

## HEALTH AND WELLBEING BOARD: 15 SEPTEMBER 2016

### POSITION STATEMENT FROM THE CHAIRMAN

#### WHAT'S NEW IN APP DEVELOPMENT?

The NHS Choices Website signposts to a range of apps and other tools that can help support people to manage their health and wellbeing and seek advice and support on a range of topics. <http://www.nhs.uk/tools/pages/toolslibrary.aspx>. For example:

#### The Change4Life Sugar Smart app



This is designed to show quickly and easily how much sugar is in the food and drink you're having. Just scan the barcode and see how much sugar it contains.

- See how much sugar is in a product
- Keep track of the last 10 products you've scanned
- Share the amount of sugar in things via Facebook

#### BMI healthy weight calculator and tracker



If you have an iPhone, iPad or iPod touch, you can download the free **NHS BMI healthy weight calculator and tracker** from the iTunes App Store. The NHS BMI healthy weight calculator and tracker makes it easy to:

- Calculate BMI for anyone over two years old
- Track weight and BMI over time
- Create a separate user profile for everyone in the family
- Set weight loss goals and get tips and advice

Not an iPhone user? No problem, you can use the [BMI calculator](#) on any device. [Read more about BMI and what it means for you](#)

## New App Developed in LLR for Pancreatic Cancer

### 'My Pancreas'

Healthcare information in YOUR hands

For more information visit  
Leicester Hepato - Pancreato - Biliary Unit  
www.hpb.leicester.com/apps

Leicester HPB Unit  
University Hospitals of Leicester  
NHS Trust

NHS

**Step 1** Go to the Apple App Store on your iPhone or iPad

**Step 2** Search for 'My Pancreas'

**Step 3** In the Apple App Store tap 'Get'

Pancreatic cancer information free to download on your iPhone & iPad

- ✓ Learn about the Pancreas and its function within your body
- ✓ Read about the potential tests and treatments patients could undergo
- ✓ Create and store notes for your next GP or hospital appointments
- ✓ Stay up to date with the latest Help & Information available to patients and carers

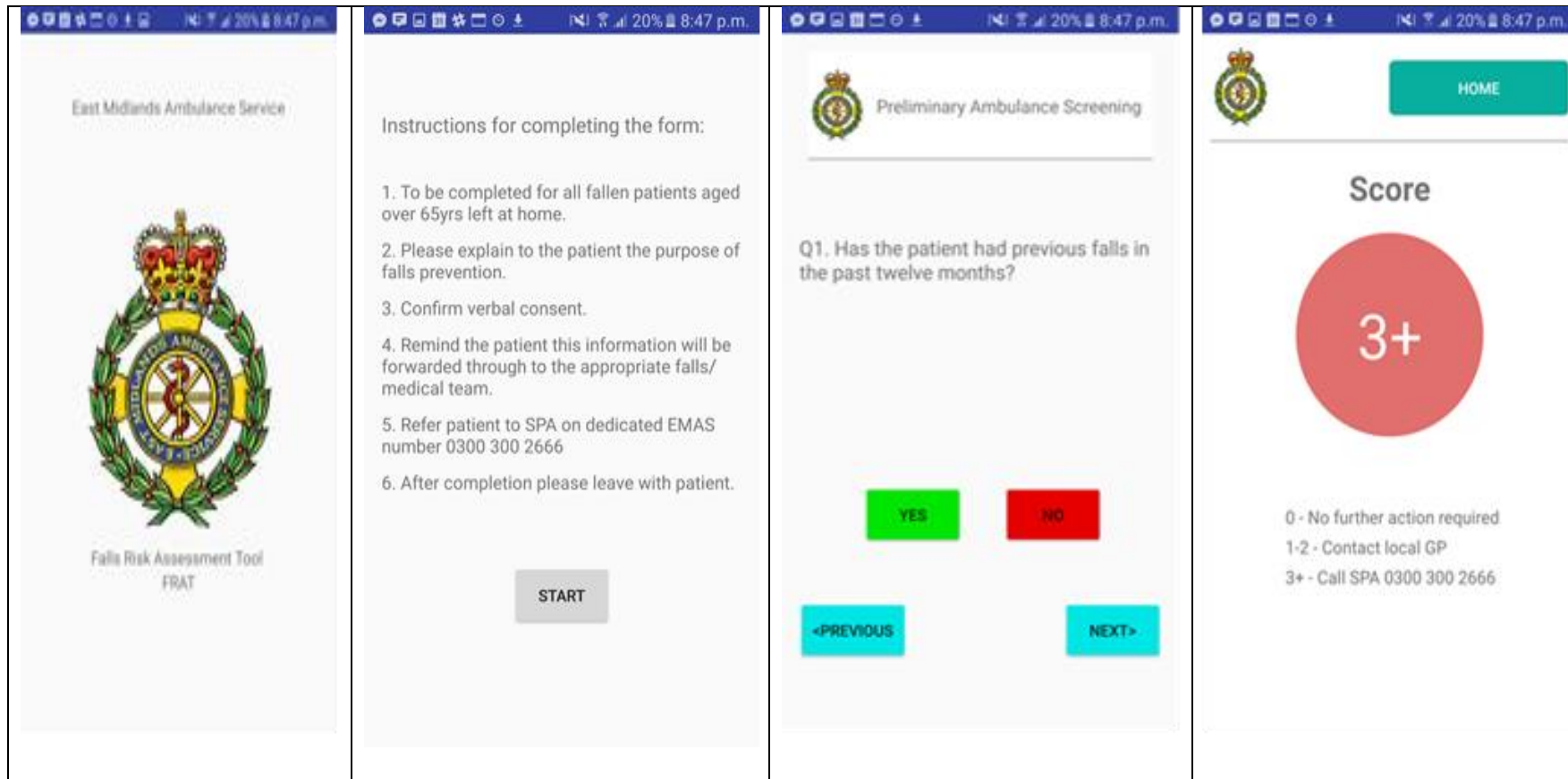
Available on the App Store

A new cancer information app called 'My Pancreas' was launched on the 1<sup>st</sup> September by the Leicester General Hospital Hepato-Pancreato-Biliary (HPB) Unit & Design Agency AGF Studio and will be made available for the public on Apple's app store for iPhone and iPad.

A dedicated information guide on pancreatic cancer, the App is amongst the first of its kind to be released in the U.K. It has been designed to guide a patient through their journey from initial referral to treatment, how to manage symptoms and where to find further help and support. The Leicester General Hepato-Pancreato-Biliary team, led by Clinical Director and Consultant Surgeon Giuseppe Garcea, Professor Ashley Dennison and Lead HPB nurse specialist Cris Pollard, have been working on the project since February 2015.

Mr Garcea said: "Many people will only have limited knowledge about the pancreas. My team has recognised modern technology provides lots of options for patients and carers to access information."



**The Falls Risk Assessment Tool (FRAT)**, developed as part of the Leicestershire Better Care Fund in conjunction with East Midlands Ambulance Service, has been converted into an app. The screen shots below (shortened process) illustrate how the app is used by paramedics to assess falls at home/in the community and avoid conveying people to hospital if this is not medically necessary. The App includes the option of contacting the Single Point of Access (SPA) for rapid further assistance from local community services. By using this tool we will be able to capture data on the effectiveness of this falls pathway.



**Leicestershire Partnership Trust's Chat Health App** - Provides safe/secure messaging between healthcare professionals and service users designed for children and young people to contact school nurses for advice and support . Created in Leicestershire, now used in many other parts of the country, as demonstrated on their twitter feed @chathealthNHS

The screenshot shows the website <https://staff.chathealth.nhs.uk>. The header features the ChatHealth logo and the NHS logo. The main banner image shows a hand holding a smartphone next to a child holding a blue teddy bear, with the text "The confidential help and advice tool." and an "About" button. Below the banner, there are two columns: "Latest" and "Help Articles".

**Latest**

-   
07 Sep 17:30  
Welcome Guys and St Thomas School Nurses
-   
06 Jun 15:20  
Cumbria school nurse messaging service launches

**Help Articles**

- » Norfolk school nursing transfer
- » Service Members User Guide
- » Interpreting STOP messages
- » Guidance for school nurses
- » See all help articles