THE MONSENSO CONNECTED HEALTH SOLUTION FOR MENTAL ILLNESSES

The Monsenso connected health solution for mental illnesses is a Class I CE-marked medical device, which have been technically and clinically validated in a range of clinical pilot studies and randomised controlled trials (RCTs).

PATIENT-ORIENTED CLINICAL OUTCOMES

- High compliance rate to daily self-assessments (75-93%)
- Secure connection to clinician and treatment team
- Helps patients cope with their illness, increased engagement and illness education
- Supports stepped learning of therapy programs
- User session / calendar reminders
- Very user-friendly, and highly useful for patients and clinicians

ADAPTIVE LEADING TECHNOLOGY

- Stable and scalable
- Minimal battery consumption on a smartphone
- Generates multiple accurate outcome measures
- Provides a 2-way data visualisation and supported therapy delivery
- Multiple configurations allowing therapy support across conditions and therapy provision

EMPOWERING THE CLINICIAN

- Self-assessed symptoms and passive sensor data collection both have a high correlation with clinical assessments
- Ability to host and deliver personalised programmatic therapy content
- Advanced 2-way communication and treatment delivery
- Dynamic synchronisation between clinicians' portal and users' smartphone app
- Preparatory and post consultation preparation and feedback

SUPPORTING A BETTER TREATMENT

We have a mental health 'connected healthcare' platform which delivers a scalable, customisable solution, helping drive improved care and quality, through improved patient engagement, awareness and self-management. Monsenso helps clinicians bring better treatment to more people at a lower cost. Based on continued research and development, we are committed to developing solutions that fit seamlessly into the lives of individual, while increasing the efficacy of their treatment.

THE JOURNEY

At the point of referral or at the appropriate time an individual is prescribed access to a smartphone app that combines daily patient self-assessment, diary entry, hosted clinical scales, with sensor data gathered from the smartphone and wearables, to provide an accurate overview of a patient's wellbeing. The automated onboarding process provides insight into the app, its contents and the expectations of its use with the treatment team. The chosen configuration is based upon the profile assigned by the clinician, so an individual being treated for depression would access a different configuration than someone being treated for GAD or OCD. Not only would the configuration vary but so would the outcome measures and the treatment content hosted within. The Monsenso smartphone app can also help patients identify triggers, early warning signs, and gain insight into their illness. In the case of an emergency, patients can access customised action plans that assist them to cope with their symptoms.

The clinical web portal provides historical personalised information on each patient, providing an overview of their patients' illness progression, symptoms and medication compliance. The Solution also notifies clinicians when patients display any triggers or warning signs, enabling them to monitor each patient remotely, and intervene at an early stage. The technology provides clinicians with an insight into the correlation between a patient's behavioural patterns and the illness, enabling them to provide a more efficient treatment.

It is here where the clinician also accesses all programmatic content and can connect with the user via secure messaging functionality. The modular architecture of the solution allows for customisable approach to the delivery of the CBT, crisis or care plans and the video, audio file and text based psychoeducative content. These programs and tools are supported by an If-Then approach to delivering these interventions in between sessions. The right help to the right person at the right time.
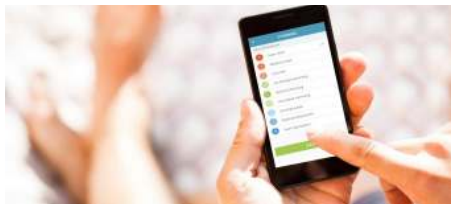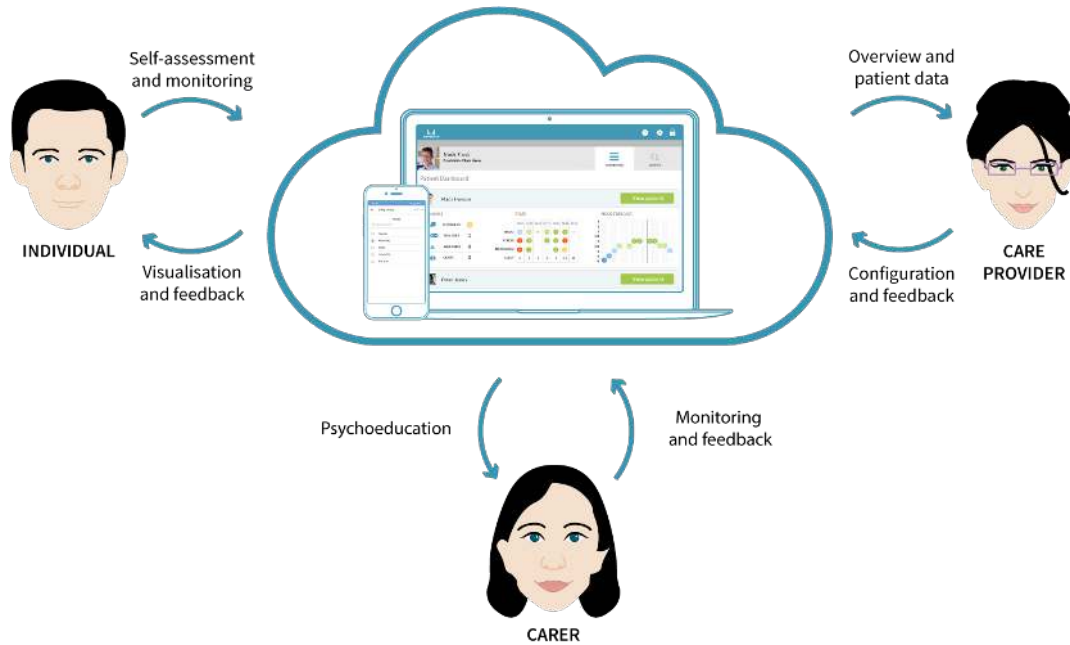
PATIENT SMARTPHONE

- Patient self-assessment and clinical questionnaires
- Tracking medication compliance
- Visualisations of data
- Content provision and progress tracking
- Triggers and warning signs linking data and interventions via If / Then approach
- Motivating feedback
- Preparatory and post consultation feedback
- Therapy session / calendar reminders

BIG DATA ANALYSIS

- Historical aggregation of data
- EMA/EMI, supporting automated intervention delivery
- Risk assessment
- Outcome measures available from – subject daily questionnaires, passive sensor and clinical scales data sources
- Technical interoperability

CLINICAL WEB PORTAL

- Clinical dashboard
- Overview of historical data
- Secure messaging with patient
- Delivery of hosted personlised therapy programs
- Supporting CBT therapy
- Clinician session rating and clinical notations
- Post consultation feedback
- Identification of warning signs

WHAT USERS SAY

"*The system is a great tool to treat patients! It provides me with more insights on how a patient is feeling and it supports a much faster intervention.*"
- Nurse

"*The system helps me to become more aware of the things that affect my condition and it helps me to have a more stable life.*"
- Patient

"*Now, our conversations are facilitated by data in the system. This is especially useful with patients who have a hard time talking about their experiences.*"
- Nurse