

Test Bed experience on piloting and scaling up innovations in primary care

John Craig, Chief Executive, Care City
14th May, 2018





An innovation centre for healthy ageing.

Founded by LB Barking and Dagenham
and North-East London Foundation Trust



CARE CITY

VISION

To create a centre for innovation, research, and education to deliver a dual mission of measurable improvements in **healthy ageing** for our local population and to act as a catalyst for **regenerating** one of London's most deprived communities

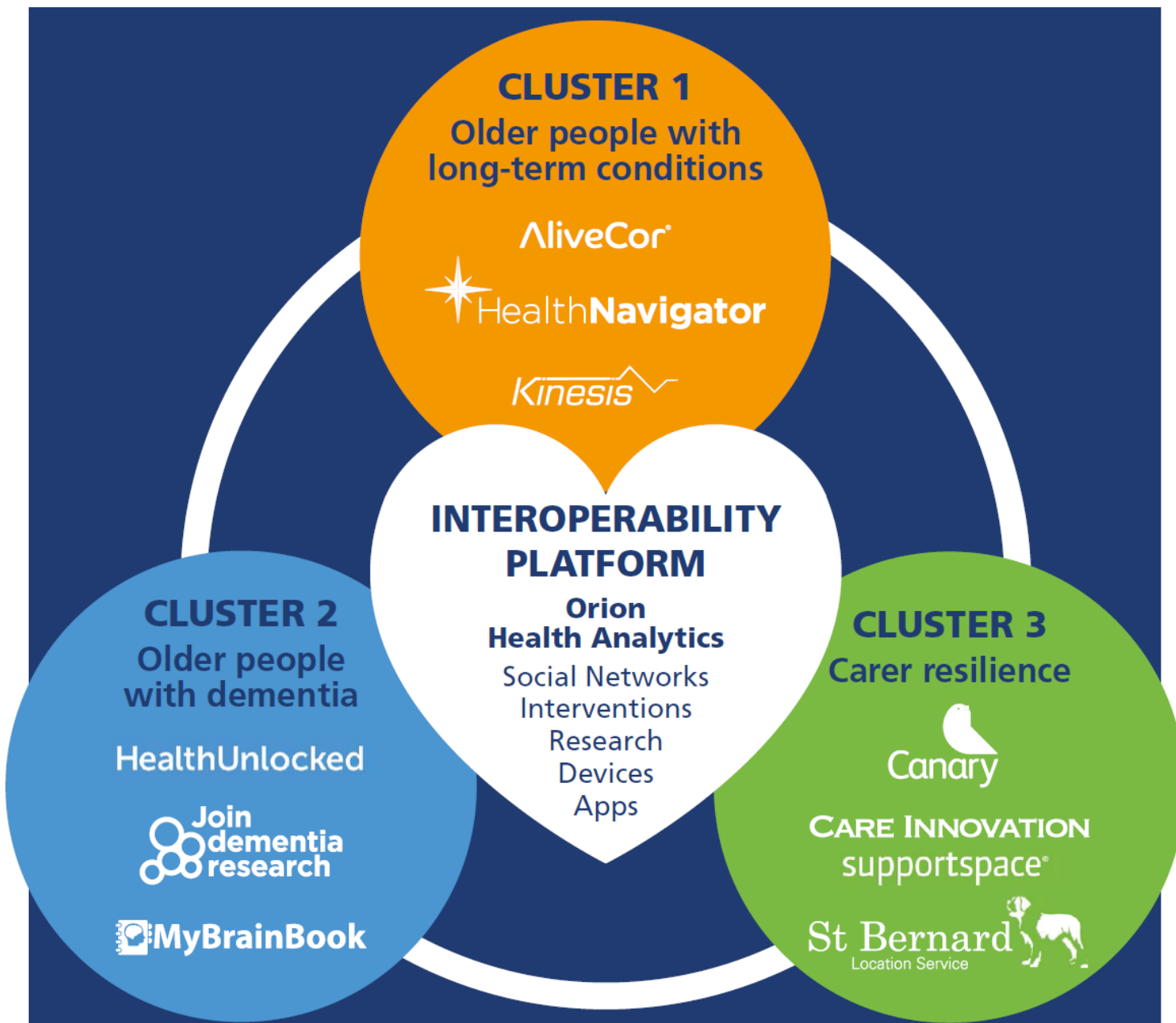
COMMUNITY

INNOVATION

RESEARCH

EDUCATION

Care City is an NHS England 'Test Bed'

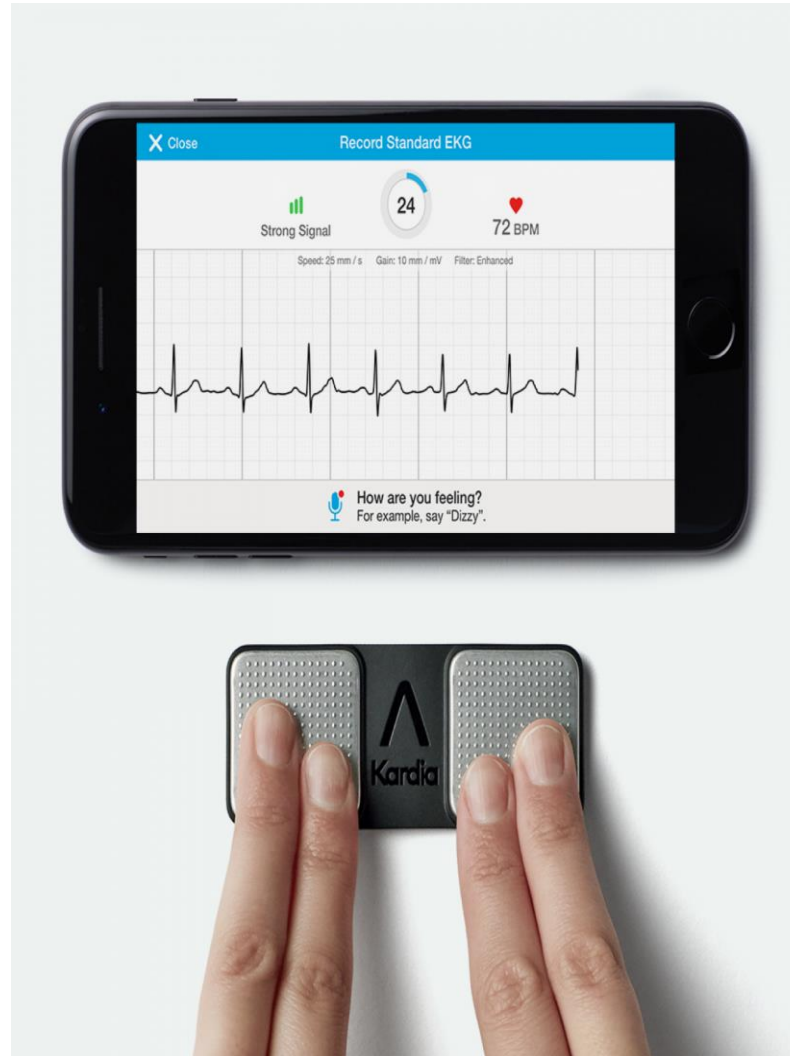


An Example

Atrial fibrillation causes 20,000 strokes each year



AF can now be spotted with a quick, simple test, but how can we best use it?



1. We explored the technology with lots of partners, creating lots of ideas



2. We prototyped a simple, new service

Target Population: Over 65 years

Intervention: Pulse check using the Kardia Mobile

Test Site: 13 pharmacies in Waltham Forest.

Pilot Achievements:

- Community pharmacies were identified to be in a **suitable position in the pathway** to support early identification of heart rhythm problems
- Community pharmacists received a **positive response** from patients across the pilot

Patients
Screened

387

Assessment Result	Number of Patients
Normal	316
Possible AF	28 (7%)
Unclassified	43 (11%)

3. We redesigned the pathway and ran it as a prototype



**Embedded
screening**

**Remote triage
and booking**

**One-stop
diagnosis and
treatment**

The results

- Reduced time to treatment from twelve weeks to two
- Positive feedback from patients and clinicians
- A cost-effective way to prevent 1600 strokes nationwide
- Long-term savings to the public purse from stroke prevention

Seven things we are proud of

We developed a great goal



We played first



We iterated

Test the technology

Test the service

Test the pathway

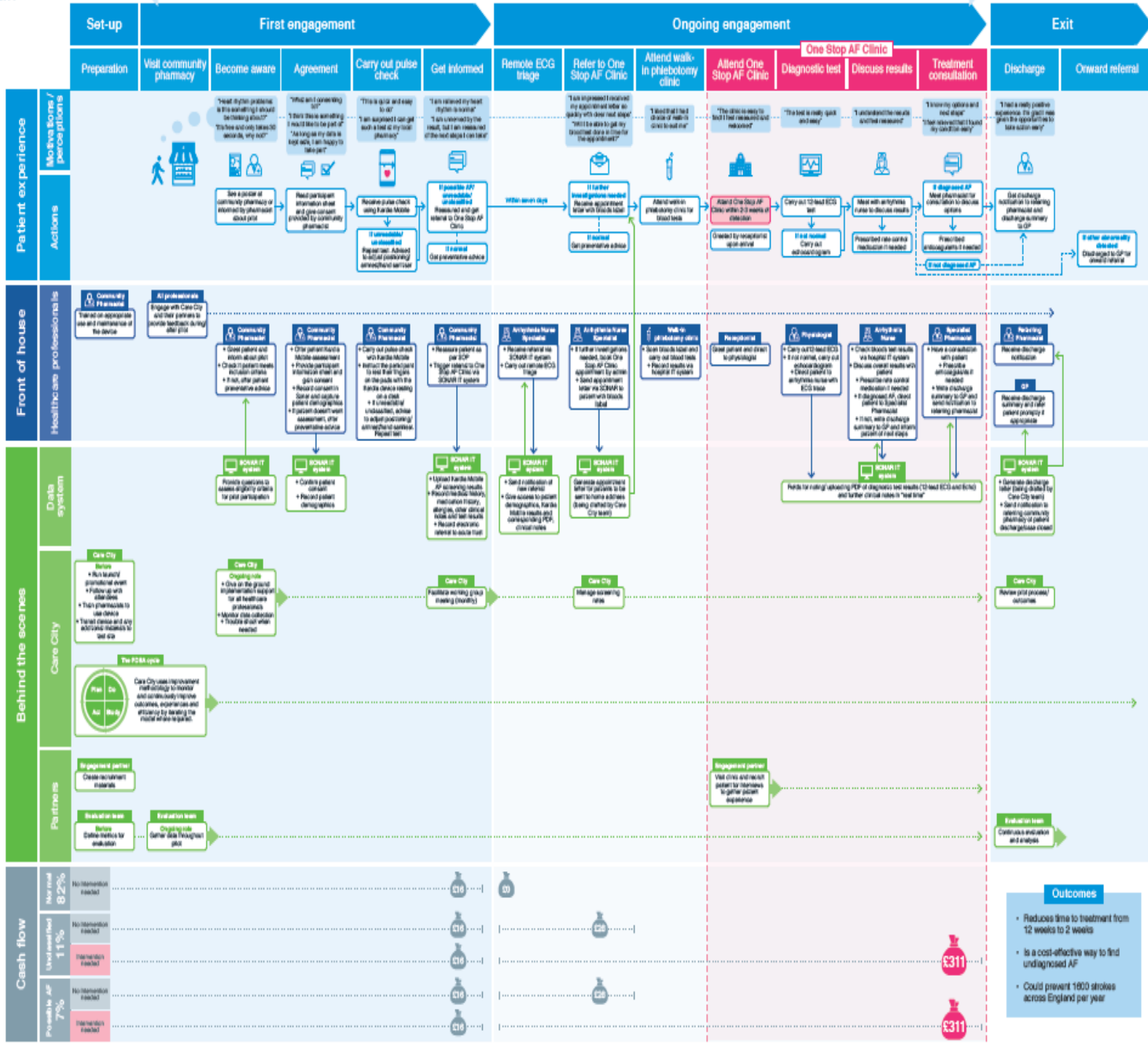


We blueprinted our work



Care City Innovation Test Bed One Stop AF Clinic Blueprint

2-3 weeks



Outcomes

- Reduces time to treatment from 12 weeks to 2 weeks
- Is a cost-effective way to find undiagnosed AF
- Could prevent 1600 strokes across England per year

We spotted its essential features



**Embedded
screening**

**Remote triage
and booking**

**One-stop
diagnosis and
treatment**

We stuck with it



Rest your forearms here

- ✓ Take a seat
- ✓ Clean your hands with alcohol gel
- ✓ Rest your elbows and forearms on the table
- ✓ Relax your shoulders, and don't forget to breathe!
- ✓ Place your fingers on the sensors
- ✓ Wait 30secs for the ECG result*

Rest your forearms here

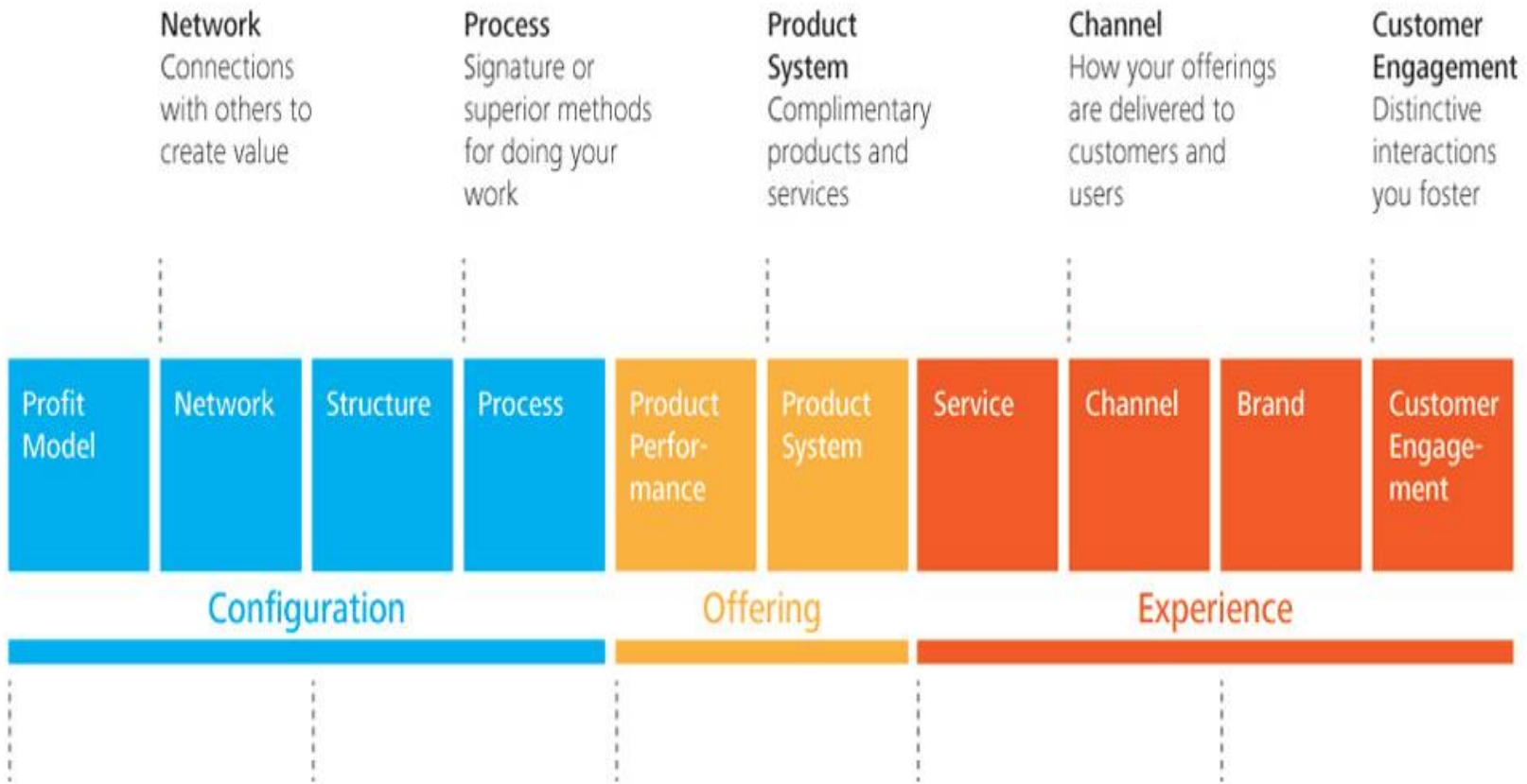
* If unclassified, repeat the test



CARE CITY **AliveCor**

We built a whole system

Kardia ▾	Referred By	Visited clinic ▾	Record status ▾	Appointment needed? ▾
Possible AF	Forest Dispensing Chemists (E17 4PP)	▾	New ▾	Not reviewed ▾
Possible AF	Hatch Pharmacy (E4 6LQ)	▾	Inprogress ▾	Yes ▾
Unclassified	Benjamin Pharmacy (E4 8LP)	▾	Completed ▾	No ▾
Unclassified	Burns Chemist (E11 3HR)	▾	Completed ▾	No ▾
Possible AF	Hatch Pharmacy (E4 6LQ)	Yes ▾	Inprogress ▾	Yes ▾
Unclassified	Waterman Pharmacy (E17 6JG)	▾	Completed ▾	No ▾
Unclassified	Benjamin Pharmacy (E4 8LP)	▾	Completed ▾	No ▾
Unclassified	Hainault Pharmacy (E11 1EA)	▾	Completed ▾	No ▾
Unclassified	Benjamin Pharmacy (E4 8LP)	▾	Completed ▾	No ▾
Unclassified	Waterman Pharmacy (E17 6JG)	▾	Completed ▾	No ▾
Unclassified	Hainault Pharmacy (E11 1EA)	▾	Completed ▾	No ▾
Possible AF	Waterman Pharmacy (E17 6JG)	▾	Completed ▾	No ▾
Possible AF	Waterman Pharmacy (E17 6JG)	▾	Completed ▾	No ▾
Unclassified	Meraj Dispensary (E10 6JP)	▾	Completed ▾	No ▾
Unclassified	Acheason Dispensing Chemist (E11 4HH)	▾	Completed ▾	No ▾



Profit Model
The way in which you make money

Structure
Alignment of your talent and assets

Product Performance
Distinguishing features and functionality

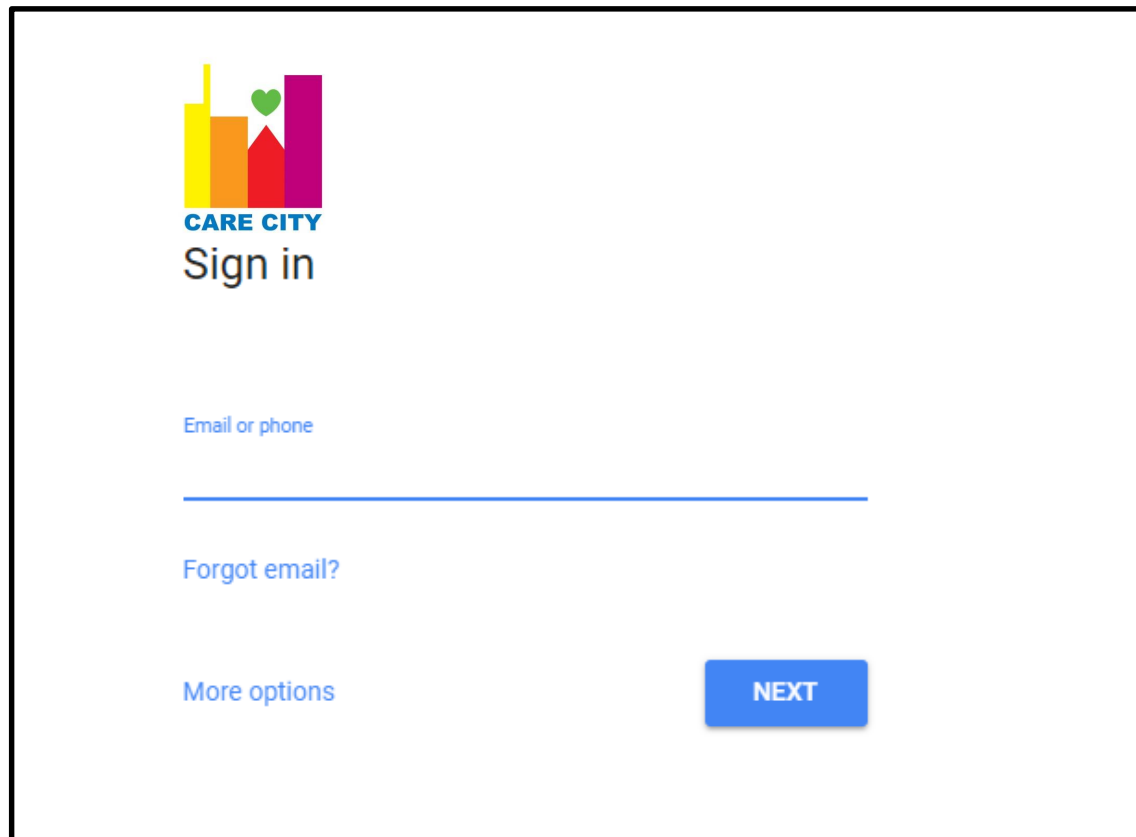
Service
Support and enhancements that surround your offerings

Brand
Representation of your offerings and business

<https://www.doblin.com/ten-types>

Two things we will do better next time

We will understand the character and intensity of training required for even a simple intervention



The image shows a sign-in interface for 'CARE CITY'. At the top left is a logo consisting of four vertical bars in yellow, orange, red, and purple, with a green heart above the red bar. Below the logo, the text 'CARE CITY' is in blue and 'Sign in' is in black. Underneath is a blue label 'Email or phone' followed by a horizontal blue line representing an input field. Below the input field are two blue links: 'Forgot email?' and 'More options'. At the bottom right is a blue rectangular button with the word 'NEXT' in white capital letters.

We will work with adoption partners from day one



*Waltham Forest
Clinical Commissioning Group*



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