ORCHA

Determining and evaluating the Quality of Health Apps

Supporting the digital patient

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Are health apps and mobile healthcare the future?

With over 366,000 health & fitness related apps currently on app stores and 5 MILLION downloads per day it is difficult to deny the

Weight Loss Apps

50 MILLION

Downloads

Exercise Apps

26.5 MILLION

Downloads

Women's Health Apps

10.5 MILLION

Downloads

Stress/Meditation Apps

8 MILLION

Downloads

Pregnancy Apps

7.5 MILLION

Downloads

Tools/Instruments Apps

26.5 MILLION

Downloads

Professionals are seeing the opportunity with health apps too

80%

Of professionals are using smartphones & medical apps

40%

Believe health technologies can reduce the number of visits to doctor offices

93%

Believe that these apps can improve patients' health

NICE

Published: 'Behaviour change: digital and mobile health interventions'

What are the main barriers to using digital health apps?

1.

Awareness

Apps are not yet part of the day-to-day management of health and care related conditions.

2.

Accessibility

Finding and matching Apps to support your needs or those of your service users is very difficult.

3.

Trust

The lack of a suitable quality indicator inhibits the embracing of Apps by end users and professionals in health and care space.

4.

Governance

The lack of clarity around the regulatory landscape and the appropriate governance foundations delivers organisational uncertainty.

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Mental Health

- Insomnia
- Stress and Anxiety
- Eating Disorders
- Bipolar
- Cognitive Behavioural Therapy
- Depression
- Phobias
- Self Harm Prevention
- Suicide Prevention
- Bullying
- Schizophrenia
- Obsessive-Compulsive Disorder
- Borderline Personality Disorder
- Addiction
- Panic Attack

The Health of Mental Health Apps

ONLY

29·6%

of mental health apps reviewed meet our quality thresholds

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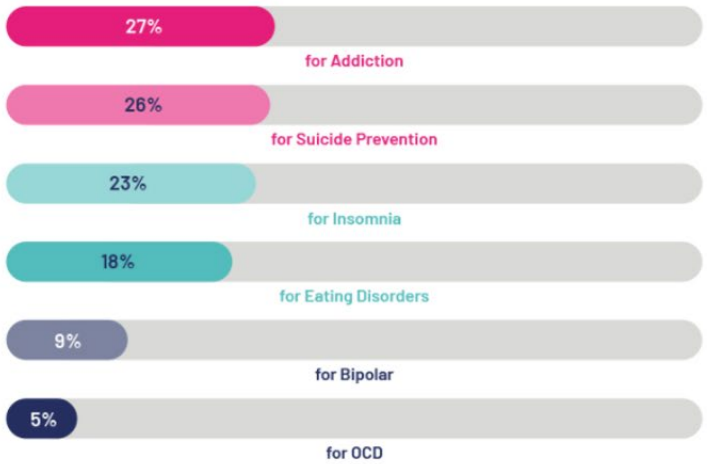
The Health of Mental Health Apps



meet our quality thresholds

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It all starts with tr

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The Regulatory Puzzle

What Applies to what?

The Regulatory landscape can be very confusing for Digital Health providers as 'old' regulations and standards are being 'adapted' to meet the very different scenarios that these solutions throw up. Healthcare Regulators globally are wrestling with how to provide a suitable regulatory regime for these innovative products and services.

Data & Privacy

In the EU, Apps are now largely governed by GDPR Regulations. However emerging standards around the additional requirements to support System Interoperability will undoubtedly add more layers on top of the base GDPR position. Key areas of focus will be the 'model of consent' and authentication solutions.

Clinical Assurance

This is an area that is packed with regulations, standards and policy requirements depending on the jurisdiction in question. Key regulations include, Medical Device Regulations (with major changes coming into force shortly), CQC Registration, Clinical Safety standards, and requirements around evidence of

Security

This are focuses on compliance with OWASP best practice guidelines for Apps and Web based solutions.

Whilst existing accreditation regimes such as Cyber Essentials and ISO27001 are relevant, the need to demonstrate 'security by design' and suitable vulnerability testing is also becoming key.

User Experience

This is currently the area that is least impacted by Regulation. There are some standards around usability and accessibility, but true User Experience metrics or KPIs are hard to come by, with the primary user feedback mechanisms highly prone to

The ORCHA Baseline Review Process

A revolutionary approach to technology assessment

Auto Filtering

We filter out apps not available in relevant languages and apps that haven't been updated for over 18 months. We auto-categorise those remaining Apps into over 250 condition and category areas.

Developer Checks

We notify developers of our review findings ahead of publication and allow them 10 days to challenge any area of the review.

Weekly Monitoring

We monitor all of the apps in this space on a weekly basis to identify new apps, apps that have new releases and apps that have become out of date.

350 Point Evaluation PLUS

Our reviewers analyse each app through a 350+ point evaluation which assesses an app's compliance with relevant standards, regulations and best practice.

Publication & Further Monitoring

Following the developer check period, the review is published on all relevant platforms and we start to gather further information for our 'Advanced Review' phase.

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	GGZ/Mind	N!P	Israel MoH	NHS DTAC	ISO 82304-2	Health Navigator
Enhanced Evidence Analysis					✓	✓
Commercial and Financial						
Interoperability		✓		✓		
Clinical Safety				✓	✓	✓
Technical Stability			✓	✓	✓	
Security		✓	✓	✓	✓	
Enhanced Data Analysis			✓			
User Experience	✓	✓				
Clinical Assessment		✓	✓			
ORCHA Baseline Assessment						
Clinical Assurance	✓	✓	✓	✓	✓	✓
Usability & Accessibility	✓	✓	✓	✓	✓	✓
Data & Privacy	✓	✓	✓	✓	✓	✓
ORCHA Rapid Assessment	✓	✓	✓	✓	✓	✓

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Tell people which products are good

Digital Health Libraries and recommending the best!

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SEHTA · SIMDH · LSBU · GREATER LONDON AUTHORITY · European Union European Regional Development Fund

NHS London Procurement Partnership

Procure

London Procurement Partnership (LPP) partnered with ORCHA in September 2019 to create the first Dynamic Purchasing System (DPS), which brought together procurement regulations and quality reviews of digital health solutions which could be procured with confidence.

Since launching the DPS we have grown the offering to cover all areas of clinical or health need.

Currently within the DPS we have over 1,000 products and can add hundreds of new products to this environment every month.

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Empowering patients

Through the use of Health and Social Care Apps

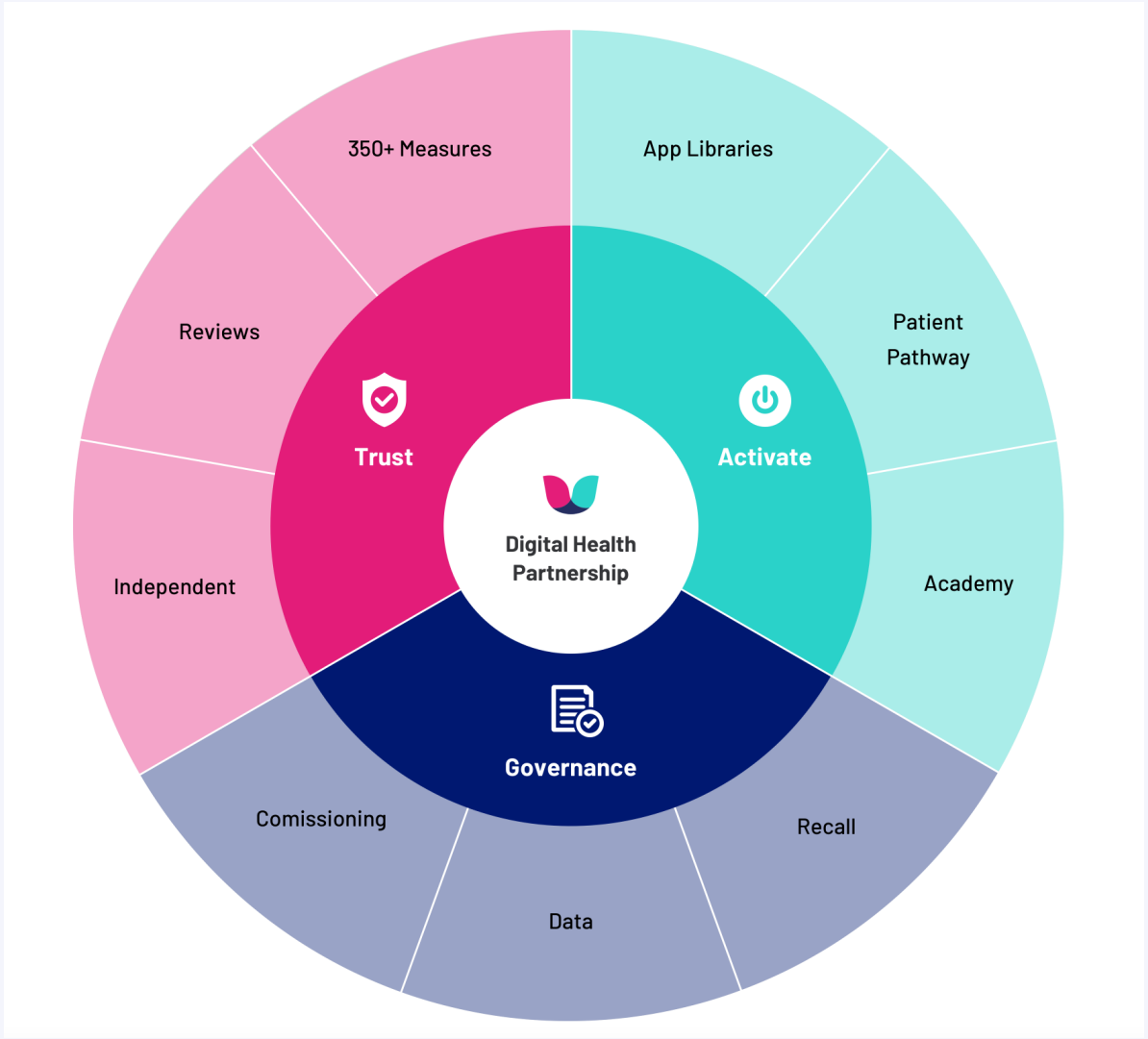
NHS London Procurement Partnership (NHS LPP) are supporting the NHS Long Term Plan through the delivery of our **NHS LPP Health & Social Care Apps Dynamic Purchasing System** (DPS), enabling patients to have a greater role in their care journey and wellbeing.

The **NHS LPP Health and Social Care Apps DPS** provides the public sector with a way to compliantly procure condition-specific apps to meet health and social care needs; supporting patients, clinicians and non-clinical staff.

The adoption of apps has already been proven to reduce GP visits, prevent costly trips to A&E, lower usage of prescription drugs and to help close the population health inequalities, delivering both direct and indirect savings and benefits.

Further categories will be added to the **DPS** soon and a list of these can be found in **LPP Sourcing**.

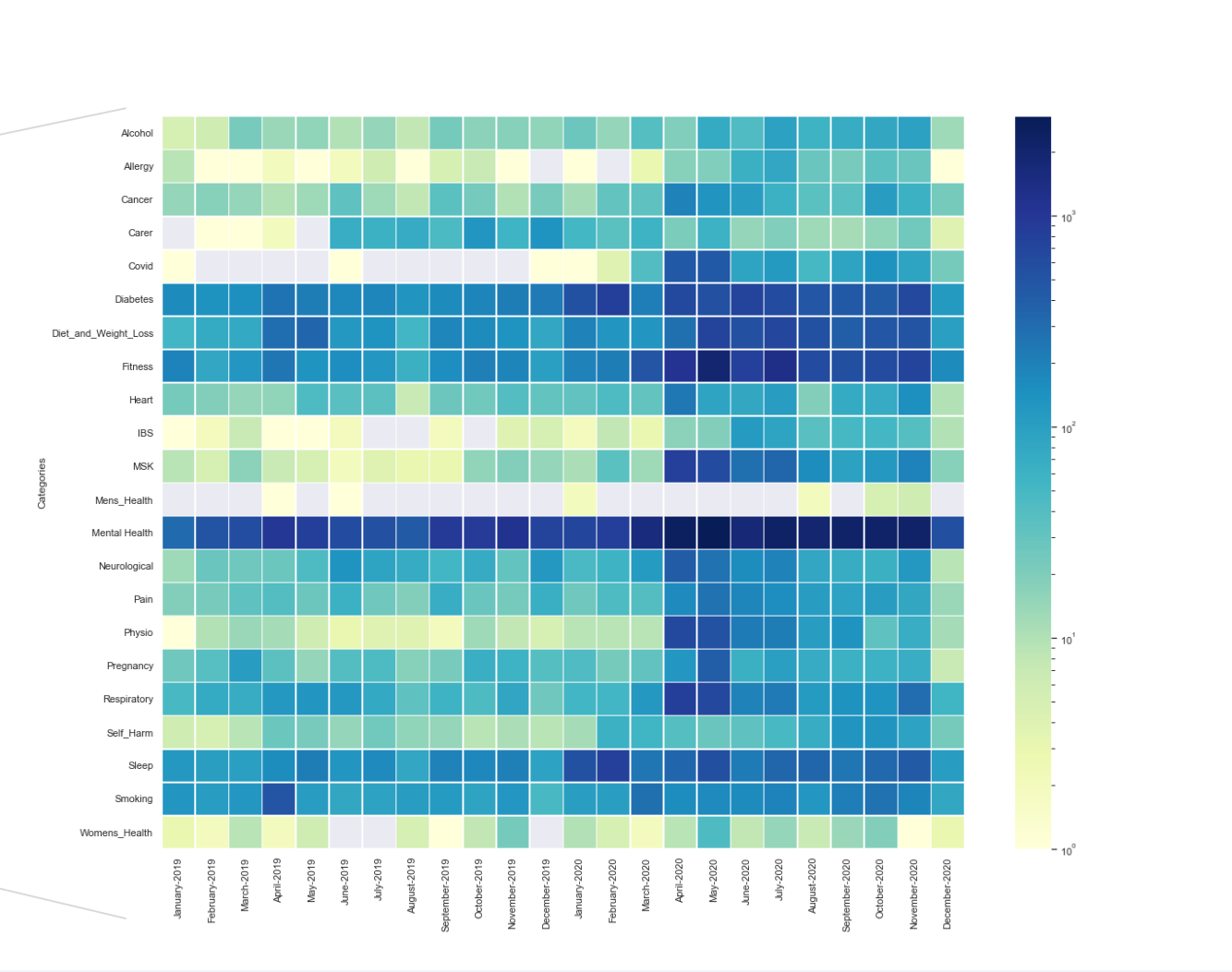
To truly support the digital patient we must:



- **Build trust in digital health**
- **Activate trusted partners**
- **Enable strong governance and risk management**

What are people searching for?

COVID-19 & Respiratory Conditions	Mental Health	Diet & Fitness
Mar – Jun 20	Jul – Sept 20	Oct – Dec 20



NOW IS THE TIME

Searching for, finding and recommending digital health apps since COVID-19

180%

Sessions

180.1% increase

66%

Pageviews

66.6% increase

6500%

Recommendations

6500% increase

182%

Downloads

182.5% increase

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