

Staffordshire Health & Wellbeing Board	
Report Title:	Live Long and Prosper: Digital Technologies for Health and Wellbeing – The Annual Report of the Director of Public Health (Draft)
Date:	6 June 2019
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Board Sponsor:	Dr Richard Harling

Recommendations

1. The Board is asked to:

- a. Consider the draft report and offer comments
- b. Consider and comment on the recommendations
- c. Consider and how the health and wellbeing system might deliver the key recommendations:

- R1. Superfast Staffordshire should continue to expand physical infrastructure such as access to broadband.
- R2. Staffordshire County Council, alongside relevant adult education and skills partners promote awareness of education and training opportunities to help residents develop basic digital skills.
- R3. Staffordshire Health and Wellbeing Board should take a lead in increasing public awareness of health and care digital technologies to help them improve health and well-being or better self-manage their condition.
- R4. Staffordshire NHS and Staffordshire County Council should provide continuous learning and tools for the health and care workforce to enable them to develop the skills and knowledge to 'digitally prescribe' where there is a good evidence base.
- R5. Staffordshire County Council and Staffordshire NHS should promote digital IAG to support people to live healthier and longer lives. ORCHA should be used as a resource to help individuals and front-line staff to access a range of applications that have been graded for their suitability and effectiveness.
- R6. Staffordshire NHS should promote use of the NHS app to help people manage their primary care online.
- R7. Staffordshire NHS should promote the use of applications such as MyCOPD to help people manage long-term conditions where there is good evidence that they are effective - and invest in them where there is good evidence that they are cost saving.
- R8. Staffordshire NHS should roll out flash glucose monitors and insulin pumps for eligible diabetic people, in line with NHS policy and NICE guidelines.
- R9. Staffordshire NHS through the STP digital workstream should keep abreast of developments with other biometric monitoring and implantable drug delivery devices and introduce these into clinical practice as evidence emerges to demonstrate their effectiveness and cost-effectiveness.
- R10. The Health and Well-being Board should ask for a report on the Staffordshire Integrated Care Record as it is rolled out to examine the benefits and costs.
- R11. Staffordshire NHS, through the STP digital workstream, should ensure that GP telemedicine is thoroughly evaluated as it is rolled out.

- R12. Staffordshire NHS, through the STP digital workstream should explore opportunities to roll out teledermatology and teleradiology, within a properly regulated framework to ensure good standards of care.
- R13. The Health and Well-being Board should promote telecare and assistive technology and signpost people to useful devices.
- R14. The Health and Wellbeing Board should monitor the national evidence base for assistive technology and telecare and encourage local providers to participate in evaluation of telecare and assistive technology.
- R15. Staffordshire NHS should roll out online CBT to expand access for people with depression and anxiety in line with NICE guidelines.
- R16. Staffordshire maternity services and health visitors should promote the use of Breastfeeding Friend to support women to initiate and sustain breastfeeding.
- R17. Staffordshire County Council and Staffordshire NHS should consider the role that robots might play in provision of care and should future-proof new facilities so that robots can be introduced as the technology matures.

Background

2. Digital technologies are revolutionizing our lives. This report examines the opportunities for using digital technologies in health and care, the evidence for benefits, and their potential application.
3. We are living longer than ever. However, our increased lifespan does not mean extra years in good health. For many people this means living longer in poor health, losing independence and requiring increasing levels of support from health and care services.
4. Health and care services are not well adapted to manage the increasing volume of people with multiple long-term conditions like diabetes or hypertension. These conditions cannot be cured but can be managed, often requiring support over many years. Managing these in the traditional way is generating huge increases in cost.
5. It is unlikely that the public sector can afford to keep on supporting people in the way that it has. The post-war welfare state has been changing over the decades, but slowly; and whilst funding has increased, it hasn't been kept pace with demand. Services have tended to focus on responding when people are in crisis, rather than predicting and preventing problems from arising.
6. Digital technologies offer an opportunity to do things differently, enabling individuals to take more control of their health and well-being and reduce dependence on health and care services, as well as transforming the way that health and care services are organised and managed.
7. Other sectors offer a glimpse of the potential. Ten years ago, it would have been inconceivable to think that banks would start to disappear from our high street, but this is now the reality. Today people do most of their banking online; loan decisions are made instantly by computers; money moves seamlessly from one account to another and we can pay for goods with contactless digital technology on cards, phones and even our watches.
8. The report is not intended to be comprehensive. The aim is to stimulate ideas, promote the uptake of digital technologies and provide the evidence base to support their introduction and development in Staffordshire.

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List of Appendices:

[Appendix A – Director of Public Health Annual Report 2019 – Final Draft](#)