

**The impact of forced
innovation
during COVID-19 on
Fatigue and
Breathlessness (FAB)
follow-on sessions
26th February 2021**



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Fatigue and Breathlessness (FAB) Interventions

FAB

- 8 week structured rolling programme
- COPD, cancer
- Physical activity, education, relaxation
- Staff-led
- Invited to attend FAB Follow-on on completion

FAB Follow-on

- Weekly
- Drop in
- 1-hour long
- Self-led exercise session in gym
- Unstructured session
- Supervision from staff
- Caseload of 19

Zoom FAB Follow-on

- Weekly
- Drop in
- 1-hour long
- Staff-led
- Structured session
- Supervision
- 1:1 Telephone support

Patient characteristics



23%

3



77%

10

9 Respiratory conditions (e.g. COPD)

4 Cancer

1 Neurodegenerative conditions
(e.g. MND, MS)

3 Other: Old age, rheumatoid arthritis, scleroderma and
polymyositis

Age

8% (1)

50-59

15% (2)

60-69

69% (9)

70-79

8% (1)

80-89



Zoom sessions compared to Hospice-based sessions

86% Thought that the Zoom sessions were 'good'
(12 out of 14)



64%

Felt that Zoom sessions were 'no different' or 'better' than sessions held at Hospice
(9 out of 14)



During the COVID-19 outbreak...

71%

Felt that
Zoom
sessions
were
'helpful' for
social contact
(10 out of 14)

"Yes it has been great to see the staff and the other patients who have participated and we have all had a quick chat at the start and end of the sessions. It has been great to still have the sessions albeit delivered in a different way"

"As I was shielding at home the Zoom sessions were one, regular, contact with people outside"

"It was nice catching up with the group"

"Just nice to see different faces and hear different voices"





During the COVID-19 outbreak...

64%

Felt that Zoom sessions were 'helpful' for psychological support
(9 out of 14)

"Having this contact each week had been helpful"



"It helps me to see and know that the world goes on"

"I did look forward to the sessions"

During the COVID-19 outbreak...

77%

Felt that the
individual
telephone
support calls
were 'helpful'
(10 out of 13)



"... is always so cheerful and helpful and ready to give advice if needed"

"Definitely, as I can talk on a one to one basis"

"I have been given help. My husband is not well and it helps to know someone cares"

"It is lovely that the contact has continued in this way and presents an opportunity to discuss matters that wouldn't be appropriate to discuss amongst a wider group"

"Comforting to have a contact if needed"

Advantages of Zoom

“Company during isolation”

“Not missing out on exercise”

“Keeping in touch, and a constant reminder of dealing with breathlessness”

“Working at own speed and not having to ask my husband to take me”

“No travelling to the Hospice. I find it exhausting getting ready to go out”

“Easy to access using zoom and the directed exercise sessions have been very good. We probably do more exercise via zoom than we would at Hospice, where we would spend time chatting amongst ourselves too”

Disadvantages of Zoom

“Not being able to use exercise equipment”

“You can’t beat seeing people in person”

“I find it difficult to handle the zoom principle”

“... Not having the garden walks in the good weather”

“Not really having contact with people. I miss the chats with the people who attend”

“None really other than the fact broadband or computers seem to lock up rather frequently leaving us with a frozen picture whilst the image is frozen”

New activities

77%

Said they wanted
to continue doing
exercise to music
in sessions
(10 out of 13)



"I've enjoyed the
music, especially
Queen in TT week.
More please"

"Makes it more
cheerful – and
challenging, trying to
follow"

"Very relaxing"

"Really beneficial"



92%

Said they wanted
sessions to continue
finishing with a
short relaxation
(12 out of 13)

Reminders about breathing tips

92%

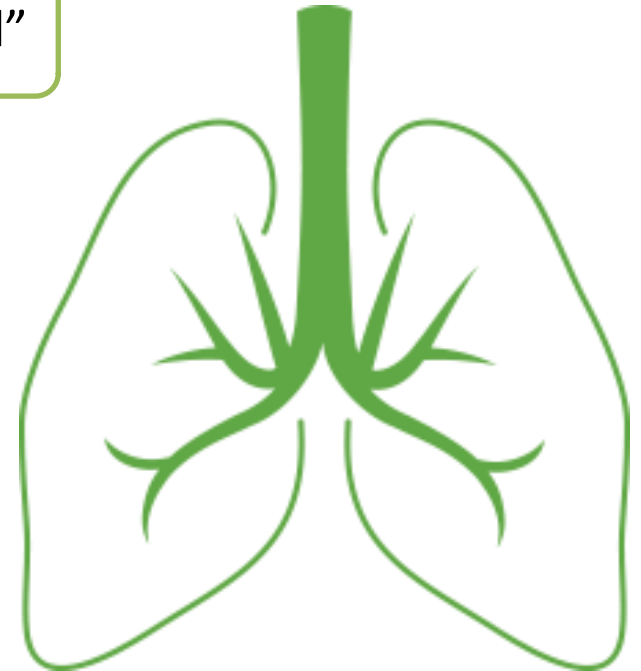
Found the reminders
about breathing tips
helpful

“Most helpful”

“Find I use them more
when reminded”

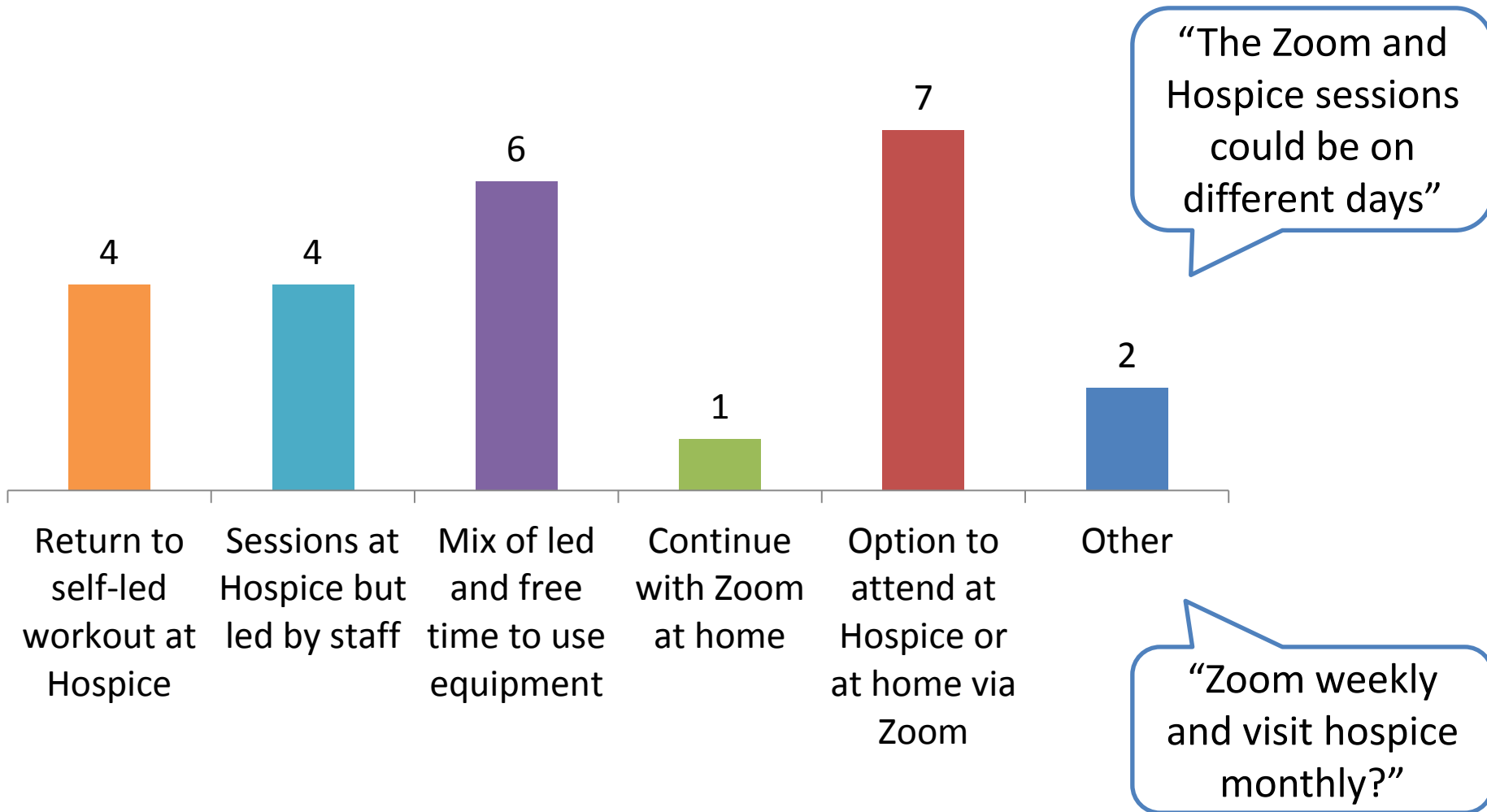
“Very very useful”

Breathing square
Fan
Blow as you go

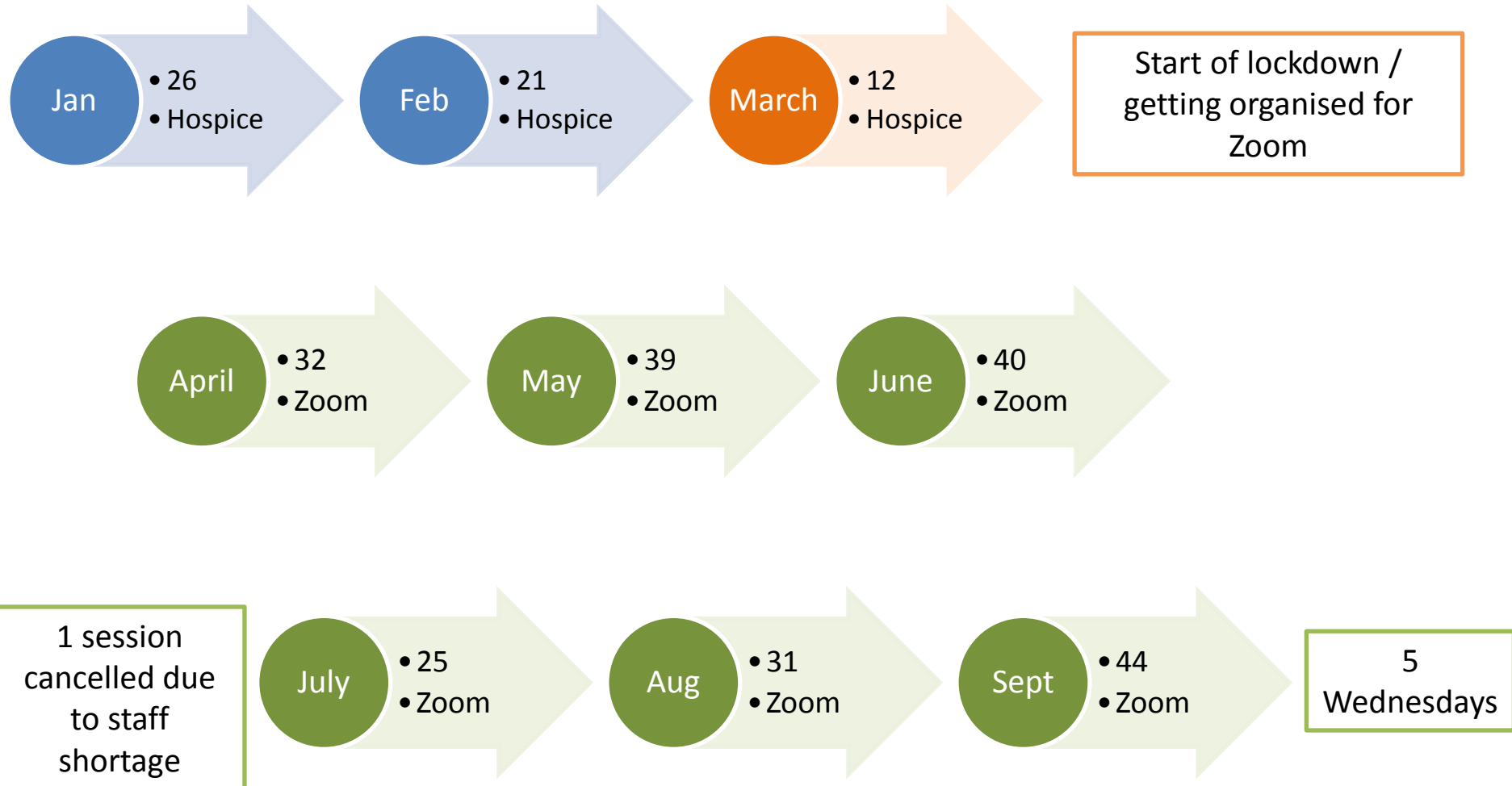




Going forward: What would suit you best?



Attendances



The Challenges

Initial

Getting patients on board

Technology issues – staff and patients

Communication

Resources

Equipment

Discovered

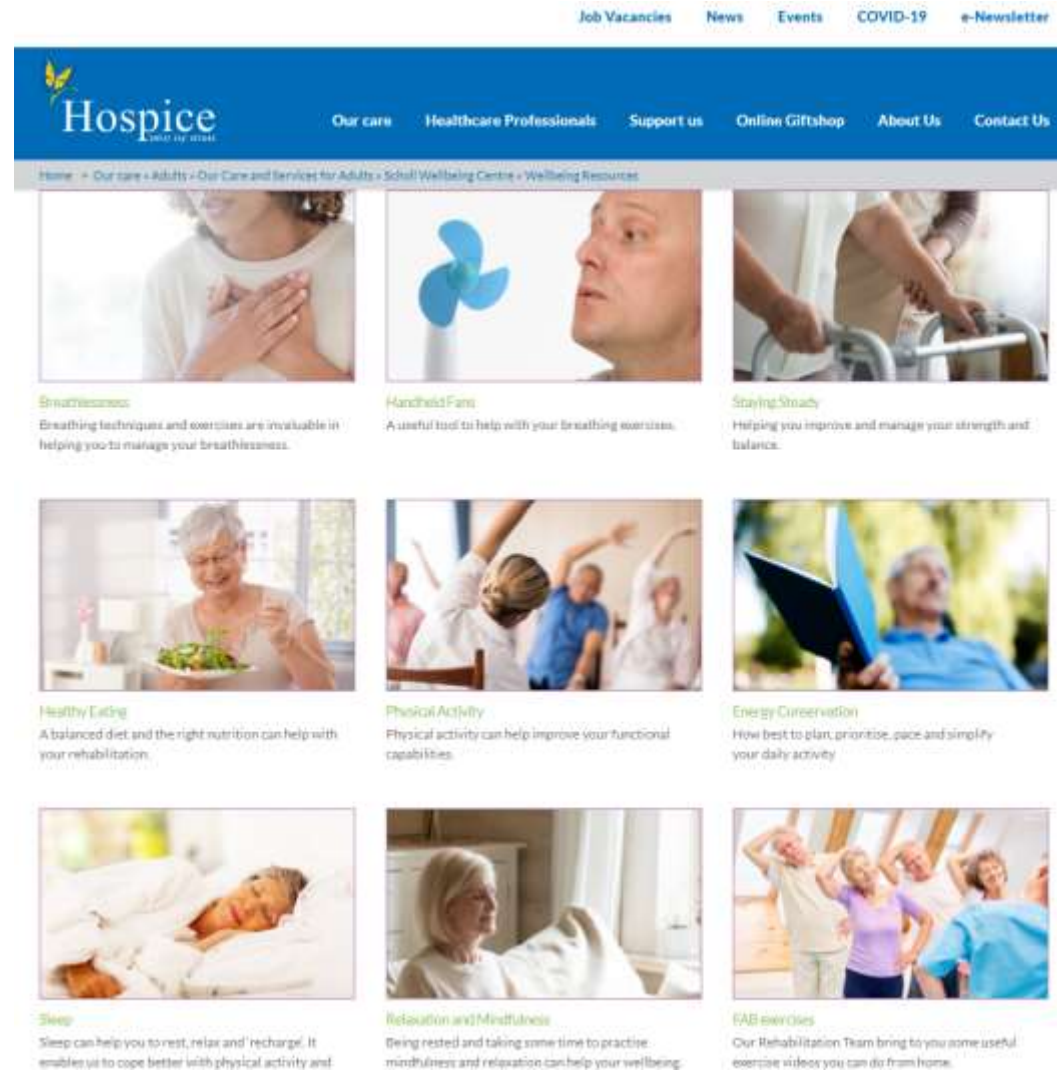
Patient safety and risk
assessment/communication

The “silent audience”

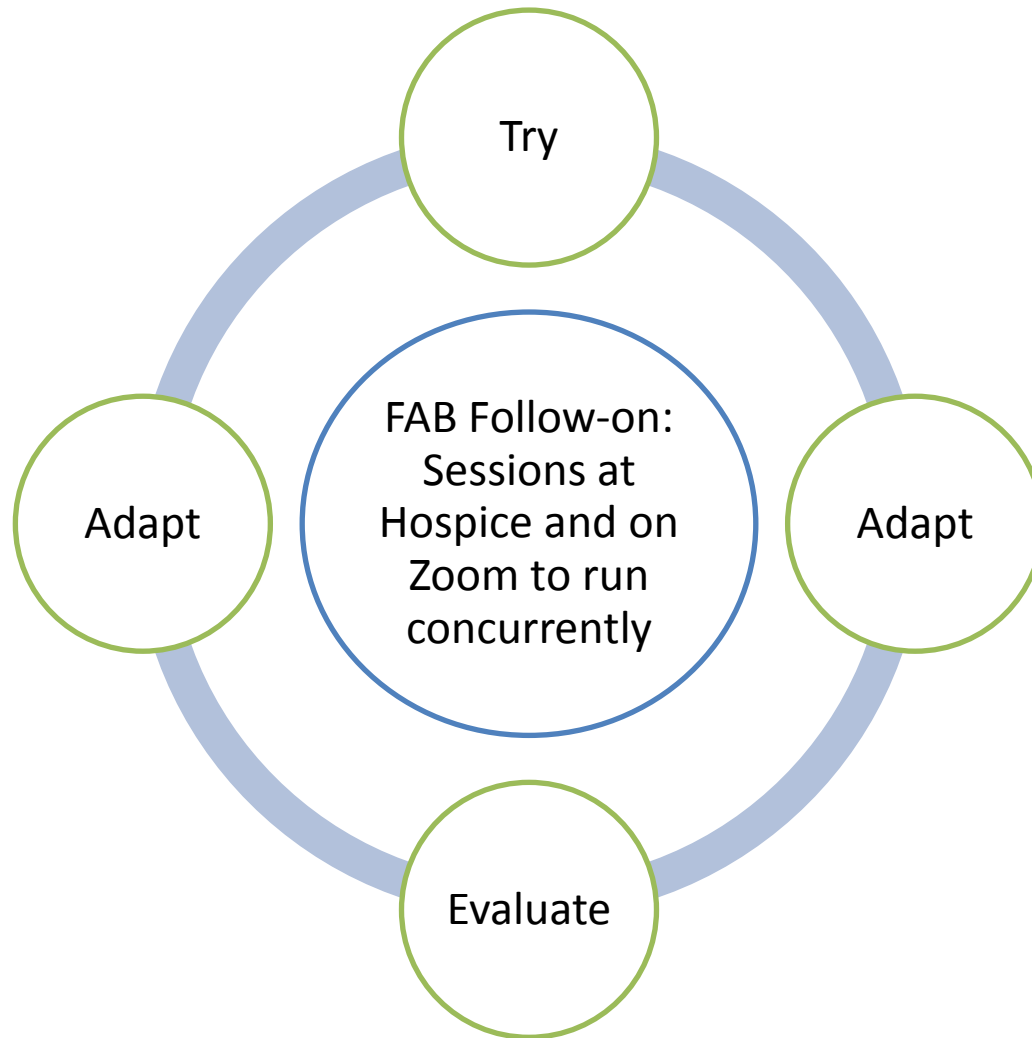
Adapting content for differing levels of
ability

Varying the content

Increased stress level!



The Future







Fatigue and Breathlessness (FAB) Follow-on Session



By Alison Christian



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Stay in touch, sign up to our newsletter at
www.hospice.org.im



IFIC Presentation
Feb. 26, 2021

Bruce Elliott, CEO
www.MemoryLaneGames.com

Digital health **apps** to improve lives
of
Dementia patients and carers.

“The app store, not the drug store, is the future of scaleable healthcare, so critically needed in dementia care in these challenging Covid times.”

Bruce Elliott, CEO



Why we do, what we do:

**50
Million**

Dementia
Patients
Worldwide

**150
million**

Patients x 3:
adding just 1
family member
and 1 carer or
healthcare worker



Digital health is the answer Prescription apps are available today for diabetes, insomnia, mental health, IBS, etc. But not for dementia.

Memory Lane Games

Digital health apps specifically designed with dementia patients.

Localised reminiscence therapy

- starting in the Philippines, Uganda and India. FOR FREE.

ORCHA-certified “Digital Health App - Condition Management”

- GDPR-compliant; available in 102 NHS Trust micro-app stores

Social prescriptions

- In 2022, we aim to qualify as a **prescription app in Germany**
- under the new German Digital Health DiGA regulations.

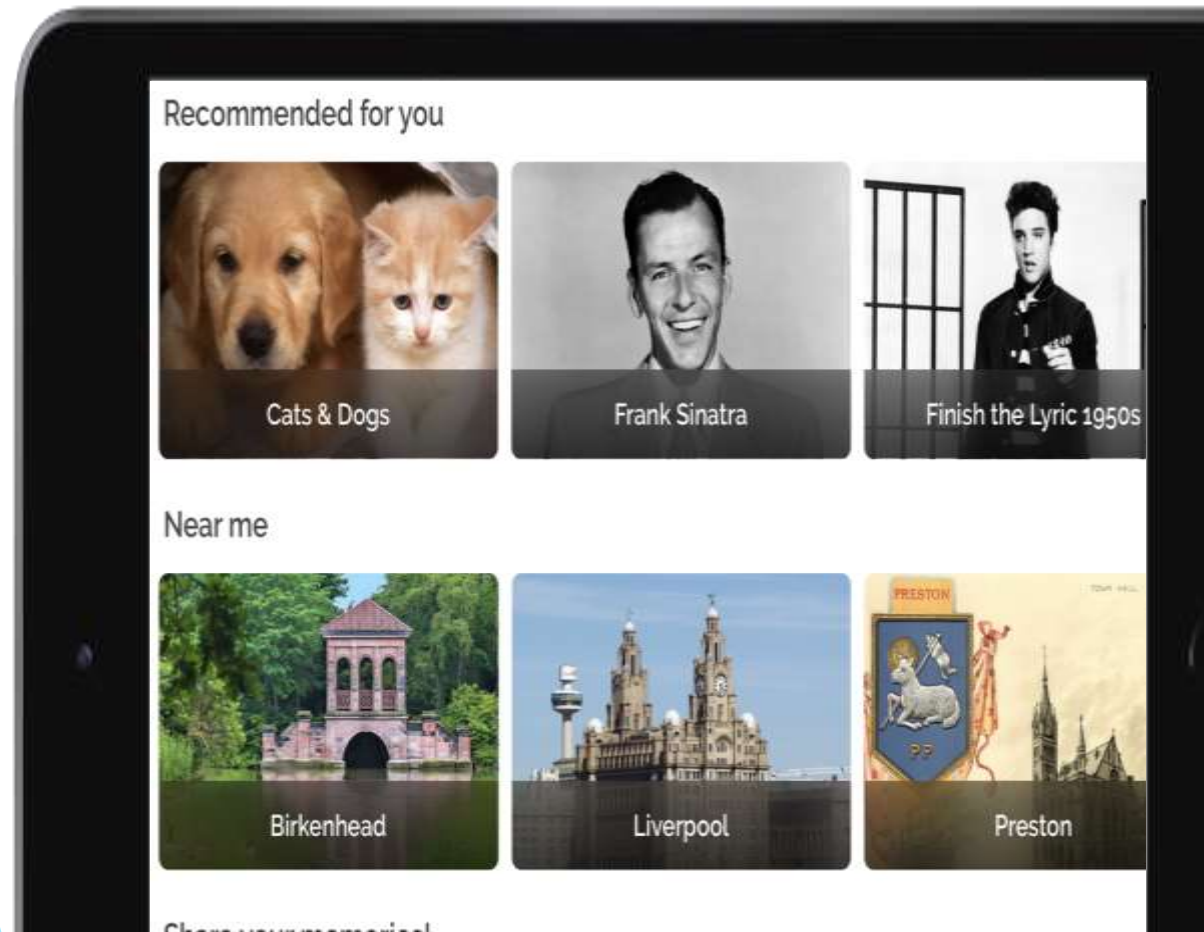
Engaging, evidence-based dementia therapy apps, accessible for all.

Our free app comes with **hundreds** of fun, easy-to-play games, selected just for you. Enjoy!

Cognitively-stimulating

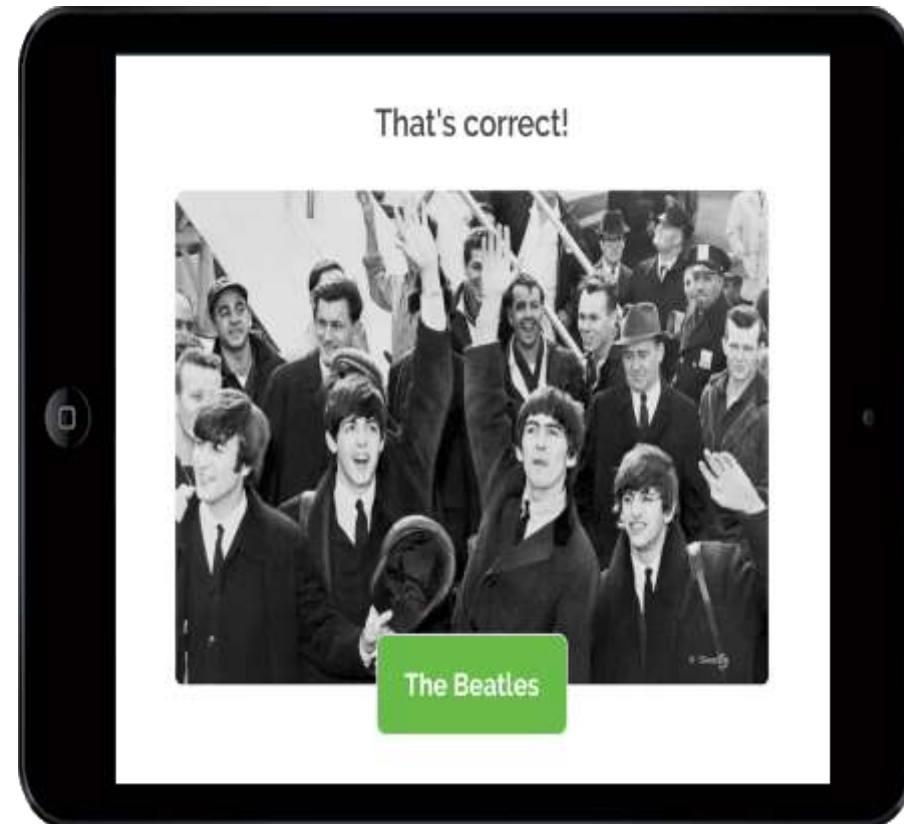
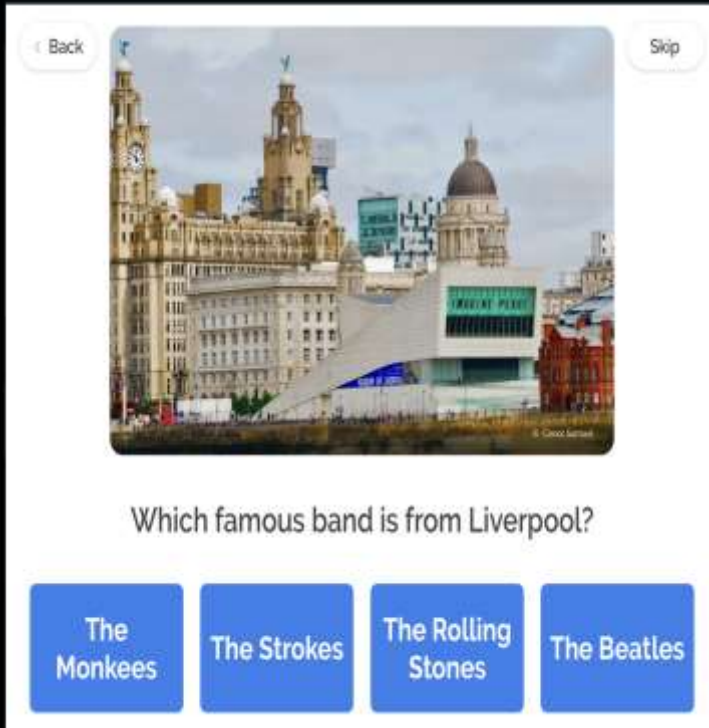
Conversation-
starting

Trigger positive
memories



Frustration-free design

Benefits for patients and carers
Localised for reminiscence therapy



Our “**search bar**” helps carers and healthcare professionals easily customise the experience to increase user engagement

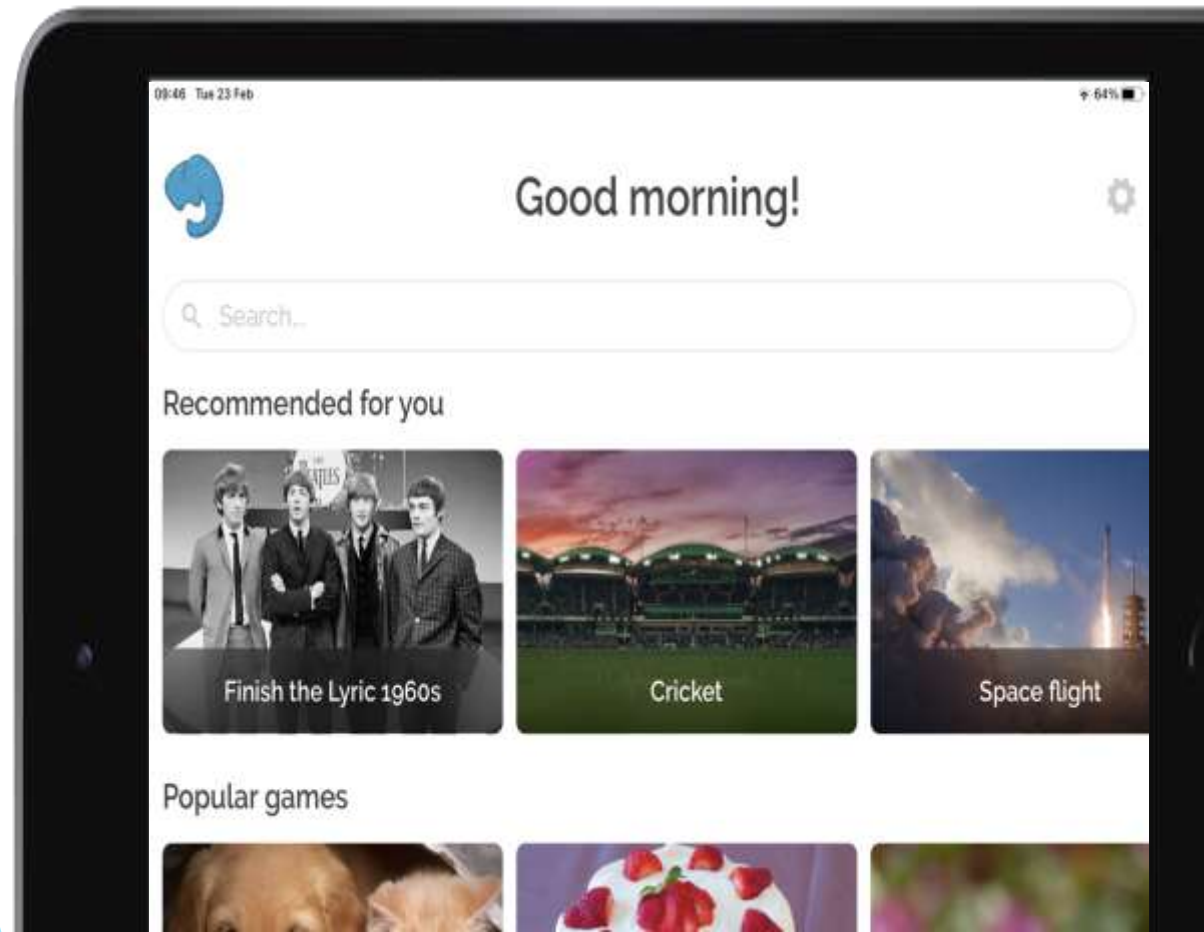
Search most UK cities / towns

(120 games live)

Search popular hobbies/interests

(woodworking tools to garden birds, etc)

Search 1950s music, classic cars, puppies, babies ... more games every week



Or even search for games by language

(we work with national Alzheimer's Associations to localise by region)

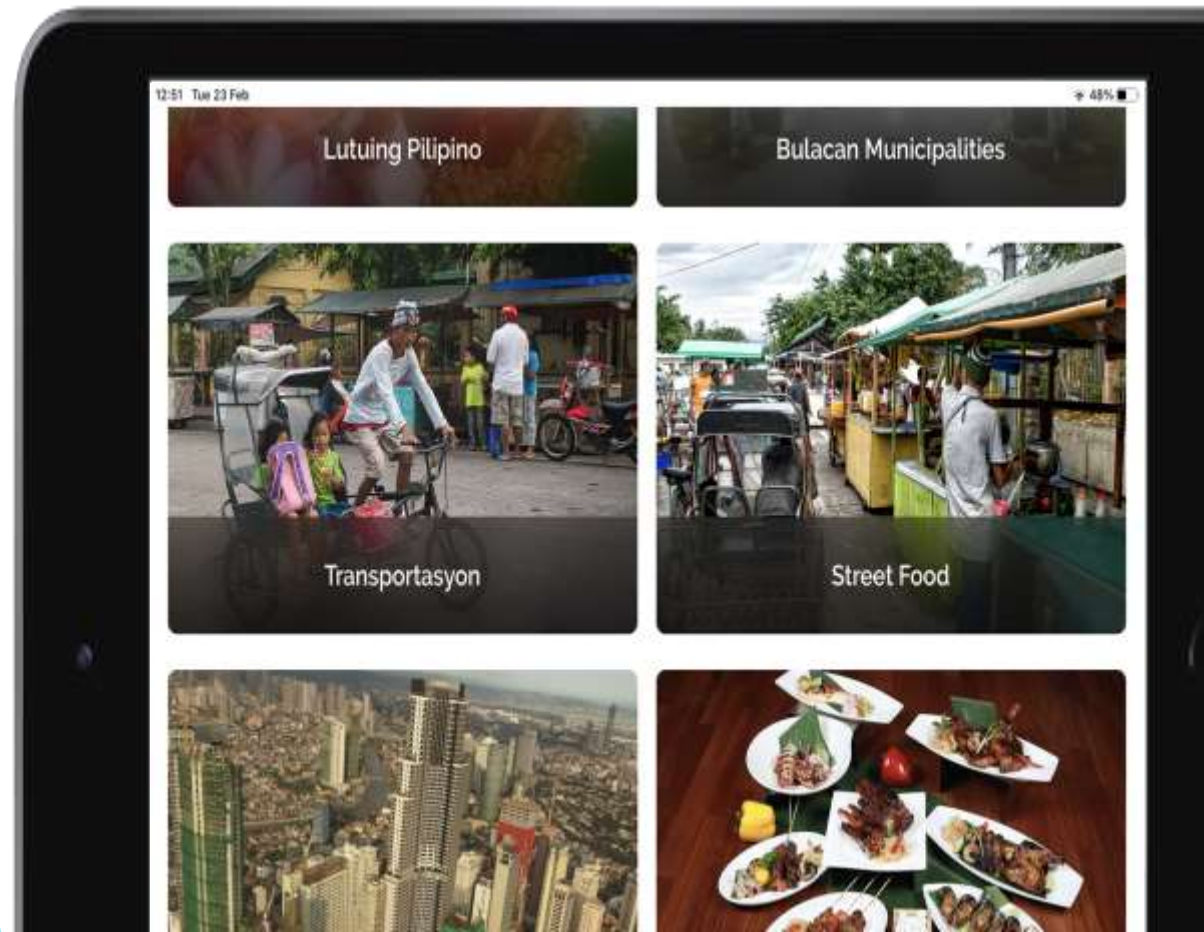
Search Tagalog
(Philippines)

Search Hindi

Search Luganda (Uganda)

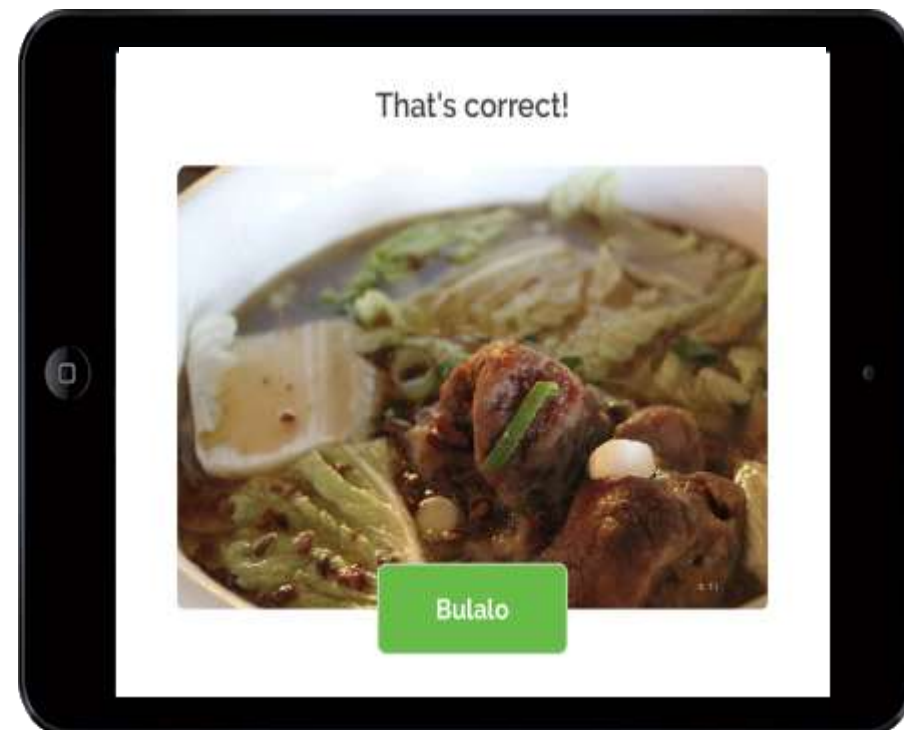
Search German

more to come!



The Alzheimer's Disease Association of the Philippines (ADAP) has assigned a 10-person working group to build games for our app:

- Dementia specialist neurologist; Memory Cafe nurses;
- Clinical researcher; Psychologist, volunteer families and carers
- They have also offered to replicate our Observational Study in The Philippines
- All at no cost to Memory Lane Games



What our partners are saying

“Memory Lane Games is
cognitive rehab at home,
ideal for patients unable to come
into our clinics due to Covid.”

Dementia-specialist neurologist,
ADAP Alzheimer's Disease Association

The Philippines

What our partners are saying

“Memory Lane Games is not about playing games; this is about managing the condition of our dementia patients.”

MD, Executive Director,
Uganda Alzheimer's
Association.

Uganda

What our partners are saying

“I use Memory Lane Games as a reward at the end of my speech therapy sessions with my elderly clients. Everyone loves playing these fun, accessible games.

Registered Speech Therapist
Boston MA

“I use Memory Lane Games with my patients and I am able to get much more done while they are happily playing!”

NHS Nurse,
England.

US, UK ...

How we help:

Patients:

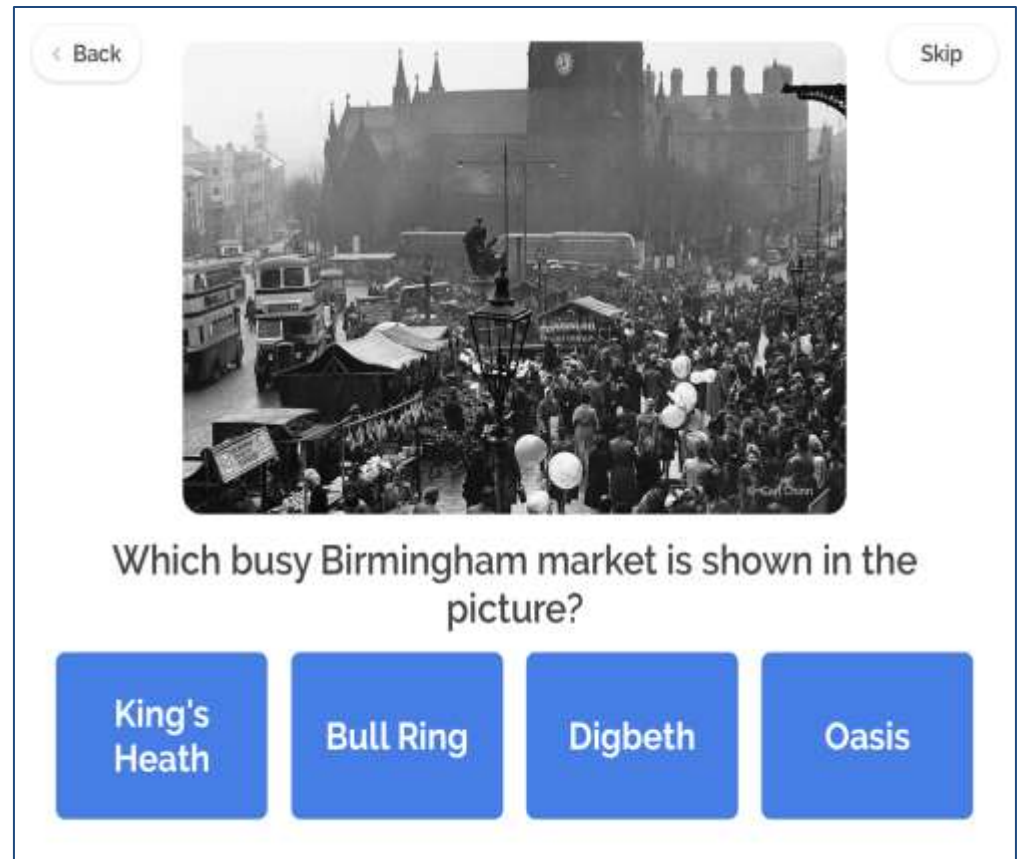
- fun reminiscence activity
- easy to play
- addresses social isolation and social interaction

Carers:

- Precious 12 minute “break”
- Positive, quality time

Family:

- Conversation-starters
- Participate in care

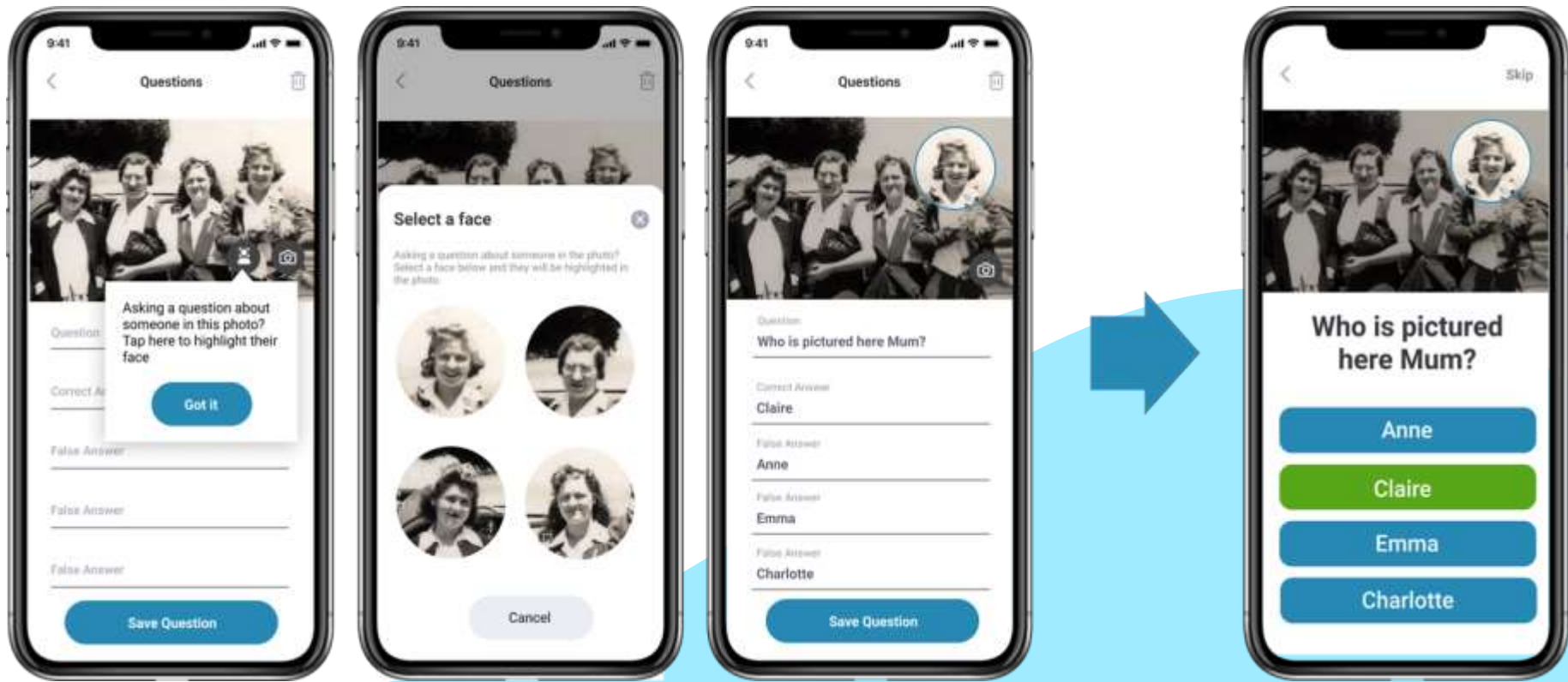


“I know that one!”

Personalisation: families can add their own images



Personalisation: Creating your own games - it's very easy ...

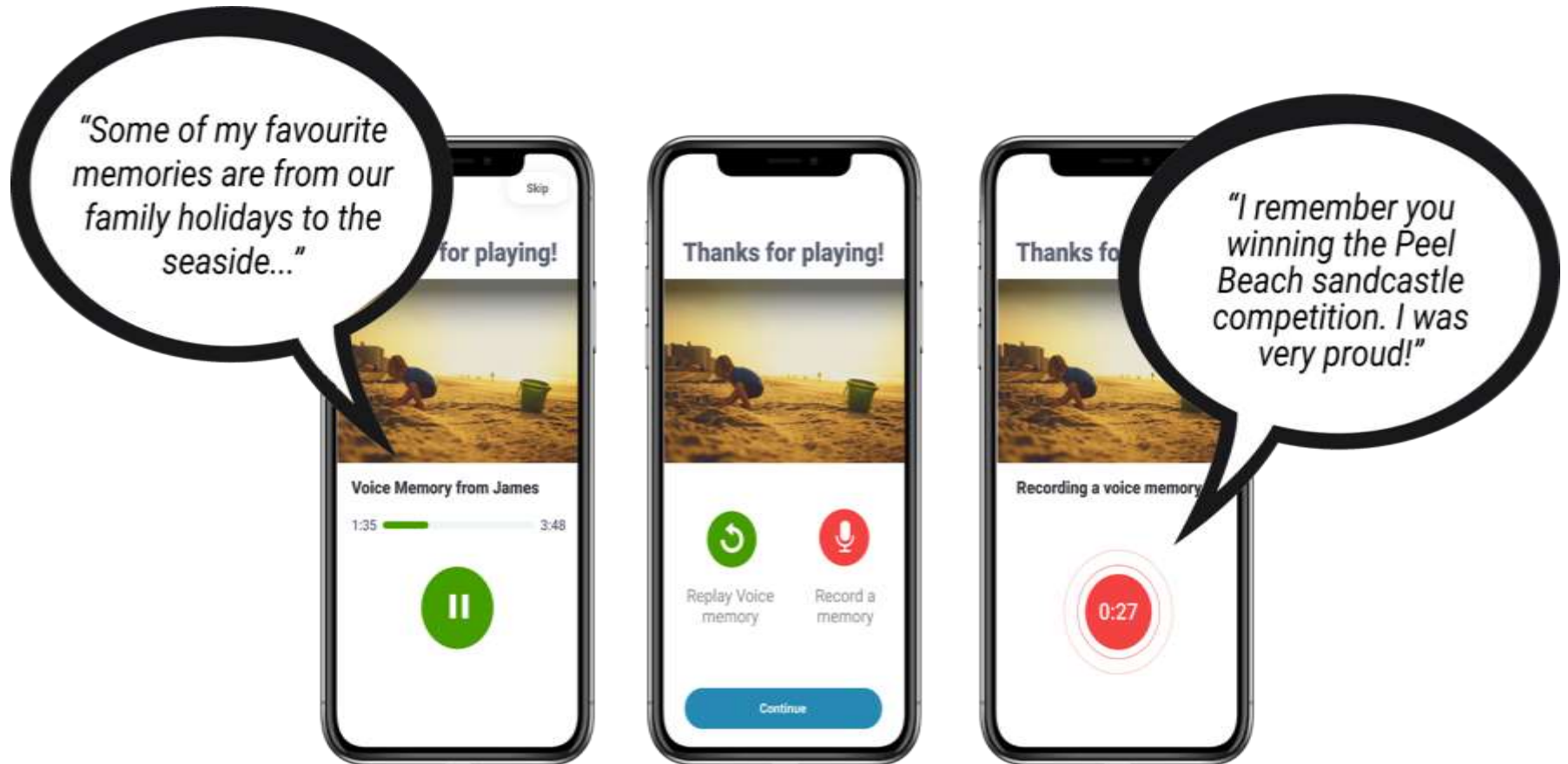


Personalisation: *“Mum played 6 games today and liked 4!”*

Families can opt-in to receive notifications by securely connecting their apps, with consent.

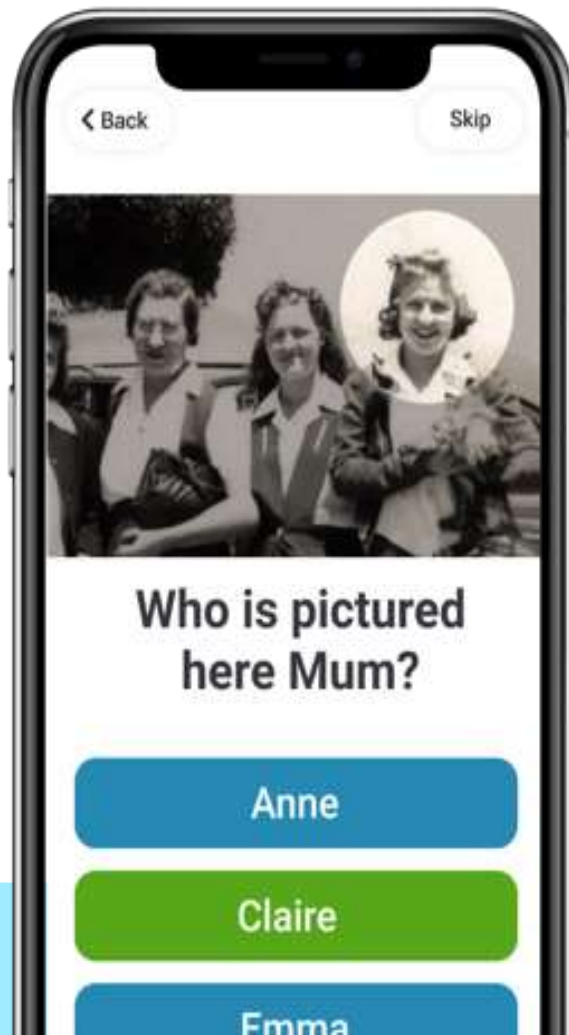


Personalisation: sharing of voice memories



You may hear memories from loved ones you've never heard before!

Personalised dementia therapy - patient centric



Our hypothesis:

Personalised dementia therapy can improve the quality of life for dementia patients and carers.

Our Observational Study - Ethics approval: March 2021



Scholl Academic Centre (Hospice IOM)

- 30 pairs of dementia patients and carers
- Randomised controlled study

Primary outcome:

The quality of life of people with dementia and their carers based on DEMOL /C-DEMQOL scores compared to people using the non-personalised game.

Secondary outcomes

- communication, mood and cognitive function

Seeking Prescription app status - Germany

Oct 2020: German DiGA regulations
Key requirements for Fast Track:

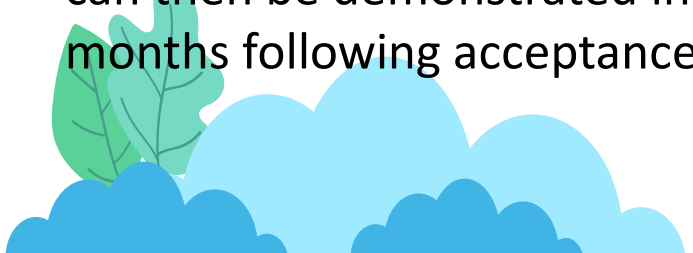
- Patient safety
- Identified population
- CE Medical Device certification (app)
- Observational Study published

NOTE: “medical benefit” does not need to be clearly established in initial study to enter fast track;
indicative results accepted which can then be demonstrated in 12-24 months following acceptance

We're on track to meet DiGA requirements for 2022:

In progress:

- **CE Medical Device certification** (Class 1 - lowest level of certification which qualifies under DiGA)
- **Our randomised controlled Observational Study**, has been designed to meet DiGA requirements and is also based on a 2017 US FDA approved clinical trial on an app for dementia patients with tablets and generic images.



Clinical pipeline: 2021-2022

2021

Observational Study
pending approval

- Improving quality of life of patients & carers
- Target completion Q4 2021

2022

AI-optimised gameplay by
cognition levels

R & D (our longshots) 2022-2025

- Identify leading indicators for health outcomes in dementia patients with AI machine learning:
 - potentially **identify increased fall risks** (high cost in elderly care).
- Explore “cognitive maintenance” benefit from longitudinal gameplay driven outcomes

Our IP = AI + clinical evidence + large opt-in user data sets

“We started out building games for our Mums.

Our Co-founders’ Mums are 91 (dementia) and 86 (sharp as a tack). From their shared love of old families photos, we began with an idea to turn memories into games. Our simple idea is catching on, around the world.

Download our free app today:

Apple App Store

Google Play

Kindle

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Thank You

