

CASE STUDY

SPINA BIFIDA HYDROCEPHALUS SCOTLAND

Empowering Patients to be Active Owners of Their Health & Wellbeing

CLIENT

Spina Bifida Hydrocephalus Scotland (SBHS) is a registered third-sector Scottish charity that aims to support all those with spina bifida and/or hydrocephalus and allied conditions, to identify their needs and to empower them to make informed choices and decisions.

NEED

A robust and customizable solution that would enable patients to store all of their key health and social care data in one place. The product needed to be easy-to-use, have the ability to add new innovative functionality to support self-management and patient ownership of their health and wellbeing, and be easily upgradeable.

SOLUTION

Excelicare's myCarepod provided SBHS with an easy-to-use, flexible solution to support their patients and caregivers, giving patients the opportunity to improve their overall wellbeing and engage them in managing their health conditions. The level of self-management offered by myCarepod empowers patients to manage their own physical and mental health, including self-learning about their condition and developing skills to manage their health.

With myCarepod, patients are able to easily share key data with the people who support them or provide a service for them; add their own wellness data to update their health and social care record; and securely communicate with everyone in their Care Circle.

Meanwhile SBHS' care providers rest easier knowing that there is a powerful audit tool to track synchronized data between the app and the main database in real-time; and being able to easily integrate with visualization software to produce dashboard data for monitoring and evaluation purposes

AT A GLANCE

Challenges

- Important patient data spread across multiple silos.
- Patients unable to easily record and share data.
- Difficulty rolling out innovative new features.

Benefits

- Improved engagement between patients and care providers.
- Patients have all their data in one place at their fingertips.
- Patients are more active owners of their health and wellbeing



Excelicare and its associated patient-centered app myCarepod has transformed our service at every level.

Excelicare's flexibility in data collection and visualisation has transformed the way we deliver our current service and provides robust data for future research and innovation within SBH Scotland."

Chief Executive Officer

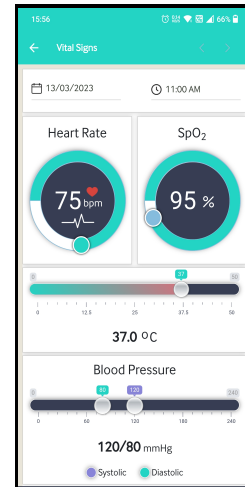
Spina Bifida and Hydrocephalus, Scotland



SOLUTION ATTRIBUTES

Patients can access all their data in one place:

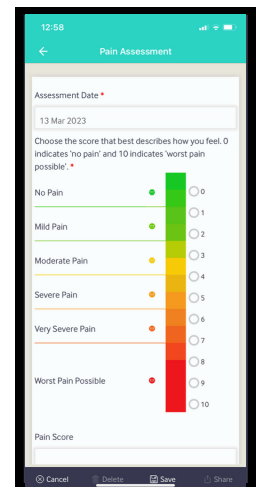
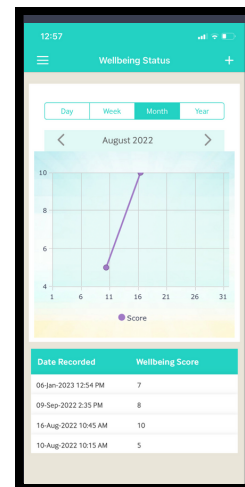
- **'About Me' Summary:** Information about their medical preferences.
- **Health Profile:** Information on Assessments, Visits/Appointments, Allergies, Alcohol History, Medications, Procedures, Problems, Smoking History, and Substance History.
- **Info & Links:** Repository of relevant educational material targeted to the patient.
- **Measurements:** Recorded vitals and health data such as pain levels, blood pressure, heart rate, weight, and other metrics.
- **Shunt Alert Summary:** Details of the patient's Shunt, which can be easily shared with healthcare providers when visiting for treatment.
- **Transition Plan Summary:** Reflects the patient's understanding of information required to help them effectively manage their own care, used as a guide to assess the patient's readiness to move to the next transition stage.



Shunt Alert Card	
Advisory Note: You should always show your consultant or radiographer this note if you are about to have or have been booked for an MRI scan.	
Name of Specialist	Campbell, Emer
Hospital Details	Queen Elizabeth University Hospital
Type of Hydrocephalus	Communicating
CSF Access Point (Reservoir) Present	Yes
Position of Shunt/ Access Device	
Date Inserted	13-Mar-2023
Type of Shunt	Ventriculoperitoneal (VP)
Make of Shunt	Codman
Model of Shunt	Hakim Valve

Access to robust in-app tools gives patients the ability to be active owners of their health and wellbeing:

- **Care Circle:** Identify members of their wider care network, including family members, caregivers, and healthcare providers, and designate access to permitted parts of their record.
- **Messaging:** Enable secure communication with and across members of their Care Circle.
- **Digital Stories:** Allow easy upload of videos, photos, and PDFs for storage in their care record.
- **Wellmometer:** Allow tracking of their daily mood and set their own wellbeing targets, guided by their choice of lifestyle options (e.g., smoke less, drink less, exercise more, spend less time on screens etc.). Patients can easily see trends against their targets, helping them achieve their goals. Data is synchronized with the main database and made available to their care providers.



TOP BENEFITS REALIZED

- An easy-to-use app that stores the patient's important data, from various sources, in one place.
- Ability to share and record data once! Previous systems required basic demographic and sensitive data to be stored in multiple silos and for patients to share their information over and over again with different health and social care professionals who work in different departments or agencies.
- Greater engagement between patients and care providers.
- Tools that efficiently support staff and patients in health delivery and social care.
- Ability to rapidly develop and roll-out new features.