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Conference Abstract

## Popup Clinic: Your health in your hands

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## Abstract

**Background:** There is increasing recognition that people need to take better care of their health to help address the growing burden of long term conditions in health. However, there are few community-based, non-clinic, people focused alternatives to monitor one's health. We present the results from trials of Popup Clinic – a volunteer led, community based initiative using digital technology to help engage people with their own health.

PUC is an initiative of uMotif Digital Health. The PUC Advisory Board includes Richard Smith (former editor BMJ and Chair Patients Know Best), Christine Hancock (C3 Collaborating for Health), Paul Corrigan (ex-Director of Strategy and Commissioning, NHS London) and Jake Arnold--Forster (ex-CEO, Dr Foster). We have established relationships with partners for both hardware and logistics for further roll out.

**Aims:** To assess acceptability of using a service such as the Popup Clinic (PUC) and conduct trials to test uptake. At the first instance PUC will help identify those at risk and with undetected hypertension, along with promoting positive health behaviours for others. The digital platform includes web and mobile apps for testing, user engagement and, self-management. The platform takes users through what BP is, what the systolic and diastolic elements of BP signify, when BP is said to be high and how lifestyle changes can help manage BP. Users also get their BP readings and information about the next PUC via email.

**Methods:** We carried a nationwide survey of 1050 people to assess the need and found that a majority of respondents were interested in knowing their blood pressure reading so that they could reassess their lifestyle choices if needed. We followed this up with setting up training volunteers and carrying out real world pilots to test the concept. At each PUC clinic users got free BP test by trained volunteers, followed by the journey to help better understand what BP is and information to promote healthy lifestyles. In Feb-March '14 we trained 7 volunteers and completed 4 Popup Clinics – in a shopping center for a full day and half days at a church café, a city council office block and a private law firm- and tested 231 people. We conducted in-depth interviews with a subset of users to assess acceptability and usefulness of the service.

Funding was obtained from the 'London Fusion' initiative and the trials were delivered in collaboration with Goldsmiths College who carried out the user acceptability interviews.

**Results:** Using NICE guidelines to we found that overall half of those tested had BP readings above normal. Users reported that they had a better understanding of what blood pressure is and, how simple lifestyle changes can help maintain a healthy BP. We also got enquires from the private the law firm to run PUC as a regular initiative in their offices.

**Future plans:** The goal is to test a million people across the UK through partnerships with partners from private, public and third sector.

## **Keywords**

**hypertension; prevention; self-management; digital health; co-morbidities**

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## **PowerPoint presentation:**

[https://www.conftool.pro/digital-health-care-2014/index.php?page=adminPapersDetails&path=adminPapers&form\\_id=102](https://www.conftool.pro/digital-health-care-2014/index.php?page=adminPapersDetails&path=adminPapers&form_id=102)

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