

Working with the Health Innovation North West January and February 2024

There was no meeting of the **Patient and Public Involvement Senate** meeting in January, meaning that the February one was the first for this year.

In February, there were two topics on the agenda:

1. **Aspedan.** This is a mobile phone app that is being developed to enable people to improve their health. It will accept data such as blood pressure readings from a monitor or smartwatch and also measurements such as steps taken in a day, again from a fitness tracker. Personalised goals can be set, and it is hoped that healthcare professionals will be able to access the inputted data to enable them to support patients. Some members of the group have been asked to trial the app for a month and report back on how user-friendly they find it. More information can be found at <https://aspedan.com/>
2. **Opioid awareness.** There is a planned campaign in the Northwest to reduce the use of opioid painkillers because there is little evidence that these are of benefit after three months of use, and it is thought that some patients have become addicted to them. The aim of the campaign will be to try to assist patients with other forms of pain management in the hope of enabling to reduce their use of these painkillers but of course this reduction will need to be carefully managed.

The Patient Safety Ambassadors did meet in January but not in February and were shown the final version of the Happy Hearts website and it was clear that many recommendations that had been made by the group were taken into consideration.

<https://www.happy-hearts.co.uk/>

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