

NIHR Greater Manchester PSTRC

Plain English Publication Summary

Publication: [Co-designing an Adaption of a Mobile App to Enhance Communication, Safety, and Well-being Among People Living at Home With Early-Stage Dementia: Protocol for an Exploratory Multiple Case Study](#)

Publication details (Vancouver format)

Davies K, Cheraghi-Sohi S, Ong BN, Cheraghi-Sohi S, Perryman K, Sanders C. Co-designing an Adaption of a Mobile App to Enhance Communication, Safety, and Well-being Among People Living at Home With Early-Stage Dementia: Protocol for an Exploratory Multiple Case Study. JMIR Res Protoc. 2021 Dec 20;10(12):e19543. doi: 10.2196/19543. PMID: 34932011; PMCID: PMC8726030

What are the most important findings/conclusions in this paper? Why are they important?

This paper is a protocol paper, which means a paper that describes what our research will look like. There are no results from this work yet because we are still collecting the data.

What did you do?

We are involving people living with dementia and their carers to provide feedback on an app from the NHS app library that we think has potential. Although designed for another user group, the app called 'Hear Me Now' (formerly My Health Guide) has multiple features that may be useful for people living with dementia and/or their carers.

We will gather information by interviewing people living with dementia and their carers to understand their health and social needs and to see how people manage their condition and everyday living needs. We will show people taking part in the study how to use the app and then gather data to understand their first impressions of it. We will also allow people to keep the app and test it out in their own homes to see whether it helps people living with dementia and/or their carers to manage their health or everyday living needs.

Why did you conduct this research?

Technology that's designed to help people with their health needs is called Assistive Technology (AT). It is now a big part of policy and guidance for improving the care of people living with dementia. But designing technology that people living with dementia and/or their carers find helpful and easy to use is still in the early stages. We are looking at whether technology, specifically apps, can help to support people with mild dementia and/or their carers with communication, safety and wellbeing.

What was known before your paper was published?

Improving communication to support patient safety has been identified as 1 of the top 10 priorities by care practitioners and service users. However, there isn't much evidence about the best way to design an intervention that will help to communicate with people living with dementia, as well as improve their safety.

We think the Hear Me Now (HMN) app could be suitable to support communication, but first we need to evaluate it. We want to:

1. Look at the usability, usefulness, and relevance of HMN for people living with early-stage dementia who live in the community.
2. Examine the benefits and challenges of using HMN to improve the management of health, safety, and wellbeing.
3. Find out if any changes are required to the HMN app and if so, to see what the changes should be.

What is next? What is the potential impact of the work in this paper? What will change as a result of this paper (or the study it describes)?

This work will help us to plan the design and roll-out of a new digital tool for people with mild dementia and their carers. As well as finding out what hardware and software to use, we will also explore the role of carers in supporting the use of digital tools for people living with dementia.

Does this paper link in to a particular study / project? If so, please summarise the study and explain how this paper has improved understanding, or will move the study forward.

NA