S/Key transformation project in Healthcare System in Catalonia

e-Mental Health Catalonia

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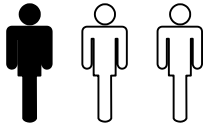
October 3th, 2024

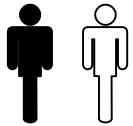
Generalitat de Catalunya
Clínic Barcelona
Hospital Universitari MútuaTerrassa
Hospital del Mar Barcelona
Gestió de Serveis Sanitaris
Salut/ Parc Taulí Consorci Corporació Sanitària

S/How is the existing situation in Spain?

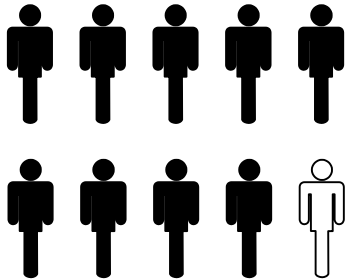


1 out of 3 could suffer **mental health diseases**

3 out of 4 people who have mental diseases **do not receive the proper help**



1 out 2 receive **wrong diagnosis**



9 out of 10 healthcare professionals consider that **there is a lack of digital tools to support their job**

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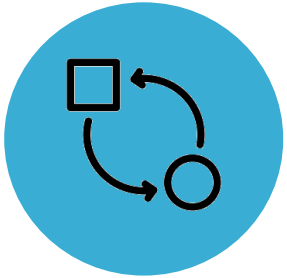
S/Project background



- The Catalan Government has chosen **18 transformation projects** to be tested in hospitals
- **eMental Health Catalonia** is the **only one focused on mental Health**

Financing coming from the NextGen Funds

Execution until May 2026

Led by Tauli Hospital (Sabadell) in collaboration with Clinic Hospital, Mútua of Terrassa and Hospital del Mar

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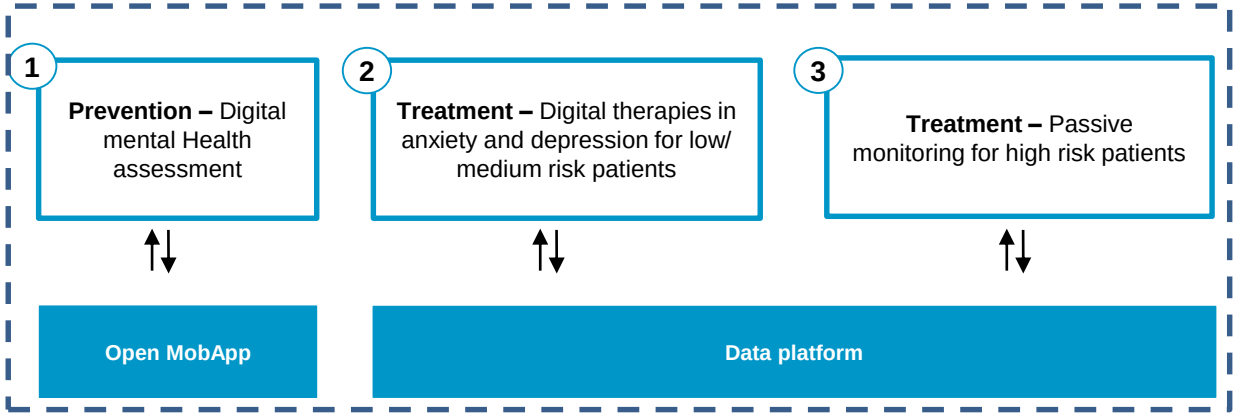
S/Project objectives

Objectives

- Introduce **new digital solutions in mental health** to transform the current care process (gold standard), increasing **efficiency in the use of resources** and **maximizing patient and professional experience**
- **Build a digital platform** that allows **capturing real patient data** from **different digital devices** to analyze it and integrate it with the current information systems in order to be able to generate alerts and carry out proactive actions that reduce risks (e.g. suicidal behaviors)

- **Market assessment**
- **Key pain points in the existing care process**
- **Professionals and patients needs**



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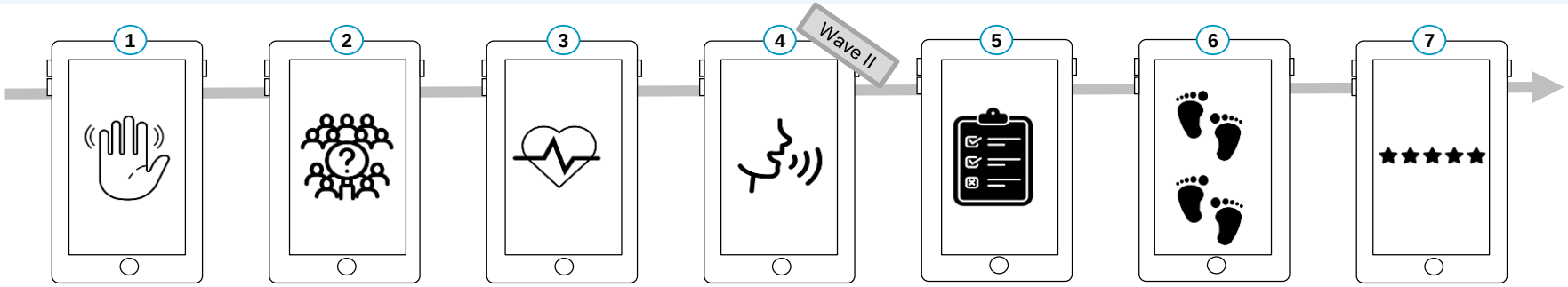
S/Prevention – Digital mental Health assessment (1/2)

We want to create a clinical self-assessment tool targeted to general population *(teenagers and adults)*
with the objective of improving **accessibility to mental health services and reducing stigma**



1	2	3	4	5	6	7
• **Welcome** • **Legal warnings**	• **Sociodemo-graphic data introduced by the patient or caregiver**	• **Symptomatology selection**	• In case the potential mental health disease is anxiety or depression, **60'' voice recording to be analysed**	• Clinical test self-administered	**Test result and proposed actions:** • Confirm satisfactory mental situation • Propose BCT and digital exercises • Propose to fix an appointment with GPs • In case of inminent risk, proactive call from the emergency service	• User feedback

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S/ S/Prevention – Digital mental Health assessment (2/2)

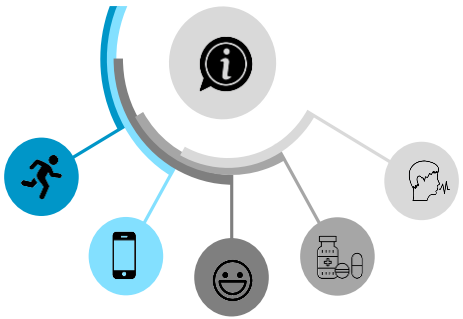
- Causes, prevalence and general aspects of the mental disorder?
- Common symptoms?
- What should I do if I have this symptoms?
- What types of treatments exist?
- Are there any patients & family associations to go?

- Listen actively to our patients

S/Treatment – Passive monitoring

Captured info

Physical activity, **heart rate**, **pressure**, **pulse and sleep** *(Passive capture)*



Voice and face recognition – *Active info*

Mobile use: time of use, unlocks and geo-location *(Passive info)*

Mood - *(Active info)*

Pharmacological adherence *(medication collected in pharmacy)* **–** *Passive info*

- **Alerts based on the captured info**

- **Alerts management and proactive care**

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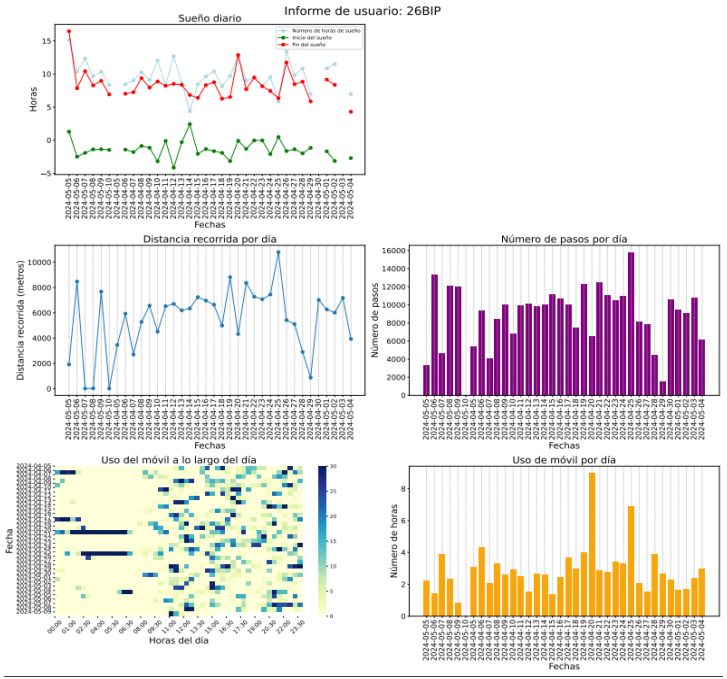
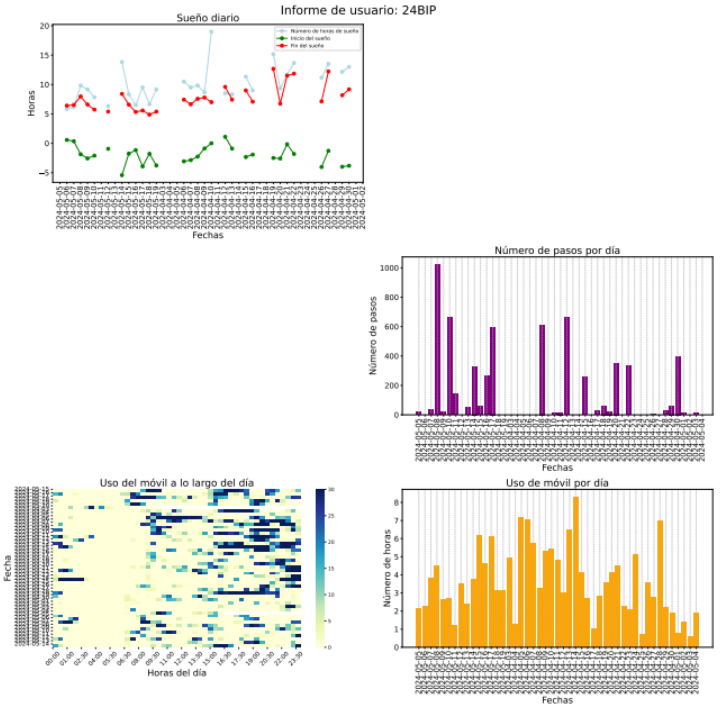
S/Treatment – Passive monitoring reports





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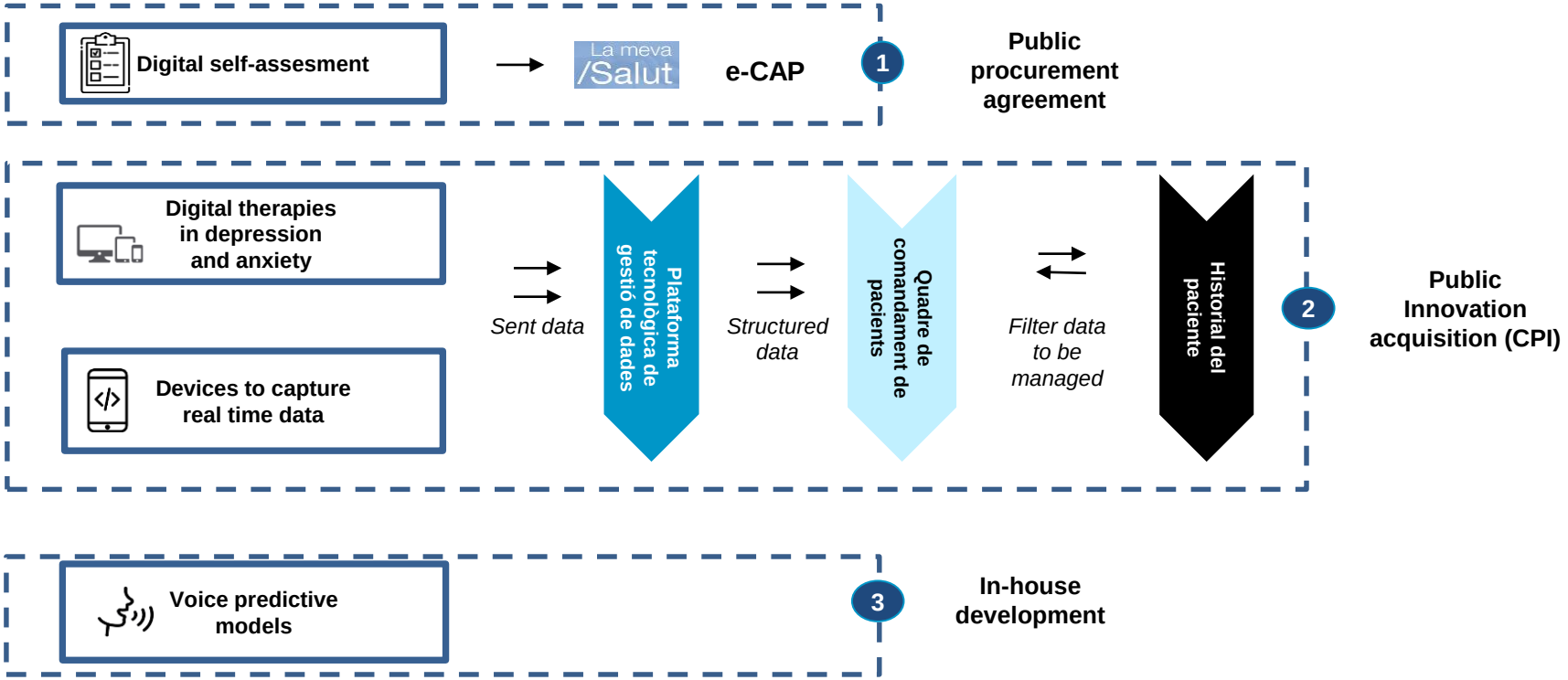
S/How are we going to deploy the project?



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S/Main barriers and challenges

Bureaucratic Processes

*The complex administrative structure **can slow down decision-making** and implementation of new technologies and practices.*

Change management

*Healthcare professionals may be **hesitant to adopt new practices or technologies** due to comfort with existing methods or fear of the unknown*

Digital literacy in healthcare professionals and patients

***Insufficient training** for healthcare providers on new technologies can limit their effectiveness and acceptance*

Fragmented IT infrastructure

*The **decentralized nature of the healthcare system** in Spain can lead to inconsistencies in the adoption of innovations across regions*

Short and medium term funding programs

***Budget constraints** can restrict investment in innovative solutions, leading to a focus on immediate needs rather than long-term improvement*

We have a long and exciting way to go…

…let’s do it together

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