

THE TERMS JOURNAL

DECEMBER 2023 ISSUE 1

What is TERMS?

TERMS (Technology Enabled Remote Monitoring in Schools) is an exciting and innovative all-Wales pilot study being conducted by a team in TEC Cymru and hosted by Aneurin Bevan University Health Board (ABUHB).

TERMS is a project which is piloting the use of remote monitoring, with a vision to bring health and social care into schools to improve access to healthcare services. Remote monitoring is the ability to monitor and manage aspects of patient health from a distance, through the use of technology.

The project team have been testing user experience of the technology among educational and clinical teams. The introduction of remote monitoring into schools has the potential to save time, costs and reduce anxiety for young people and their families who attend clinic, whilst simultaneously improving the communication between health and education settings.



What is remote monitoring?

Using technology to monitor or change aspects of patient health from a distance.



Why are schools important?

Schools promote well being, identifying mental health needs and early intervention.

Remote monitoring allows the unique opportunity to support young people with their physical and mental health from school.

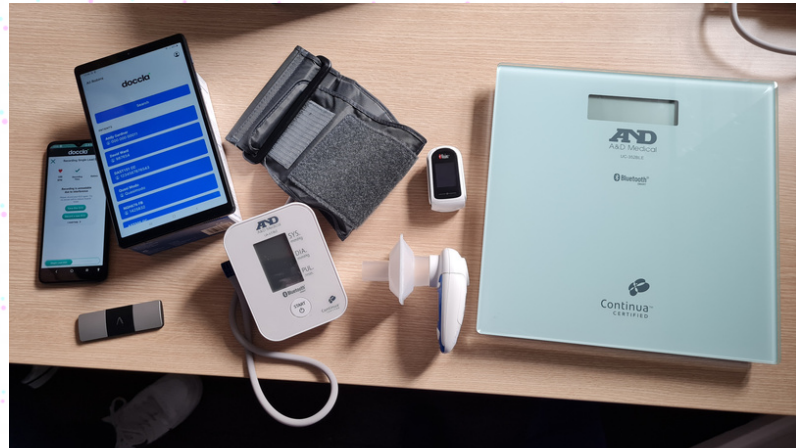
Who is doccla?

Doccla is one of the UK's leading virtual ward and remote patient monitoring technology company with CQC accreditation. Doccla supports patients all over the UK to gain access to hospital level monitoring from the comfort of their own homes. This is achieved through carefully selected medical devices and wearables that stream data through to a clinical dashboard remotely. Clinicians can then prioritise their patients within the community based on their reported vital signs and symptoms, while keeping hospital beds free for those who need them most.

Alistair from Doccla had this to say:

“Doccla is very excited to be supporting the TERMS project in collaboration with TEC Cymru to provide innovative ways of monitoring students across Wales with a number of different conditions. Doccla has provided access to their Bluetooth enabled monitoring devices such as fingertip ECG, integrated blood pressure and pulse oximetry, all of which can collect vital signs without the need for manual input.

We are immensely proud to be part of this transformative endeavour, and we look forward to making a meaningful impact on the lives of students and patients alike. Together, we believe we can pave the way for a brighter and more connected future for all.”



WHAT DO CLINICIANS THINK?

Throughout discussions with clinicians, it is clear that the seamless collection of patient data through Bluetooth enabled devices is beneficial.

Clinicians shared that it could help free up clinic time that can mean face-to-face interactions can be better used when necessary.

The ability to use a chat function on the devices was also a positive note as it allows enhanced efficiency of healthcare delivery.

School Case Study March 2023

Struggling to catch up with school work

In March 2023, during a school workshop, one pupil shared how they recently had to leave school once a week to have their blood pressure taken for a health condition. Their appointment would always fall in the middle of the school day and would require two bus journeys and multiple hours away from class to attend an appointment that took 5 minutes!

In amongst this, the student also shared how they would have to collect lunch whilst out due to missing lunchtime at school to make their appointment. This occurred whilst the student was in year 11 and was studying for upcoming exams. As a result, the student would spend the rest of school and extra time in the evening catching up on missed work which added to an already stressful time of exam preparation.

They shared how TERMS would have been extremely helpful during this time as they would not have needed to miss as much school, would be able to have lunch at school and would not be giving up evenings to catch up on missed schoolwork/revision.



CASE STUDY - INAPPROPRIATE TIME OFF SCHOOL

In June 2023, we spoke to a family who shared that clinic appointments make it difficult to know if their child should attend school. When appointments were scheduled at lunch (12pm), the travel time from home, to school, to clinic meant that they didn't see much point in their child attending school at all.

Therefore, an hour appointment resulted in a whole school day missed, once every 3 months.

TERMS is beneficial to this family as they would not need to leave school or work to attend an appointment. Resulting in less school and work missed for both the young person and parent.

Opinion Piece - Suhaani

Academic struggles of having to leave school for appointments



There are quite a few issues that can arise with children having to leave school in order to get regular check-ups for whatever condition they may have. The primary one would be that they would be missing valuable school time.

Many parents find that these appointments take up a lot of time - travelling, waiting for the appointment, having the procedures, travelling back to school - and so most students will miss hours or even whole days off school on a regular basis. This, in itself, would lead to quite a few problems that could be resolved by TERMS.

Firstly, there would be more work to copy up having missed lesson time, leading potentially to significant stress over weekends or after school. This would be because this notable volume of work - added on top of homework, revision, extracurricular activities and other academic or non-academic commitments - is a substantial amount of work for a child to be able to handle by themselves. This, in turn, may lead to disappointed teachers if the child has not completed all of their work, showing how important it is that these children have as much time in school as they can.

Furthermore, students can gain a better understanding of their classwork in the presence of a teacher because, when in lessons, students can ask their teacher, pupil or read a textbook to answer any queries they may have. These resources may not be available at home, where they would have to complete this work, reinforcing how effective it is to be in lessons.

Secondly, from a child's perspective, they could be uncomfortable in a clinic or an unfamiliar setting. Therefore, being in these clinics may be daunting to many children, and unfortunately lead to outbursts or being unable to get the necessary measurements.

Finally, in a school setting, if a pupil were to be out of school, leaving early or coming in late due to an appointment, this could raise questions from classmates. These occurrences might make the pupil uncomfortable because they may not want others to know why they have been out of school.

These issues can be settled with a scheme such as TERMS. It would allow children to miss simply 10-15 minutes of a lesson rather than a whole school day, they would be able to be in-lesson and comprehend new content, be in a comfortable environment potentially with familiar people and not raise too many awkward questions.

Public Opinion Survey

A team in TEC Cymru are out and about looking to understand the wants and needs of the public in relation to using technology within the NHS. Asking the public their current knowledge and experiences with video consulting and remote monitoring, as well as the benefits and challenges these technologies may have. The team have been visiting public spaces across Wales to engage with the public, including hospitals, pharmacies, colleges and universities.

The Welsh public have been asked what NHS services can benefit from video consultations and remote monitoring technology. Among this schools have been identified by 25% of all responses! It's great to know that the public agree that remote monitoring can be of use to schools, emphasising how TERMS can be useful! Other services suggested were GP's, NHS and social care.

Some exciting comments that have been made during this survey include:

“Digital NHS for the win, it’s time to make a change!”

“We’ve had Stone Age, Bronze Age and Iron Age and now we have NHS digital age”

Interested in sharing your opinion on digital services in the NHS?

Scan the QR code below to complete the survey!

Share your opinion and you can be in with a chance of winning a £100 gift voucher!



Spot the difference

Can you spot 10 differences?



SENEDD EVENT

On the 14th March, we attended an event in the Senedd to showcase TERMS and the equipment we have! Members of the Senedd were extremely impressed by the equipment and concept, they even got involved in testing out the ECG monitor!

We had some great, positive feedback and excitement from the members, here's what they had to say:

***“Timely technology much needed by many”
- Mark Isherwood MS***

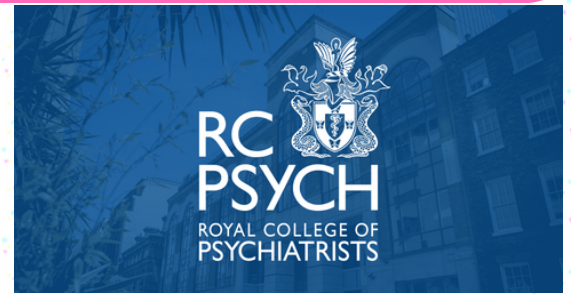
“Great initiative – look forward to seeing you in Merthyr Tydfil & Rhymney” - Dawn Bowden MS

The positive feedback and enthusiasm for the project led to one of our greatest accomplishments this year. Having two ministers join us on a school visit! See the next page for more!



ROYAL COLLEGE OF PSYCHIATRIST COLLABORATION

In the ever-evolving landscape of education, policy-making, and community development, a transformative approach has emerged that places young people at the forefront of decision-making processes.



At its best, co-production with young people can unlock their potential, creativity, foster inclusivity, and create a powerful catalyst for positive change.

It's at the heart of so much of our work and approach at the Royal College of Psychiatrists Wales, and rightly so!

It's the values and benefits of co-production that have brought together partners throughout the exciting work into Technology Enabled Remote Monitoring.

Whilst we'll get increasingly excited about both the technology and hardware, the prospect of the ever increasing clinical uses for remote monitoring, and the opportunity to meet present and future challenges within healthcare - it's in the design and the role of co-production that I'd wish to reflect.

Co-production with young people is not just a theoretical concept; it is a tangible pathway to a brighter, more inclusive future. As we embrace their perspectives, we unlock a wealth of creativity, resilience, and innovation. By recognizing the importance of co-production, we invest in a society where every voice matters and where the potential of our youth is harnessed to its fullest.

We, The Royal College of Psychiatrists Wales, have been a partner throughout the development of TERMS. It's been hugely rewarding to use our platform to highlight the work of the TERMS team to members throughout the Senedd, and to bring the Minister for Health, and Deputy Minister for Mental Health & Wellbeing to Brynteg School to this co-produced work in action. Along the way there's been awards and recognition, and we'll ensure that as this work continues to develop, that it increasingly finds its way into national strategy and policy ...

BUT that it crucially holds co-production at its core.

To find out more, read this recent publication:

['Cynefin, a Sense of Place', a National, Cultural, Public Education Programme to Ensure Young Peoples Voices Are at the Heart of Decision Making | BJPsych Open | Cambridge Core](#)

WHY HAS CO-PRODUCTION WITH YOUNG PEOPLE WORKED FOR TERMS

Empowerment through Participation:

- Co-production empowers young people by providing them with a platform to actively contribute to decisions that affect their lives. When they have a say in matters that impact them directly, it instills a sense of ownership and responsibility. This participation not only boosts their confidence but also nurtures essential life skills such as communication, critical thinking, and problem-solving.

Enhancing Relevance and Effectiveness:

- Young people possess unique insights into their own experiences, challenges, and aspirations. Involving them in the co-creation of policies, programs, and services ensures that these initiatives are relevant and effective. By tapping into the firsthand knowledge of young individuals, co-production helps address issues in a way that resonates with their needs, ultimately leading to more successful outcomes.

Fostering Inclusivity and Diversity:

- Co-production serves as a vehicle for inclusivity, breaking down barriers that might otherwise marginalize certain groups of young people. It promotes diversity in decision-making processes, ensuring that the voices of individuals from various backgrounds, cultures, and experiences are heard.

Building Resilience and Adaptability:

- The world is constantly changing, and young people are the torchbearers of the future. Co-production equips them with the skills needed to navigate an ever-evolving landscape. By involving them in decision-making, they learn to adapt, innovate, and overcome challenges, fostering resilience that will serve them well in their personal and professional lives.

Promoting Sustainable Development:

Sustainable development requires a holistic understanding of the interconnectedness between environmental, social, and economic factors. Co-production with young people encourages a multidimensional perspective, allowing for comprehensive and sustainable solutions.

MINISTER SCHOOL VISIT

JUNE 2023

On 14th June 2023, the team from TERMS (Technology Enabled Remote Monitoring in Schools), with the support of the Royal College of Psychiatrists Wales and Brynteg Comprehensive School, hosted a ministerial visit to showcase the work that is going on with the TERMS project.

The Health Minister, Eluned Morgan and the Deputy Minister for Mental Health and Wellbeing, Lynne Neagle, arrived at Brynteg School in the morning to talk with the TERMS team and Brynteg school staff and young people about the TERMS technology and their ongoing involvement in the project.

The ministers were greeted by Liz Reardon, the assistant head of sixth form and Ebony Johns, a TERMS young person representative and Brynteg school sixth form student, and then brought them in to meet the rest of the team, staff and students.

The TERMS team were keen that the students presented the remote monitoring technology to the ministers, and were freely open to share their opinions and experiences. Each piece of technology was individually presented and discussed. The room was buzzing with excitement and passion during and after the visit. The ministers could see how important the work of TERMS is, to the TERMS team, and the students and staff of Brynteg and how driven and passionate they all were to see the project succeed. The ministers were extremely impressed in the project, technology and co-production that has been carried out throughout.

Young people have co-produced the project from the start, and have been our critical friends telling us what is and isn't possible, they have helped shaped TERMS into what it is today. Therefore, being able to highlight the work done, with support from the students in Brynteg was a privilege and an achievement we are immensely proud of.





Missing Students

Over the past year, we have spoken with lots of groups, but it has become clear that there are some children and young people who will not benefit from the TERMS model being set up in schools. There has been an increase in the number of children being homeschooled (almost 10 in every 1000 pupils), especially since COVID. Also, 18.1% of pupils across schools in Wales have persistent absence, most commonly due to sickness. These pupils will be missed if remote monitoring were required due to lack of attendance at school either through absence or schooling being done from home.

The TERMS team want to make sure they are understanding how the service may need to be changed to support these groups of young people.

Opinion Piece - Sophie Pearcey

By definition, body dysmorphia (BDD) is a mental health condition where a person spends a lot of time worrying about flaws in their appearance. These flaws are often unnoticeable to others. Some of the symptoms include, comparing oneself to others, excessive use of or avoiding mirrors and skin picking.

These symptoms can become more extreme if not dealt with early on and can lead to more serious disorders such as an eating disorder (ED). ED's are hugely unrecognised and often overlooked in clinical settings unless the patient is extremely malnourished. As a result, many individuals with ED's may struggle to access appropriate speciality care and treatment.

With the use of TERMS technology there is hope for such disorders to be taken more seriously and for them to be monitored and treated in the correct manner.

All people can experience ED's with statistics showing that two thirds experience its onset before the age of 18 and that it most often begins alongside puberty around the age of 12 or 13. With the use of TERMS technology, these younger patients will be able to get the help needed whilst keeping educational absenteeism to a minimum, allowing education to still be a priority. As well as this it aims to reduce the stigma around having to attend frequent check-ups, allowing the patients to feel more comfortable being monitored in a regular but non-invasive way.



Revolutionizing Healthcare: The Impact of Remote Health Monitoring on Patients, Families, and Clinicians

In the past 25 years, the world has undergone a remarkable transformation, with technology playing a pivotal role in shrinking distances and making information more accessible than ever before. Today, the power of the entire world lies within the palm of our hands, and technology is no longer a daunting concept but a force working tirelessly to simplify our lives. While various sectors have embraced technological advancements, healthcare has been somewhat cautious in certain areas. One such area, remote health monitoring, has been met with a lot of apprehension, but its potential benefits cannot be ignored.

Overcoming Apprehensions:

The idea of remote health monitoring might initially evoke concerns, particularly regarding the reduced contact between physicians and patients. The personal connection between a healthcare provider and their patient is undeniably crucial, and the shift towards remote monitoring may raise doubts. However, when viewed in the broader context of improving healthcare accessibility and efficiency, the apprehension becomes a small hurdle in the face of potential benefits.

Personal Insights from the TERMS Project:

Having been personally involved in the TERMS project, I gained first-hand insights into the perspectives of patients and their families regarding remote health monitoring. Although the current focus is on trialing it for young patients with neurodevelopmental disorders, the broader applications across diverse demographics are promising. Feedback from families and patients highlighted the time-saving aspect of remote monitoring, particularly in cases where individuals are grappling with neurodevelopmental disorders.

Potential for Continuous Improvement:

The implementation of remote health monitoring opens the door to continuous improvement in the healthcare system. The efficiency gains observed can be a catalyst for exploring additional ways to enhance remote healthcare services. In the realm of mental health, for example, the integration of chatbots could provide additional support based on professional recommendations. This not only increases accessibility but also ensures that patients receive timely assistance, contributing to a more holistic approach to healthcare.

While the initial hesitations surrounding remote health monitoring are valid, the potential benefits for patients, families, and clinicians are substantial. The ability to save time, reduce the stress associated with traditional healthcare visits, and streamline data collection processes demonstrates the transformative power of technology in healthcare. As we move forward, it is crucial to embrace these innovations, recognising that they can lead to a more efficient and accessible healthcare system that ultimately improves the overall well-being of individuals and communities.

Dr. Hafeesa Sameem

Word Search

P D L U F Q Y P F T M V K G E T H A U J
 N C S Y J Y Z J A J J S P Z Q V Q Z I V
 Y F V K W S F Y M G F T R X R G U F G X
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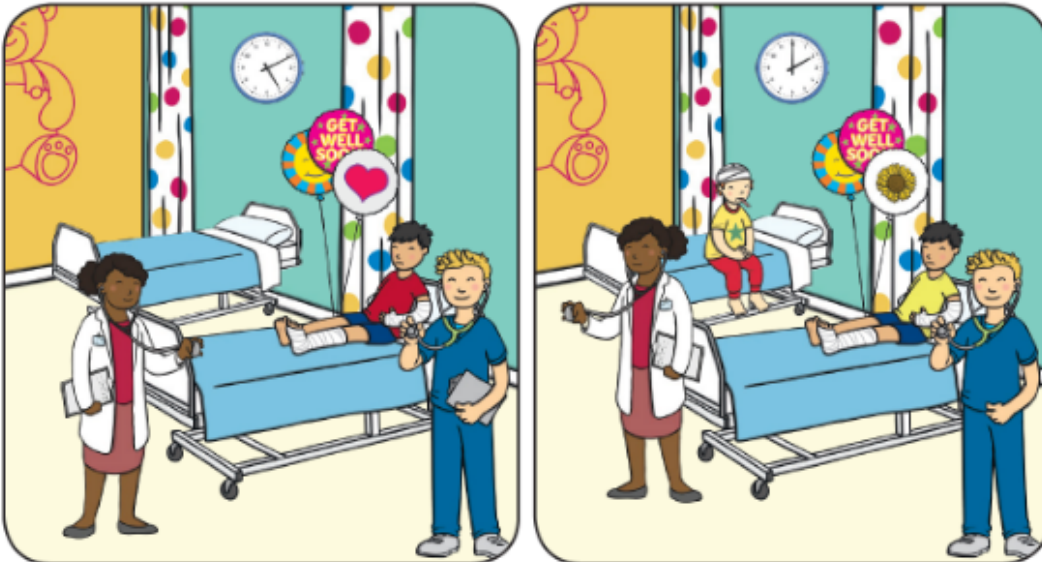
TERMS
 PRESSURE
 HEIGHT
 SCHOOLS

DIABETES
 TECHNOLOGY
 EQUIPMENT
 MONITORING

BLOOD
 WEIGHT
 MEASUREMENTS

Spot the Difference The Hospital

Look at the 2 pictures. Can you find 6 things that are different in the 2 pictures?



SPOT THE DIFFERENCE

Neurodevelopment ASD & TERMS

In June 2023, a parent shared how remote monitoring would be beneficial to her son. Not only for monitoring of his health but also to better accommodate his needs as a child with ASD. For a child with Autism, a change in routine can cause anxiety to increase, coupled with meeting unfamiliar nurses/doctors in clinic and having observations taken, can lead to an anxiety-inducing situation. For some children, they can refuse to have their blood pressure taken, resulting in missing information which is important and the purpose of the appointment.

Having remote monitoring set up in schools leads to 3 positive impacts on a child with ASD.

1. There is less change to routine for the child as transitioning from one room to another in school is less stressful than leaving school to go to a clinic
2. They become more use to the equipment used, such as blood pressure monitor and pulse oximeter. As there will be the opportunity to just see the equipment without observations being taken if it is available in school
3. They will have a familiar adult with them whilst have their observations taken which can help ease anxiety.



Case Study: Missing observations

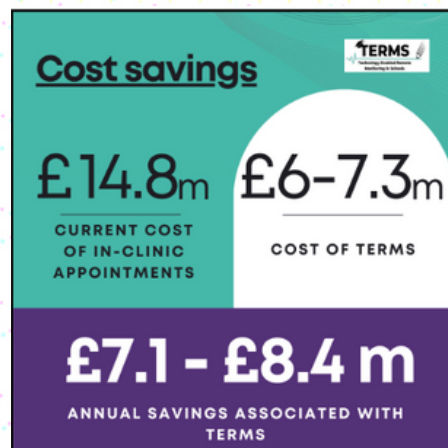
In September 2023, the team attended a weight management clinic to gather feedback from families. Upon arrival, the team were met by the clinician who shared there was no nurse to take observations for the clinic. These observations are important, particularly in weight management for young people whereby regular weigh-ins help manage patient health.

Having TERMS set up in schools would be a large support for clinics where no nurse is available. The measurements needed can be taken prior to the child or young person's clinic appointment. This means that there would be no worry about weight measurements being missed, reducing the stress of families and parents when trying to manage their health.

Cost Savings of TERMS

TERMS has been shown to improve cost when remote monitoring is compared to usual care/practice in the management of ADHD medication.

These savings have attracted great interest from Welsh Government and other sources, who see the benefit of a remote monitoring system to support children and young people.



RCPsych Awards

On the 8th November 2023, the TERMS team attended the Royal College of Psychiatry Awards. We had been shortlisted for the Psychiatric team of the year: Digital Mental Health.

Unfortunately, we didn't get to take home the win but it was great to share the event with so many incredible teams across the country who are doing incredible work for psychiatry!

However, our clinical lead for TERMS, Alka Ahuja was awarded the President's medal for the incredible work she is doing for psychiatry! Congratulations Alka! We're so happy for you!



The Health Foundation

This project has been funded by the Health Foundation, an independent charity which is 'committed to bringing about better health and health care for people in the UK' with a focus on 3 priorities:

- Improving people's health and reducing inequalities
- Supporting radical innovation and improvement in health and care services
- Providing evidence to improve health and care policy



SPECIAL RECOGNITION AWARD

TERMS has also recently been awarded special recognition for our collaboration with young people and their involvement in the project.

We are extremely proud and grateful to have received this, as young people have been central to our work.



Opinion Piece - Anna Burhouse

I've had the joy of working with young people for over 30 years in education, social care, voluntary sector and healthcare settings and in all that time I've always wondered how we could join things up more effectively. This is especially true when a young person needs to attend multiple healthcare appointments because they have a complex or long-term health condition. The questions I've always held in mind are:



Picture: Anna Burhouse

- How could we make sure families don't have to travel unless it's absolutely necessary?
- How could we reduce the amount of time taken off school and work?
- How could we minimise the cost of travel and parking?

I think about this, because like many clinicians, I have often heard heart-wrenching stories from families that have to travel for miles, parents that have to use up their annual leave to bring their children to a clinic or sadly, how some families can't afford to take their child to an appointment.

This is why the TERMS work is so important. We are entering a new era in healthcare when there is the potential to do things very differently than we have done in the past. We are no longer as constrained as we were by having to do everything from a clinic or hospital base. Using new technologies as part of a wider approach to increasing inclusivity and accessibility, we can make sure that some of the routine aspects of healthcare can be done more effectively using digital technologies and wearable devices and that way we can reduce the burden of healthcare on families and take more steps for a sustainable approach to global health. It's an era we will look back on and think about the opportunities these new ways of working gave us to better serve our community and make a difference to families and our planet.



Wellbeing
365

Welcome To Wellbeing365



WELLBEING 365



Picture: Hanna
AI chatbot

The Wellbeing 365 service was created by Iestyn Davies and Joe Potter, with support from Max Hockenhill and Ellis McKenzie. The service provides mental and physical health recommendations.

We recently asked the creators to provide an overview of the website, here is what they had to say:

“The Wellbeing365 service comprises many different features, such as mental health advice and physical health recommendations, which can be found on our website.

Wellbeing365's focus area is how AI can improve mental health and reduce loneliness. Our AI, named Hanna, has been curated to help people during difficult times in their lives when they may not be prepared to approach others yet. We have been specialising in our research and development to assist individuals dealing with cancer or menopause by providing them with an anonymous platform for connecting with an empathetic listener, which is Hanna.

Back in the summer, we won the 'Game Of Codes' competition award from Technocamps and the Cardiff University Computer Science Outreach Team for our efforts towards better technology for health and wellbeing.

Wellbeing365 is deeply personal to me as my own mum battled stage 3 breast cancer as a patient at Velindre Cancer Hospital. Watching her journey from being a cancer patient with two sons, one being severely disabled due to his learning disability and autism, has deeply inspired me to give back to the people who helped her the most during her treatment. So, my friends and I set out to create an app that helps with mental and physical health challenges that somebody may face.

The technology behind Hanna is fascinating; it uses the AI language model ConvAI to refine her personality and datasets, directly sourced from NHS online services. This allows Hanna to offer users responses aligned with NHS-certified information, all while maintaining a user-friendly environment. Hanna isn't limited to providing medical advice; she's also there for a chat on your phone whenever you're feeling lonely or have a question. To give it a try, you can download our app on the Play Store by searching for Wellbeing365 or visit our website at wellbeing365.uk.

Thanks for reading.”

CASE STUDY: Multiple conditions

For some children, visiting the hospital is a common reason for missing school, not just because they have one health condition, but because they have many, which require regular hospital or clinic visits. Whilst the implementation of TERMS cannot entirely replace all types of appointments, for all types of health conditions, if it is implemented to be utilised where possible, potentially cooperatively by different services, then it can for sure reduce the number of times a young person misses school for just one of their health conditions! By missing less school, this can positively impact their attendance and help where possible to reduce disruption to their education.

This doesn't just positively impact the young person, but also their parents/guardians who may have to take a considerable amount of time away from work to take the young person to their appointments. As we have learnt throughout TERMS clinic visits, this can be extremely disruptive for a parent/guardian who may have to travel for a considerable amount of time to collect the young person from school, take them to their appointment, return them to school and then make the journey back to work too. For those with less considerate employers who require this time taken as annual leave, it is likely that a significant amount of annual leave is used for such appointments, reducing the amount available to be used for spending time with their child during school holidays, meaning valuable family time is missed. It is also important to think about how a reduced number of hospital/clinic appointments can help families in the current cost of living status; less travelling for appointments can reduce the burden of cost of travel.



FAMILY PREFERENCE MATTERS

The importance of gathering the opinions of multiple families, clinicians and young people has become clear during this year. We've had it raised that the preference of the family should be considered.

Some families spoken to love the idea of TERMS and how it can support their family. Whereas others have shared that they like to face-to-face appointments. Especially following remote appointments due to COVID.



Interview with Anne-Marie: Educational psychologist

What has your role/support been in the TERMS project?

I came to the project with extensive experience working in education both as a teacher and as an Educational Psychologist. I then worked for many years in health as a Consultant Psychologist in the area of Neurodevelopmental conditions and intellectual impairment. Throughout my professional career in education and health, I have always worked in collaboration with young people and their families as I think this is an invaluable way of achieving good outcomes for everyone.

From your experience as a Psychologist what are your thoughts on the TERMS project and what it's aiming to achieve?

I think the TERMS project is groundbreaking in how it reaches out to young people and their families and works with them. I also really value the close collaboration between health and education. TERMS is reaching out to young people using digital resources that most of them are more familiar and comfortable with. It collects information quickly and efficiently to provide better care and supports a blended, collaborative approach. The project makes accessibility so much easier and much more environmentally friendly.

In your opinion, are there any other areas of mental health that could benefit from the project?

I think this could, with some careful consideration and planning, support work across all areas of mental health. Particularly so because it puts young people at the centre of it and is just so accessible.

Do you think TERMS could help or hinder young people from accessing services?

TERMS will definitely help young people access services and it should also allow professionals to highlight people who need face-to-face services.

Is there anything further you would like to add about your thoughts on the project?

It is really important to make the best use we can of digital resources alongside face-to-face contact. Sometimes we can forget how daunting a clinic visit can be for a young person and their family. If we can support young people and their families to access services in a more immediate and familiar environment, we will be able to support people to better look after their health.

Opinion piece: Noah

TERMS is a fantastic project aiming to utilise technology to monitor young people in the education system.

The aim of the technology that TERMS provides is to monitor and guide young people who are in need, with the aim of linking both schools and social care in Wales.

TERMS supports young people with both physical and mental conditions including ADHD, diabetes, obesity and weight management and eating difficulties.

In my opinion this is a fantastic project. It encourages young people to speak out about difficulties. The difficulties these young people face may affect school performance and enjoyment.

The use of remote monitoring equipment to aid and provide support for young people with mental and physical conditions is a valuable action. What makes TERMS so successful is that it enables young people to speak out about conditions they may possess in a helpful but also anonymous fashion, with the aim of professionals providing valuable support for young people. Creating a more positive environment in schools across Wales



CASE STUDY: DNAS

Did not attend (DNAs) occur when patients do not arrive to their appointment.

Throughout this year we have noticed that during half terms (school holidays) there tends to be an increase in the number of appointments missed. Either due to families forgetting or going on holiday/ having other plans.

It has been shared by clinicians that TERMS would benefit this period as it would mean that measurements can be taken at school, and an in-person clinic could be done remotely. Meaning the family could carry out their appointment in a way that may be more convenient.



Special thanks

We would like to personally thank the following groups, without their help, this year would not have been as successful as it has been.

Doccla

Thank you to Doccla for supporting in the project and providing the remote monitoring technology for us to test. A special shout out needs to be made to Alistair for his assistance throughout the project and being our point of call at all times throughout.

Clinical Teams & Schools

This project wouldn't be what it is without the amazing staff, families, patients and pupils involved in schools and clinics. We have had an incredible amount of engagement throughout, with 20 school visits and 21 clinic visits conducted. Therefore, we would like to thank every single individual involved in providing feedback, making connections and giving us the time to show the equipment and gather feedback. Without your support, we wouldn't be where we are today.

Health Foundation

Without the health foundation, this project may not have been possible. They have given us plenty of learning opportunities in the form of workshops and online support. A special thanks to Anna Burhouse for her incredible support, coaching calls and as always, amazing words of wisdom.

Young Person Advisory Group

Finally, a thanks to our young people who volunteer their time on our advisory group. They have helped from day one of the project and have been extremely valuable. They even supported in creating this newspaper!

