



Optimising the Depression Pathway Enabled by Novel Digital Assessment Technology



POSTER PRESENTATION

Project funded by Innovate UK (project number 104641)

Optimising the Depression Pathway Enabled by Novel Digital Assessment Technology



Background

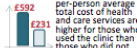
In the United Kingdom, one in six people aged 18 or over report symptoms of a common mental health problem such as anxiety or depression. The best ways for GP practices to support people with depression are not fully understood. However, new digital technologies are being created to help, which include apps for desktops, mobile phones and tablets.

A research study, funded by Innovate UK, was carried out at GP surgeries in Faversham, Kent. The study tried to understand if a new 'walk-in' clinic for people with low mood, anxiety and depression could help people recover better and sooner. This was piloted for one year and the clinic provided people with a range of therapy options including medication, counselling and lifestyle advice alongside i-spero®, an app designed to support people to manage their depression and help professionals track progress.

Aims

The clinic was evaluated by a team of researchers from the University of Kent, who aimed to understand how well the clinic was working, whether those using the clinic had a good care experience, whether their symptoms and wellbeing improved and how much the clinic cost.

Findings



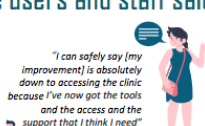
Study Design

The service evaluation followed a mixed methods, observational feasibility study design to identify changes regarding implementation, impact and resource use, the effects on user outcomes and experiences, plus the experience of healthcare professionals. NICE evidence standards framework for digital health technologies was employed. The study comprised an intervention group of service users (n=109) who received six months' care from the new service, compared to a standard care group (n=48).

Service users and staff said



"I felt that I was getting someone's complete attention who understood the nuances of my condition and had the time to think about it. I think that worked"
(Service User 20)



"I can safely say [my improvement] is absolutely down to accessing the clinic because I've now got the tools and the access and the support that I think I need"
(Service User 45)

"You just need to look at the scores and you can see people are improving... I think that's actually boosting the confidence of the staff because they can all see that, and it makes them feel proud that they are helping people"
(Operational Staff Focus Group)

"[The i-spero® technology] clinically improves my management. I do think people get better quicker when we use it, absolutely. I've got quite a lot of examples of that"
(Clinic Staff Member 01)

Conclusions

After 6 months, people using the new clinic felt significantly better than people who attended standard GP appointments, demonstrating the effectiveness and impact of the new depression pathway enhanced by novel digital technology. There was a greater rate of severe depression in the locality than the national average and the new clinic provided help to local people with low mood and anxiety.

The evaluation also provided a list of 'active elements' enabling clinic provision and noted aspects of the new service that could be further improved, should be sustained and can be replicated when creating similar services elsewhere.

The findings and recommendations have been fed back to the GP practices and shared widely to help plan future support of this kind for people with low mood, anxiety and depression. The clinic has gained additional funding to continue to support people with mental health conditions during the COVID-19 pandemic.

WANT TO KNOW MORE? You can download the Evaluation Report here: <https://kar.kent.ac.uk/84843/>

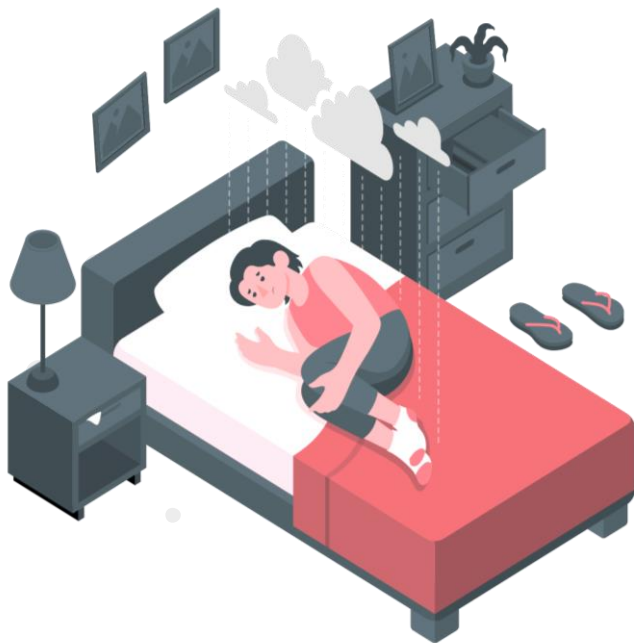
REPORT AUTHORS: J Billings, M Rees-Roberts, J MacInnes, E Saloniki, S Jaswal, R Mikelyte & R Borthwick

POSTER PRODUCED BY: R Mikelyte IMAGE SOURCE: freepik.com

THIS PROJECT WAS FUNDED BY: Innovate UK (project number 104641) PROJECT LED BY: P3vital Ltd EVALUATED BY: Centre for Health Services Studies

PROJECT PARTNERS: P3vital Ltd, NHS Canterbury and Coastal CCG, University of Kent, Maidstone and MidKent Mind

BACKGROUND



In the UK, **1 in 6** people aged 18+ report symptoms of a common mental health disorder (eg anxiety or depression)



Depressive disorders are most **often managed by a GP** in primary care



The success rate of treatments varies with most exhibiting modest success rates of around **50% for recovery**



A need for innovative, multi-specialty approaches integrating digital technologies

NEW MULTI-SPECIALITY WALK-IN CLINIC

GPs



To triage and offer treatment, including access to anti-depressant therapy

One You



To support for lifestyle and behaviour changes



IAPT

To offer NICE recommended therapies for stress, anxiety and depression



P1vital

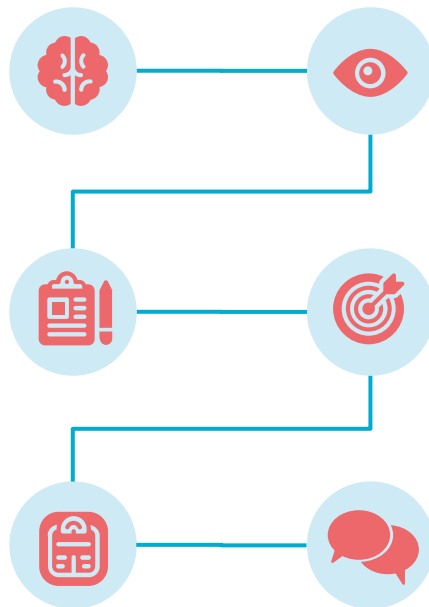
To provide i-spero digital technology for symptom assessments

METHODS

Evaluation designed to
**focus on
implementation**

**Mixed methods
approach**

Intervention group of service users (n=109) who received six months' care from the new service, compared to a **standard care group** (n=48)



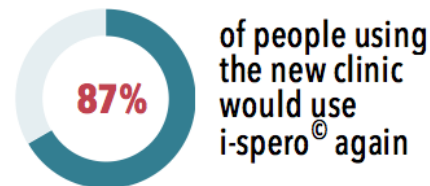
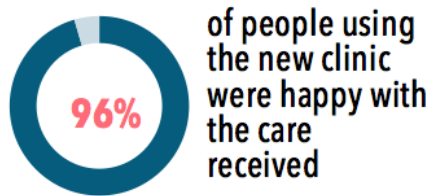
observational feasibility study
following the NICE evidence
standards framework for digital
health technologies

Aim to understand how well the
clinic was working, service user
care experiences, symptoms
improvement and clinic costs

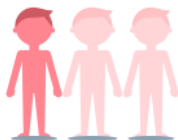
Interviews with service users
(n=35 initial; n=20 at follow-up),
clinic staff (n=17 across 2 time-
points) and wider informants
(n=8)

KEY FINDINGS ● ● ●

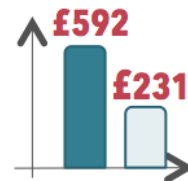
After 6 months, people using the new clinic felt significantly better than people who attended standard GP appointments.



two thirds of people experienced improvement in their condition



one third of people recovered from their condition within six months



per-person average total cost of health and care services are higher for those who used the clinic than those who did not

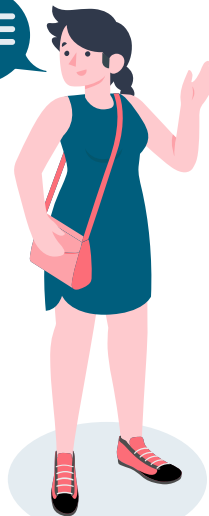
SERVICE USER & STAFF PERCEPTIONS



"I felt that I was getting someone's complete attention who understood the nuances of my condition and had the time to think about it. I think that worked"

(Service User 20)

"I can safely say [my improvement] is absolutely down to accessing the clinic because I've now got the tools and the access and the support that I think I need" (Service User 45)



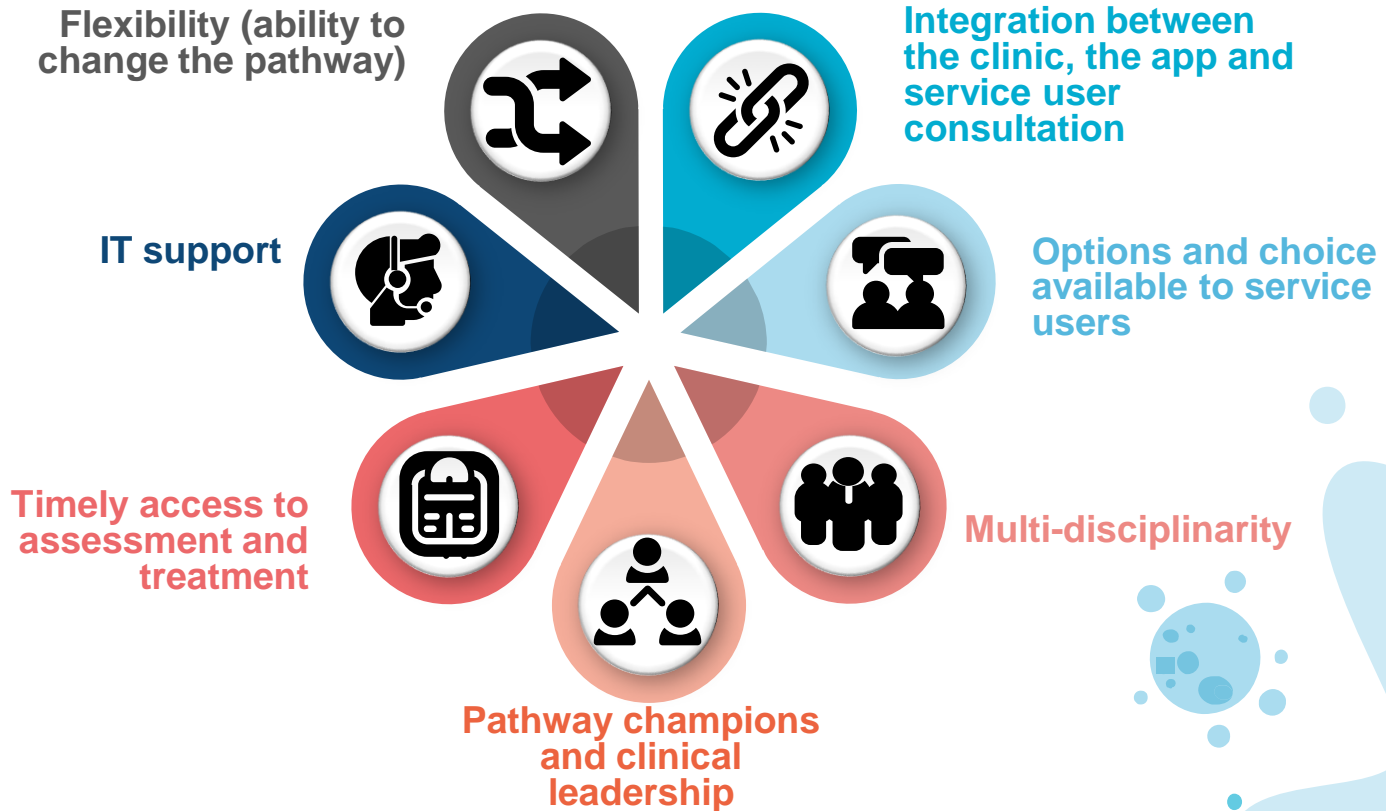
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"You just need to look at the scores and you can see people are improving... I think that's actually boosting the confidence of the staff because they can all see that, and it makes them feel proud that they are helping people"

(Operational Staff Focus Group)



ACTIVE INGREDIENTS



WANT TO KNOW MORE?

Service Evaluation

CHSS
University of Kent

Optimising the Depression Pathway Enabled by Novel Digital Assessment Technology

FINAL EVALUATION REPORT

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REPORT DATE:

30th November 2020

EVALUATION CONDUCTED BY:

Centre for Health Services Studies,
University of Kent

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PROJECT PARTNERS:

Pivital Ltd (project lead),
NHS Canterbury and Coastal Clinical
Commissioning Group,
University of Kent,
Maidstone and MidKent Mind



CHSS
University of Kent

Service Evaluation Optimising the Depression Pathway Enabled by Novel Digital Assessment Technology

EXECUTIVE SUMMARY

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DOWNLOAD FULL REPORT:
<https://kar.kent.ac.uk/84843/>

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Pivital Ltd
EVALUATED BY:
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Maidstone and MidKent Mind

PROJECT BACKGROUND

In the United Kingdom, one in six people aged 18 or over report symptoms of a common mental health disorder such as anxiety or depression. Despite the growing interest in the quality of care for depression, there has been little evaluation of this in primary care settings. Digital technology, including applications (apps) for mobile phones, tablets and desktops are being created to complement clinical care and more than 13 web applications and 35 smartphone apps are available in the NHS for depression, anxiety or stress.

This summary details findings from the implementation and evaluation of a new service, seeking to optimise the current depression care pathway in a primary care setting. A 'walk-in' service was piloted for one year at GP surgeries (a single primary care network) using a multi-disciplinary team with specialist knowledge of mental health and wellbeing providing a range of therapy options. Built into the service was the use of a novel digital technology, i-spero®, designed to assist service users with managing depression and supporting professionals in clinical decision making and management.

METHODOLOGY

The service evaluation followed a mixed methods, observational feasibility study design to identify changes regarding implementation, impact and resource use, the effects on user outcomes and experiences, plus the experience of healthcare professionals. NICE evidence standards framework for digital health technologies was employed. The study comprised an intervention group of service users (n=109) who received six months' care from the new service, compared to a standard care group (n=48).

Specifically, the evaluation set out to answer the following questions:

1. What impact has the pathway had on service user experience and outcomes?
2. What are the components of the care delivery model ('active ingredients') that are really making a difference?
3. What are the influencing contextual factors and how have they affected implementation and outcomes?
4. What changes to the use of resources and activity have occurred and how have they impacted costs?



PROJECT SUMMARY

Enhancing Depression & Anxiety Care: Combining a Walk-In Clinic and Remote Symptom Tracking

Background. In the United Kingdom, one in six people aged 18 or over report symptoms of a common mental health problem such as anxiety or depression. The best ways for GP practices to support people with depression are not fully understood. However, new digital technologies are being created to help, which include apps for desktops, mobile phones and tablets.

Here we show findings from a research study funded by Innovate UK, the UK's innovation agency, and carried out at GP surgeries in Faversham, Kent. The study tried to understand if a new 'walk-in' clinic for people with low mood, anxiety and depression could help people recover better and sooner. This was piloted for one year and the clinic provided people with a range of therapy options including medication, counselling and lifestyle advice alongside i-spero®, an app designed to support people to manage their depression and help professionals track progress.

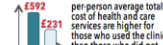
The clinic was evaluated by a team of researchers from the University of Kent, who aimed to understand how well the clinic was working, whether those using the clinic had a good care experience, whether their symptoms and wellbeing improved and how much the clinic costs.

Findings.



There is a greater rate of severe depression in the locality than the national average and the new clinic provided help to local people with low mood and anxiety. After 6 months, people using the new clinic felt significantly better than people who attended standard GP appointments.

Healthcare professionals found i-spero® particularly useful to help make decisions about treatment and monitor care. 87% of service users found i-spero® easy to use and 74% were happy for i-spero® to inform their care. However, using the technology was found not to be suitable for everyone, due to the severity of their condition, age, digital skills or other reasons.



THANKS!



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