 Programmes 91 Participants

COPD, Asthma, IPF, Bronchiectasis

Travel Savings: 36,000 KM & 724 Hrs

Ages 44- 87

Nationally - Dublin, Navan, Limerick, Sligo,
Carlow, Kilkenny





Access to transport/ Cost of travel

Why Virtual??

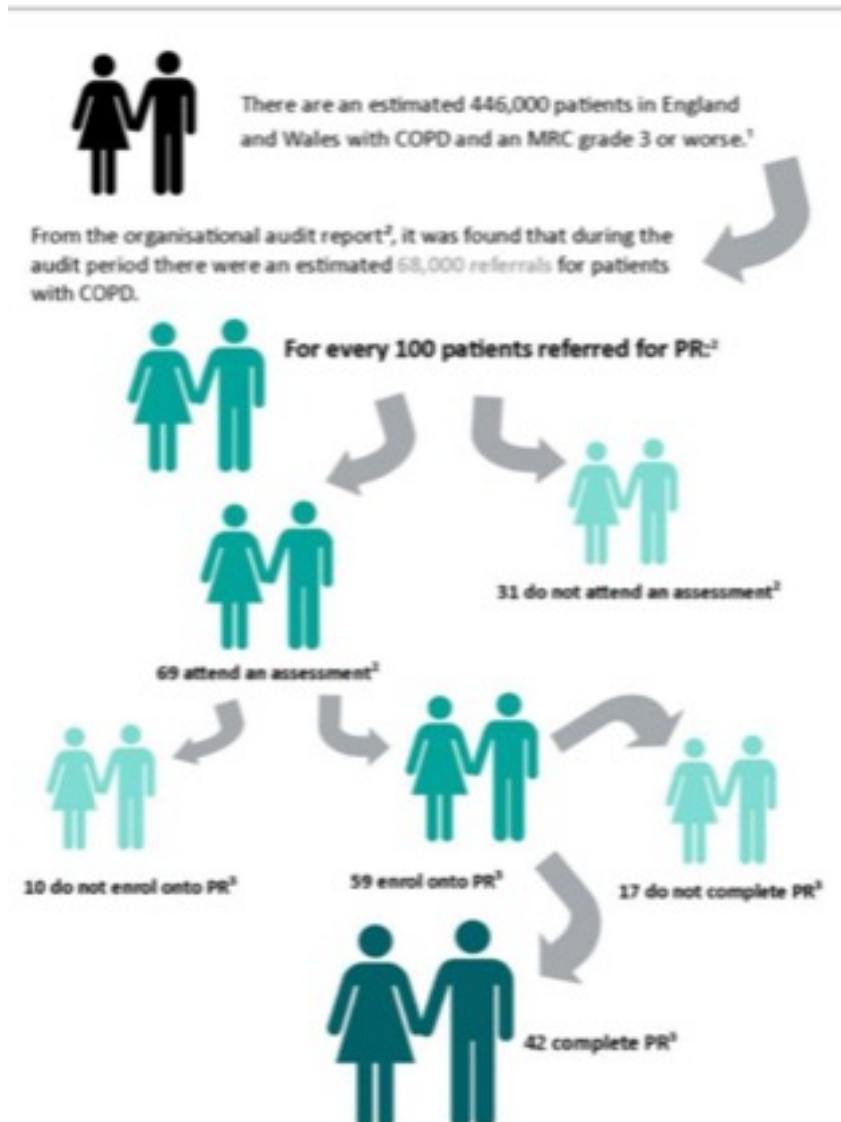


Health strategy

Sláintecare.



Carbon Footprint



What does a patient need?

Access to Device

- Laptop
- Tablet
- Smartphone

Internet Access

- Download speed

Email Access

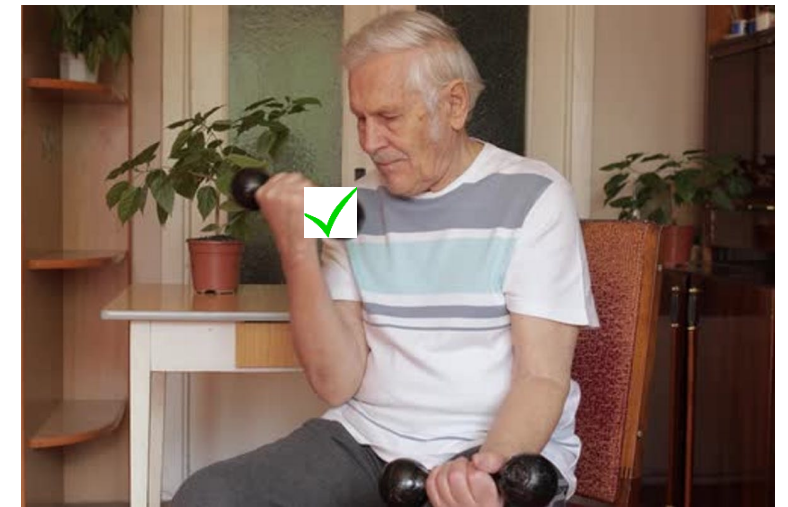
Safe Space to Exercise

- Safe Exercise Checklist

Hand Weights

- Tins of food
- Water bottles

Glass of water



What do I need as the Physiotherapist?

Device

- Laptop/ Tablet

Wifi

Gym Space

- Small/quiet

Wall mounted screen/ Smart TV

Wireless Headset

- Logitech H820E

Webcam

- Logitech BCC950

Handweights

Mobile phone

Platform

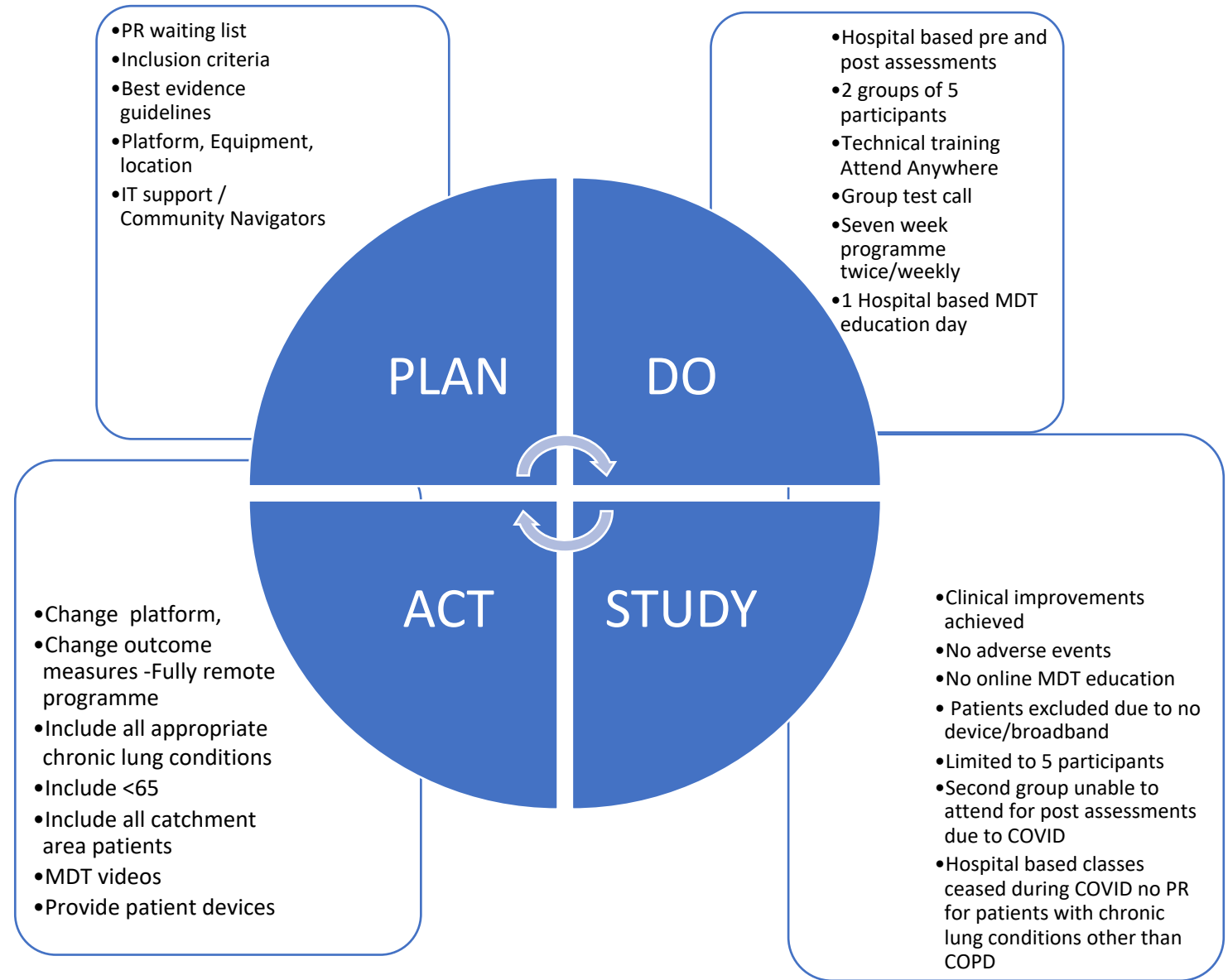


Risk Management

- Pre- assessment -Falls Questionnaire, Borg Education
- Home safety checklist
- Disclaimer
- Test call for camera position and safe environment
- Family / Carer present
- Protocol in case of emergency
 - Emergency contact number
 - Address / Eircode
 - Exercises completed
 - Spo2 recorded if applicable

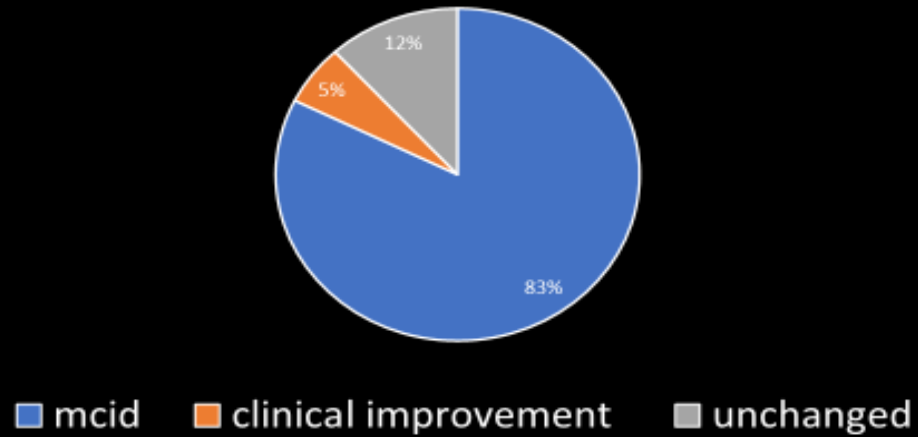


PDSA1....

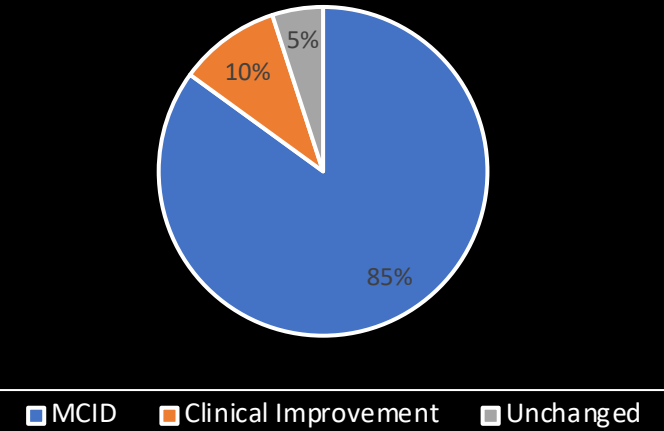


Results

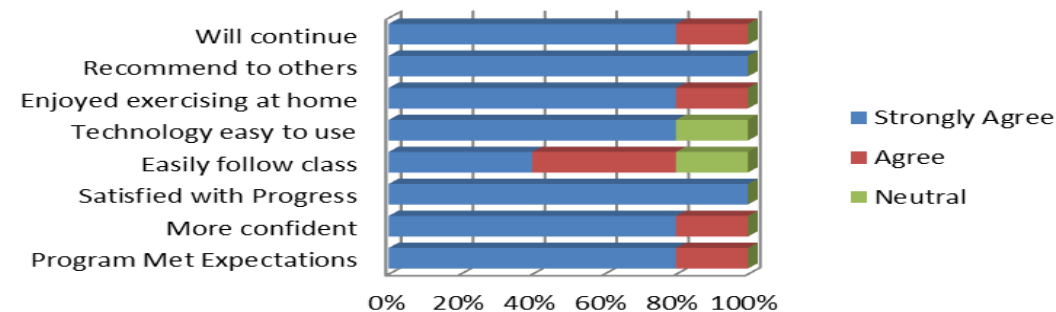
CAT Score

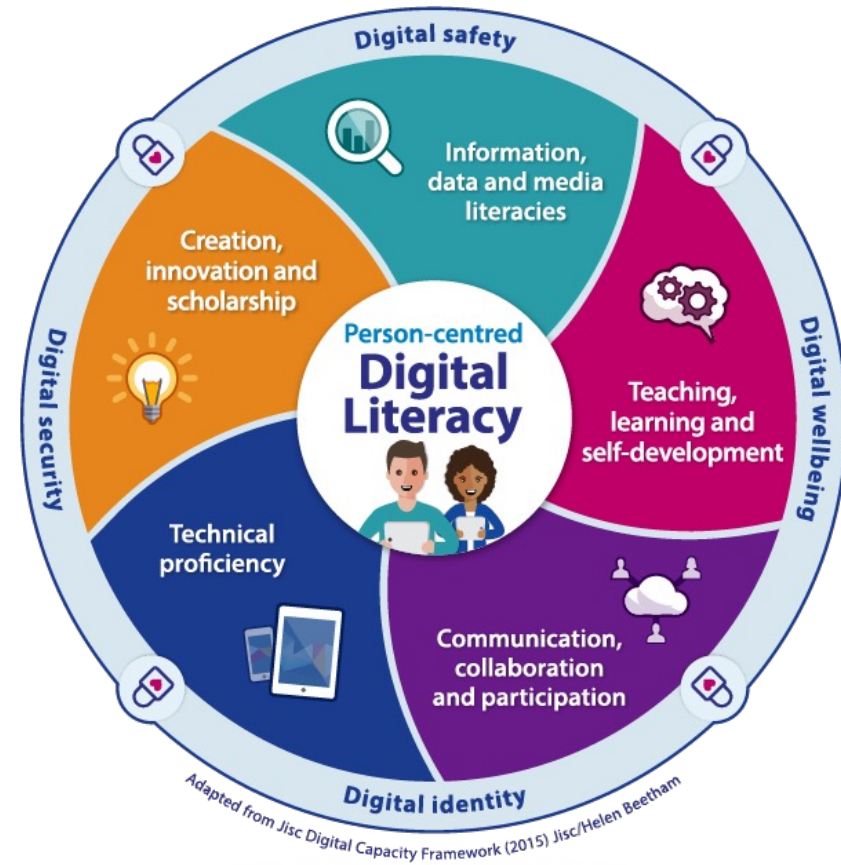


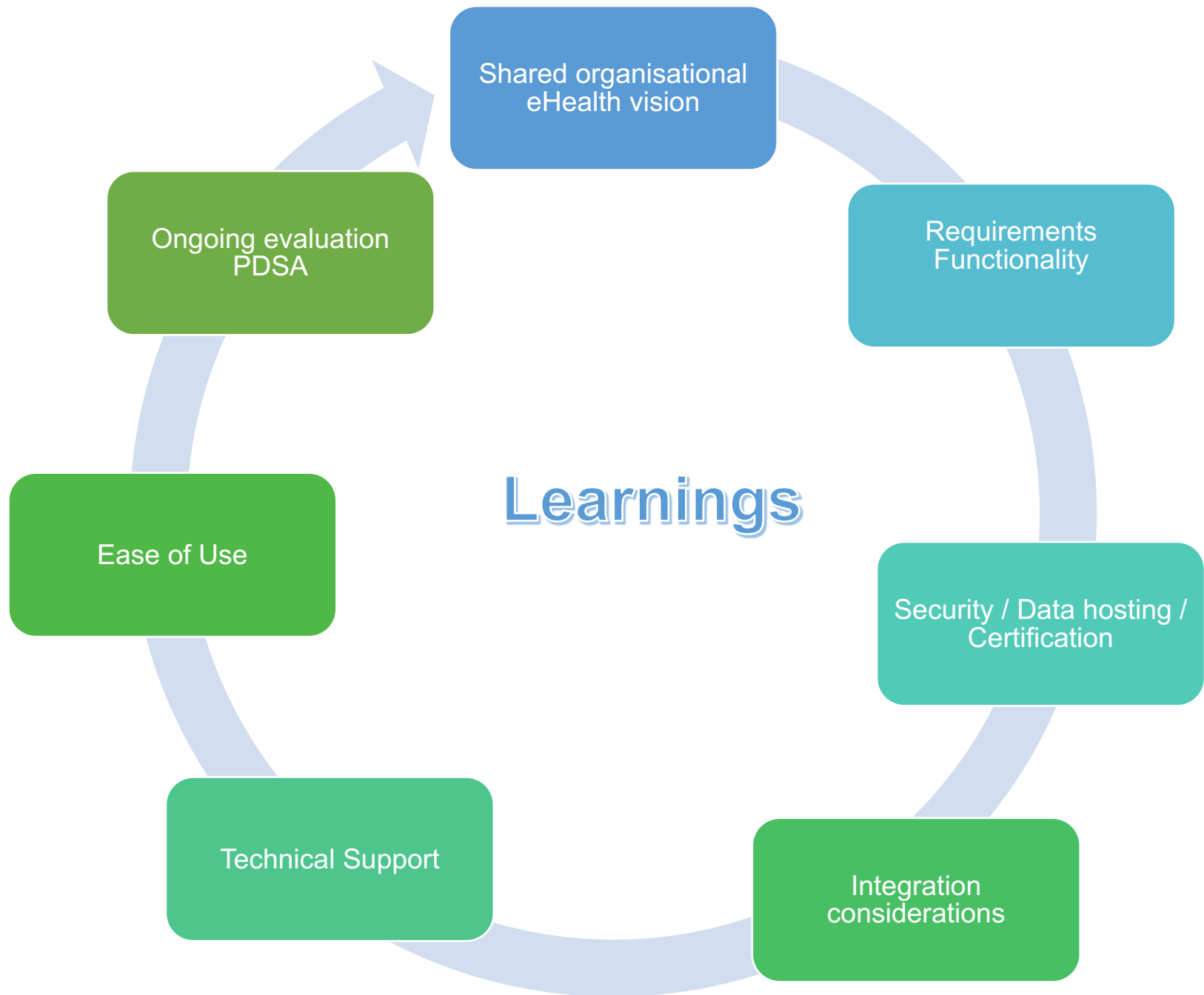
Exercise capacity ISWT / 1 min sit to stand



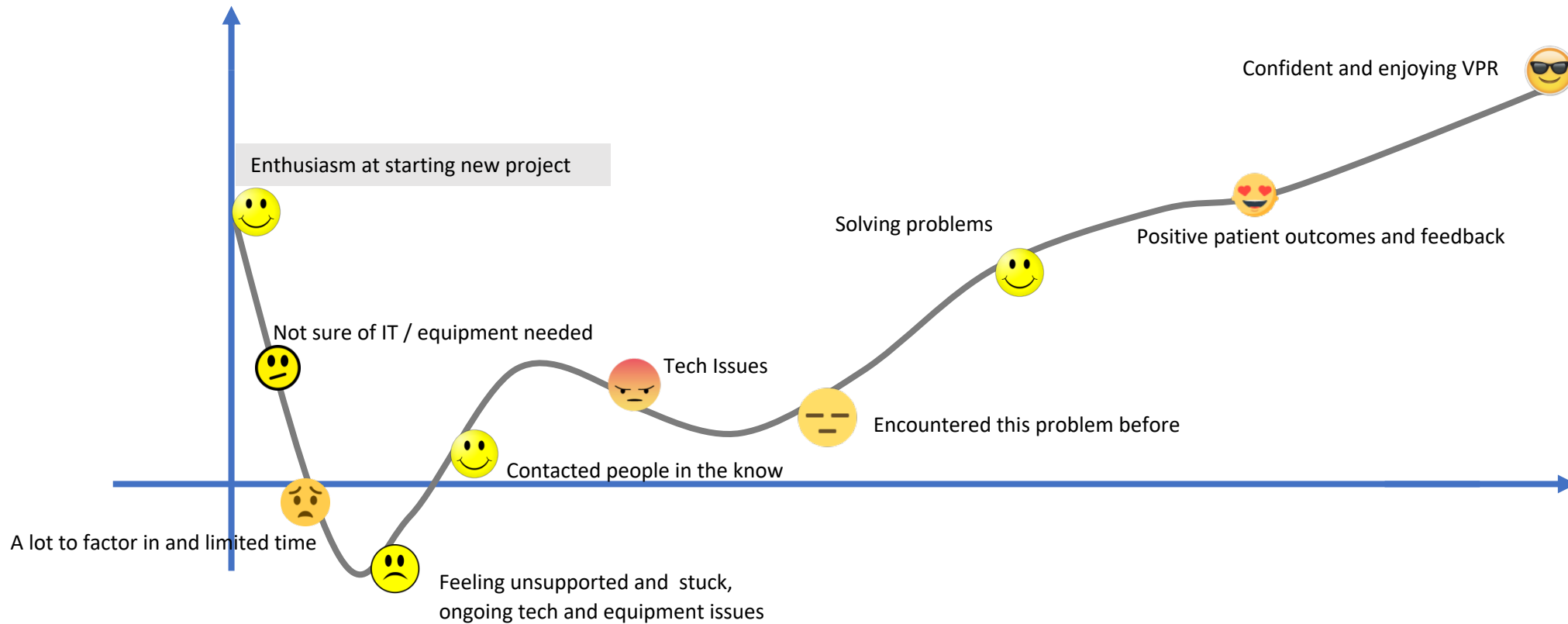
Anonymous Patient Satisfaction Survey







Learning Curve



- Clear vision
- Time
- Access to expert knowledge
- Management buy-in and support



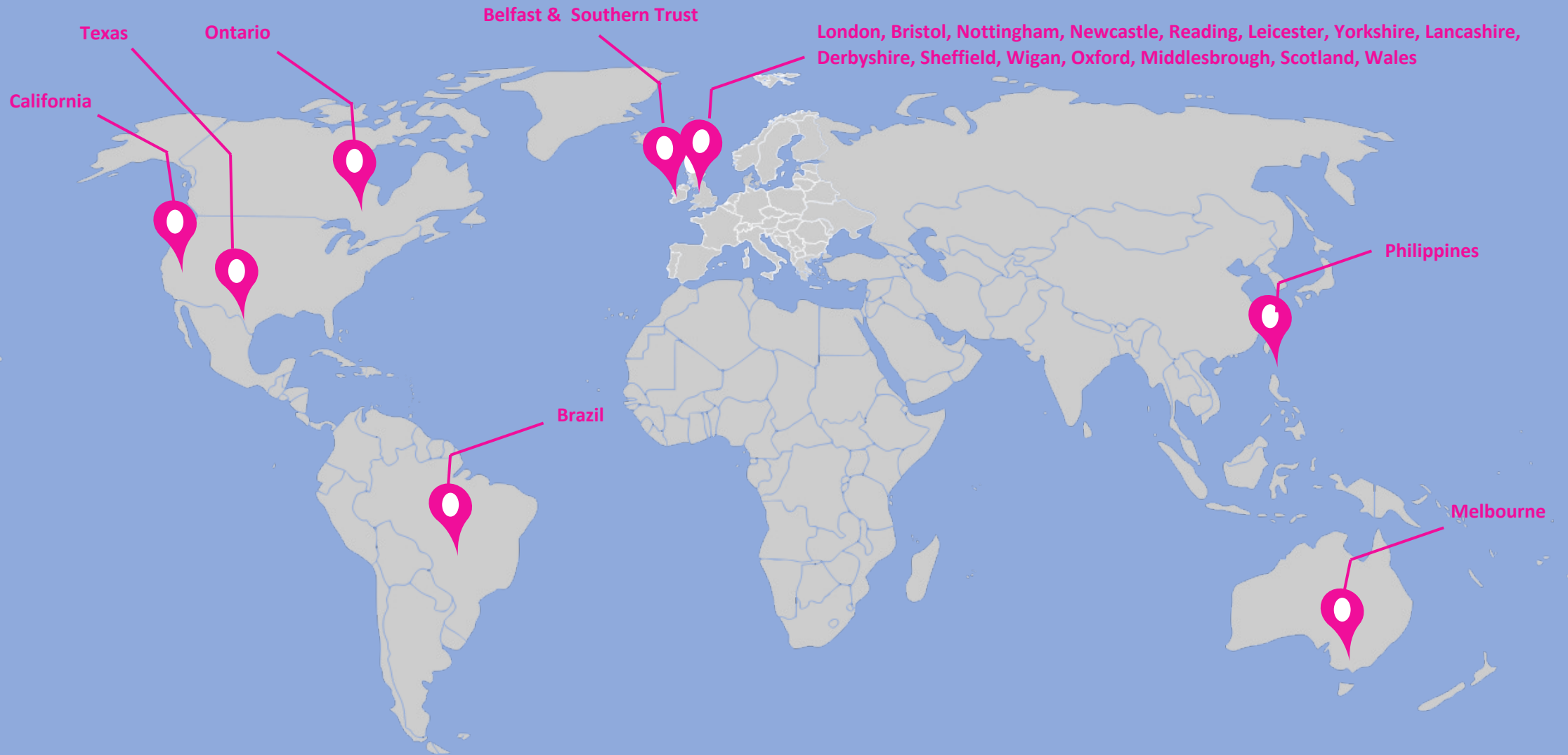
Patient Feedback

“..because I didn't have to leave home I probably put more into it because I didn't have the pressure or stress of getting to the hospital” Stephanie

“I much preferred the home programme for the simple reason its just more relaxed because when you get up in the morning you don't have this feeling of having to rush to the hospital and then look for a parking space...” Marion

“..its easy to set up the computer and then you can do the exercises anytime you want” James

“you can go straight from bed to the class, I didn't even have to go down the stairs” Nuala



California

Texas

Ontario

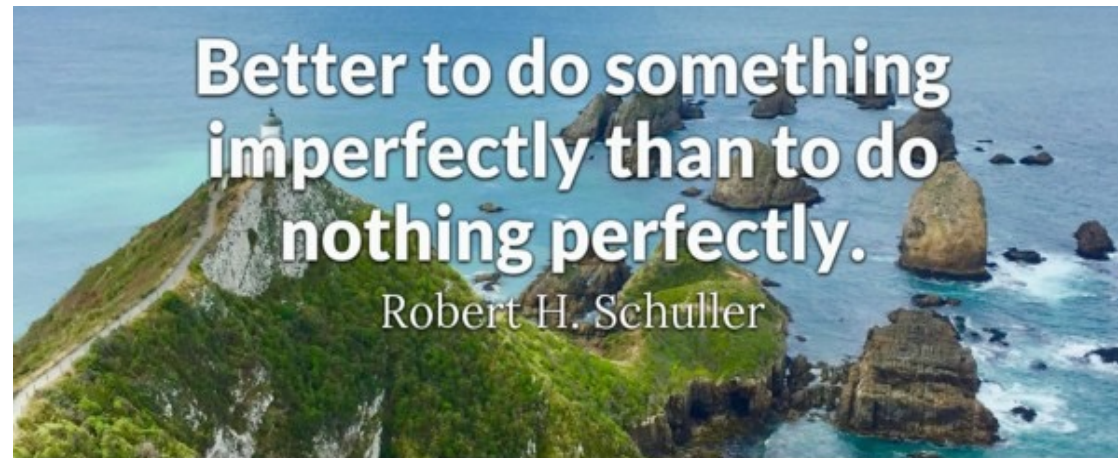
Belfast & Southern Trust

London, Bristol, Nottingham, Newcastle, Reading, Leicester, Yorkshire, Lancashire, Derbyshire, Sheffield, Wigan, Oxford, Middlesbrough, Scotland, Wales

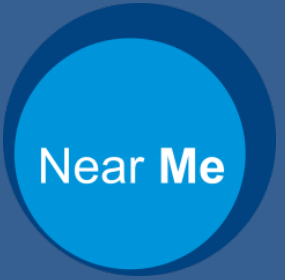
Philippines

Brazil

Melbourne

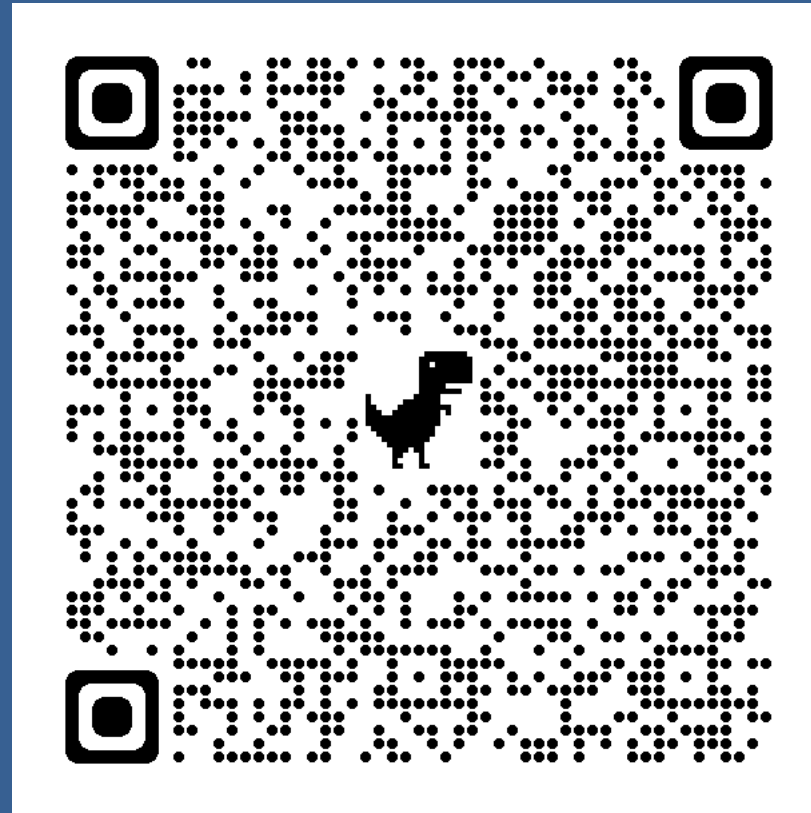
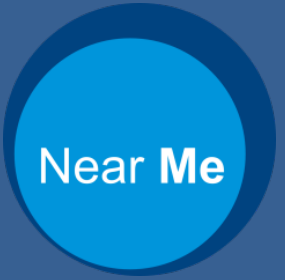


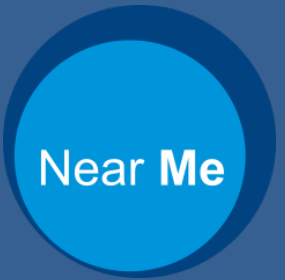
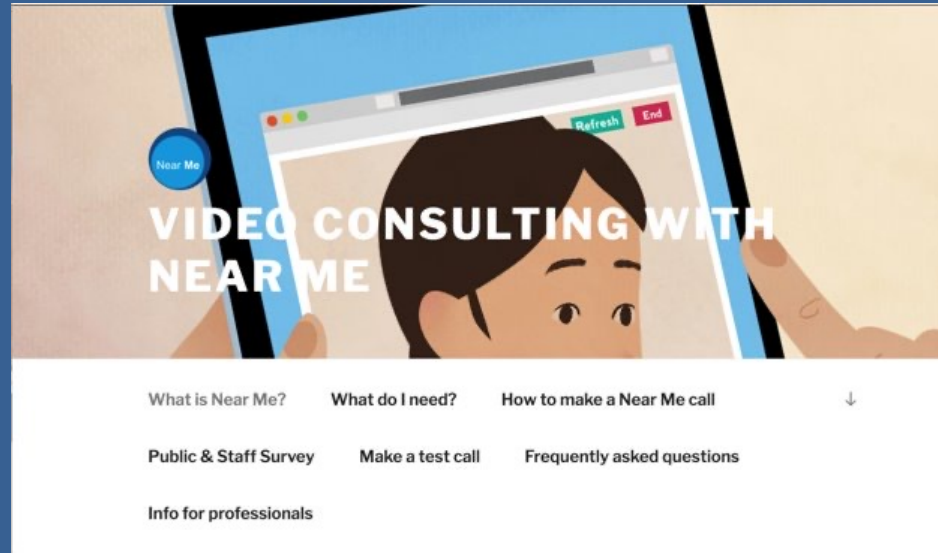
Discussion



Please pose questions, comments,
thoughts or experiences to our panel

Please complete the 2
question survey from the link in the
chat or the QR code below. Thank
you.





For more information on Near Me
please visit <https://www.nearme.scot/>
<https://tec.scot/nearme/>

For technical support please visit <https://www.vc.scot.nhs.uk/near-me/>
email Vc.support@nhs.scot or call 01224 816666