



This paper is presented to the March 2024 Moray IJB to give an update on the progress of the Moray Growth Deal, Rural Centre of Excellence for Digital Health and Care Innovation

This £5 million UK Government funded programme of the Rural Centre of Excellence (RCE) Research and Development (R&D) programme as part of Moray Growth Deal, commenced in late 2021 with the ambition to create a unique ecosystem in the Moray region to foster economic development and create jobs through the creation of a physical Demonstration and Simulation environment (DSE) at UHI Moray, underpinned by a virtual R&D infrastructure, five living labs and a robust skills and workforce development programme.

Working closely with the citizens, health and social care Moray, NHS Grampian and third sector organisations, the living labs methodology uses co-design approaches to validate and address key national and local strategic priorities in order to release clinical and care capacity and make services more accessible enabled by digital to meet targeted demand, and to improve the health and wellbeing outcomes for the citizens of Moray.

http://www.moray.gov.uk/moray_standard/page_114144.html

The image below provides a visual representation of the R&D infrastructure, assets and Living Lab (LL) R&D themes and the skills programme being progressed within the RCE.

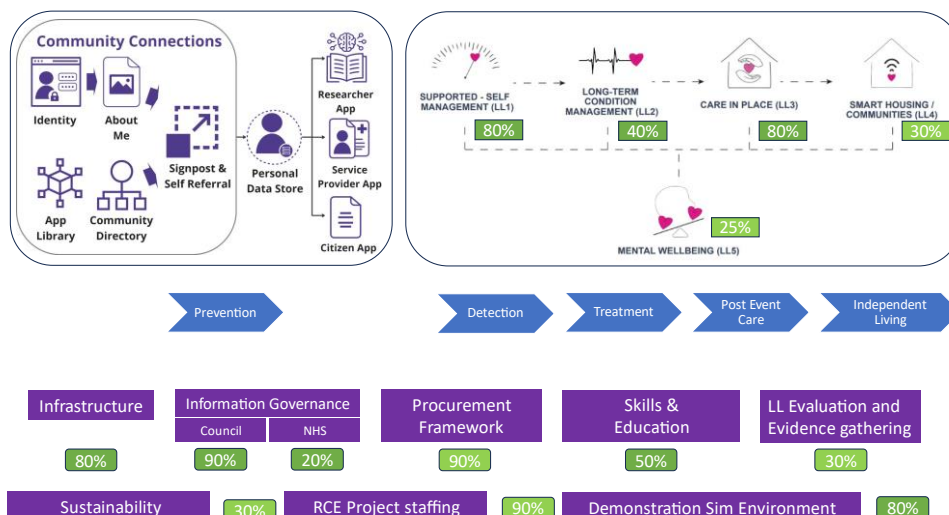


Image 1: Key R&D assets and the 5 Living Lab (LL) Themes

RCE Activity Update February 2024 to March 2024

Programme Update

Following a change control submission to the MGD board in November 2023, the RCE received approval from UKG and SG in January to extend the programme to May 2026 and to reprofile the current budget. This has allowed the team to review scope and timelines for all R&D living labs and to explore future inward investment under the sustainability work package to enable maturation of developing assets, additionality, and integration to achieve increased impact as shown in figure 2.

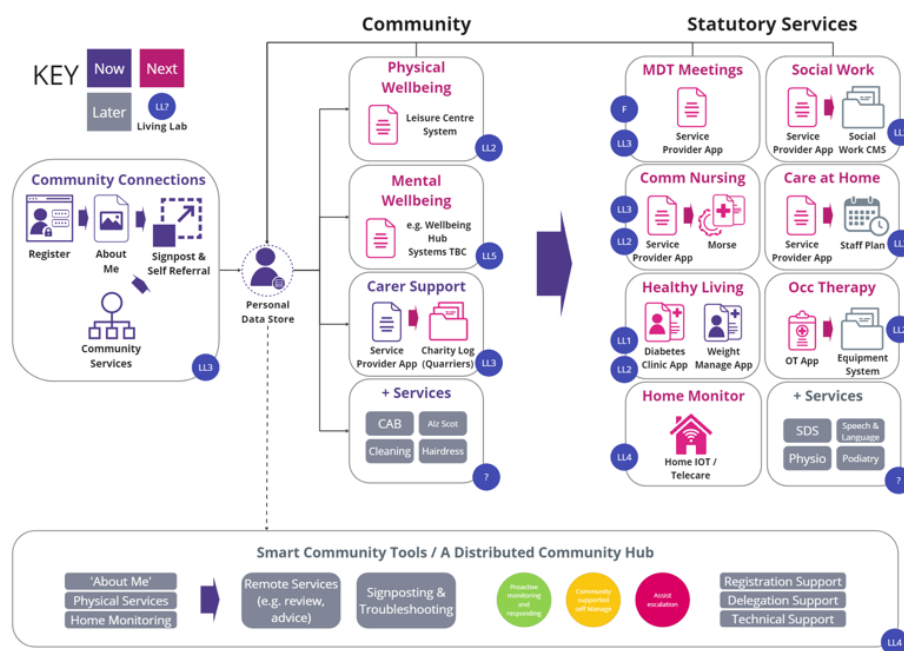


Figure 2: Revised Scope of the RCE

Living Lab Updates

LL1 Supported Self-Management and LL2 Long Term Condition Management (NHS), will now be aligned to share a common infrastructure while retaining their individual outputs.

LL1 will continue to focus on a tier 2 weight management service programme, supported by the Moray NHS Dietetic Service, with eligible citizens enabled to self-refer via a Personal Data Store (PDS). Once onboarded, individuals will be able to share data collected from approved apps and personal devices such as Fitbit's with the clinician and to communicate using two-way asynchronous messaging via shared access platform. Revised iterations and user testing will be completed over the next few months, and it is expected to move to real world evidence stage in summer 2024. A working group has been established to take forward the delivery plan, and an evaluation framework has been drafted.

LL2 Long Term Condition Management (NHS) will utilise the infrastructure developed in LL1 with the aim of developing digital solutions to address access deprivation, with an initial clinical focus of Type 2 Diabetes. Through consented sharing, these assets will enable the citizen, the clinical team and community facilities such as leisure/sport centres or libraries with health and wellbeing capability, to view and monitor relevant data to ensure needs are met by the right person at the right time. This will bring additional capacity and support to clinical services through utilisation of community-based resources, while releasing some clinical time through digital monitoring in place of face-to-face review of stable cases.

LL2 Long Term Condition Management (Community): This pathway will focus on the development of digital tools to support the Community Occupational Therapy Service via self and supported self-management assets, with call to industry is expected to be published in the next few weeks.

LL3 Care in Place: User testing has now been completed, with a final iteration of the R&D community connections platform and personal data store assets in progress with both R&D assets now live. This lab will move to a phased real world evidence stage in spring 2024 for a minimum of 6 months, and an evaluation framework has been drafted to support this.

Interest in this model has been shown from the Improving Cancer Journey project and Moray Children and Family Services, although not in current scope, further development and funding opportunities are being explored.

LL4 Smart Housing: Definition stage has now been completed for this living lab, with work commenced on developing an asset for the DSE in Elgin to demonstrate the benefits of the proactive and preventive use of combined telehealth, digital telecare, activity monitoring, IOT and consumer devices through a single AI enabled platform. This will be used as the basis to develop a state-of-the-art specification for new build smart enabled properties, alternative housing options, and future community alarm/ responder provision. The assets developed will be tested within live services in Moray ahead of the deployment into the Leancoil Trust site properties by the MGD Housing Mix project team in 2027/28.

Enabled by the additional year of the project, under LL4, the RCE aims to develop a population stratification tool to pull data from the smart housing devices along with other holistic data gathered from relevant health, care, environment, and about me sources via a PDS. This universally unique platform based on the social determinants of health will allow data to be viewed and shared at the citizen's discretion with the services that support them. At a later stage, it is intended to integrate AI analysis to the holistic data in the platform, to enable alerting to change, based on personalised baselines and protocols to provide smart self-management suggestions and/or, to trigger a health or care intervention. Through these alerts it is envisaged that a more proactive and predictive approach can be adopted to maintain independence and wellbeing which will enable population stratification and resource management at both an individual and population level to reduce waiting lists,

increase capacity and alert to early indicators of decline to reduce hospital admissions and unscheduled care.

LL5 Mental Wellbeing: Engagement discussions are ongoing with statutory, and third sector services to agree most beneficial scope at this time.

It is likely that the following two distinct pathways will be developed, if capacity within H&SC and budget allow:

1. Mental wellbeing (MWB) pathway to develop tools and social prescribing linked to the early Connected Communities platform and personal data store to support early intervention and self-management
2. Mental health (MH) pathway to develop digital tools to support an aspect of statutory clinical services (to be confirmed)

Other Moray Workstreams

- The RCE continues to contribute to the Moray HIS frailty project through attendance at Moray meetings, update reports and presentations.
- Research report has been completed by DHI RKM team to identify international self-assessment frailty baselining tools and information related to effectiveness and will be used to inform potential future inclusion in the PDS.
- Meeting held with Grampian NHS GP Vision project lead, and alignment with programme identified, including frailty. Collaborative opportunities are now being scoped further.
- The RCE team are working closely with the analogue to digital telecare project team with some R&D work being taken forward together under living lab 4.

Skills

The University of Oxford were appointed as the academic partner to undertake a review of workforce training tools and identify gap, with a focus on innovation skill and needs. Two pop events were held at Dr Gray's and the Glassgreen Centre in February along with several online interviews, to gain insights from all levels of the health and social care workforce. A report will follow, and this will inform the scope of further skills development calls in 2024.

Micro-credentials (Digital Essentials for Carers)

Three digital courses have been developed, with the initial review phase nearing completion. Further iteration will follow based on feedback, with modules to be developed in to more engaging and interactive courses by incorporating case studies, interviews with local carers/ care staff, video demonstrations etc.

Communication and Engagement

RCE in partnership with H&SCM will deliver a multi-media campaign in March aimed at increasing community understanding of the challenges facing health and social care, the need to shift the balance of care, and the contributory opportunity presented by the RCE. This will commence with an exclusive feature run over two days in the Press and Journal newspaper, followed by a general press release and social media posts. Four in person events across Moray will be delivered between the 20th and 23rd of March to give attendees the opportunity to ask questions and participate in codesign activities with GSA colleagues. It is hoped that through this campaign the broader community will register for project updates and opportunities to participate in regular co-design and information events.

The monthly DSE drop-in sessions in The Alexander Graham Centre will commence on the afternoon of Tuesday the 9th of April 2024, with the first session offered to IJB members and strategic partners to provide an update on the living lab assets developed.

Further details and a registration link will be sent to members in due course.



The RCE team along with two industry partners, are delighted to be one of three entrants shortlisted for the upcoming innovation award at the national TSA ITEC conference on the 18th of March. As a key national industry event this will be a significant opportunity to spotlight the work being done in Moray. [ITEC Awards Finalists 2024 : TSA Conference \(iteconf.org.uk\)](https://iteconf.org.uk)

Evaluation

A framework for the academic evaluation continues to be developed by UHI to capture the integrative and living lab specific outcomes across the whole programme. Qualitative data is also being collated to evaluate the impact of the RCE on the Moray region to evidence increased service, technology and business readiness for R&D and innovation.

Sustainability

The sustainability of the RCE continues to be a key focus, supported by a working group with a range of bids underway to ensure further funding is leveraged into the RCE in preparation for the end of the UK Gov funding period for RCE. Preparation and discussion around service readiness and needs for asset adoption continues to be progressed with H&SCM and NHS Grampian.