

## **Working with the NHS Northwest Innovation Agency March 2023**

The March meeting of the Patient and Public involvement Senate was addressed by a presenter from Interrupt Digital, ( <https://www.limitapp.io/>)

This was regarding the use of mobile phones, both by adults and also by young people and about how most of us probably spend too much time looking at our phones.

Research has shown that many parents of young children are aware that they spend too much time on their phone instead of concentrating on their children, and also that many students when they leave home spend time on their phones rather than socialising with their peers.

The company has developed an App which can set limits for phone usage that parents can set for their children and themselves, and other adults can just set for themselves. One way that this happens is that the pages being viewed online will change to being displayed in black and white, which causes the user to become bored more easily.

The Patient Safety Ambassadors Group also met and were updated on the work on patient medication reviews and the reduction of prescribing of opioid drugs which had been discussed previously. The group has assisted in the development of the patient information leaflet, which is being used for the medication reviews. Specialised training is being given to healthcare professionals to ensure that the reviews are of a very high standard.

Reviews of patients prescribed high dose opioids over a long period of time are beginning to take place in the Morecambe Bay area. It is hoped that nationally almost 500 deaths will be prevented by reducing the number of patients prescribed these drugs long-term by around 30,000.

Julia Bate

March 2023