

Working with the Health Innovation North West, March and April 2024

At the meeting of the **Patient and Public Involvement Senate** in March, we reviewed a survey questionnaire for a company called 'Beyond Blood', <https://www.beyondblood.co/copy-of-home> which is developing finger prick diagnostic blood test for a number of conditions. We made suggestions as to how the layout and wording of the survey could be improved.

At the April meeting we heard about an App called Talk It Out (<https://www.talkitout.app/>). This is an app designed to help with mental health issues and the user talks to it about their concerns and a form of AI then responds to the subconscious thoughts elicited by creating a written summary. In a small pilot study, a reduction of 37% of anxiety symptoms was demonstrated.

The rest of the meeting was given over to us being informed about upcoming projects that we are likely to be reviewing in the coming months.

The Patient Safety Ambassadors met in March, but unfortunately, I was unable to attend. The topics discussed were 'Transfer of Chemotherapy Treatments from Hospital to Hospice' and 'Update on Medicine Safety, Opiate reduction work'.

At the April meeting, there was a presentation about an App for Pulmonary Rehabilitation. Pulmonary Rehabilitation used to be a course of face-to-face sessions for patients with conditions such as COPD. These sessions were mainly physiotherapy but there was also some teaching around medicines and practical means of keeping the condition stable. Since Covid, these courses have had to be online. This App is intended to demonstrate exercises to patients, so that those unable or unwilling to attend group sessions can carry them out online. The group have been asked to review a patient questionnaire which is in development, and this will be sent to members over the next few days for comment.

Julia Bate

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