Technologies in Palliative Care for Older People

Mark Taubert X: @ProfMarkTaubert &Bluesky

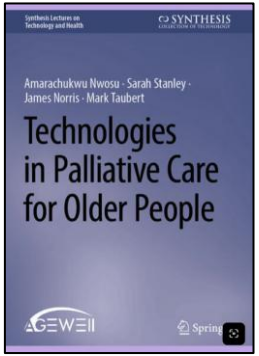
Velindre University NHS Trust, Cardiff, Wales &
Cardiff University Diploma/Msc in Palliative care



SPPC Annual Conference

About me

- Palliative Care Consultant & Clinical Director in Cardiff (Velindre Cancer Centre & Llandough Hospital)
- Lead for Future Care Planning NHS Wales Executive
- Work on Diploma and MSc in Palliative Care Cardiff University
- Wales Cancer Trials Unit and Marie Curie Palliative Care Research Centre Cardiff locally
- Bluesky/X: @ProfMarkTaubert Also on LinkedIn
- No Competing Interests to Declare





Help the Aged!
Technology for older people with palliative care needs

- Communication and Control
- Staying connected/screens/audio
- Info/education/monitoring
- Comfort, Mood, Symptoms?
- Mobility & daily tasks

Communication and Control

Digital Personal Alarm



Easy to use and reliable personal alarm. A perfect choice if you would like peace of mind you can get help in the home and garden.

Digital Fall Alarm



If you are worried about how you would get help if you fall, this alarm provides peace of mind and security in the home and garden.

- 24/7 emergency resolution

Taking Care Anywhere alarm



If you enjoy being out of the house and want reassurance you can call for help in an emergency, this alarm suits a more active lifestyle.

MGMove App: Integrating Smartwatch Safety Features

Smartwatches have evolved from simple fitness trackers into sophisticated health and safety devices. The MGMove app, designed to work with Medical Guardian's line of smartwatches, exemplifies this trend by integrating personal safety features directly onto your wrist. This is an excellent option for those who already enjoy the convenience of a smartwatch for tracking steps, checking messages, or telling time.

Medical Guardian MGMove Wearable Senior Safety Smartwatch | 24/7 Emergency Call Button & Two Way Voice | GPS Tracking + Step Counter | Water Resistant Medical Alert Watch | Monthly Monitoring Plan



Life360: Location Sharing For Family Peace Of Mind

Independence is often supported by a network of family and friends. Life360 facilitates this by providing a simple, private way to share your location, giving loved ones peace of mind without constant, intrusive check-in calls. It's less of a fall prevention app and more of a powerful coordination tool that reduces "what-if" anxiety for everyone.

The app allows you to create a private "Circle" of trusted contacts who can see your location on a map. You can also set up Place Alerts that automatically notify your Circle when you arrive at or leave a specific location, like home, the doctor's office, or the grocery store. This passive awareness lets family know you're going about your day as planned without needing to interrupt you.

Medisafe Pill Reminder: Preventing Medication Errors

A significant number of falls are not caused by environmental hazards, but by internal factors like dizziness or confusion. These can often be side effects of medication, especially when doses are missed, taken incorrectly, or interact poorly. Medisafe is a top-tier medication management app that directly addresses this risk factor by ensuring you take the right medicine at the right time.

This app goes far beyond a simple phone alarm. You can input all your medications, set reminders for each, and track your adherence. It can also alert you to potentially dangerous drug interactions and remind you when it's time to order a refill. One of its most powerful features is the "Medfriend" option, which can notify a family member or caregiver if you miss a dose, providing a crucial backup.

Google Play
https://play.google.com › store › apps › details

Fall Track - Apps on Google Play

11 Jul 2024 · Now your loved ones can receive a fall alert any time the app's features detect a fall. …

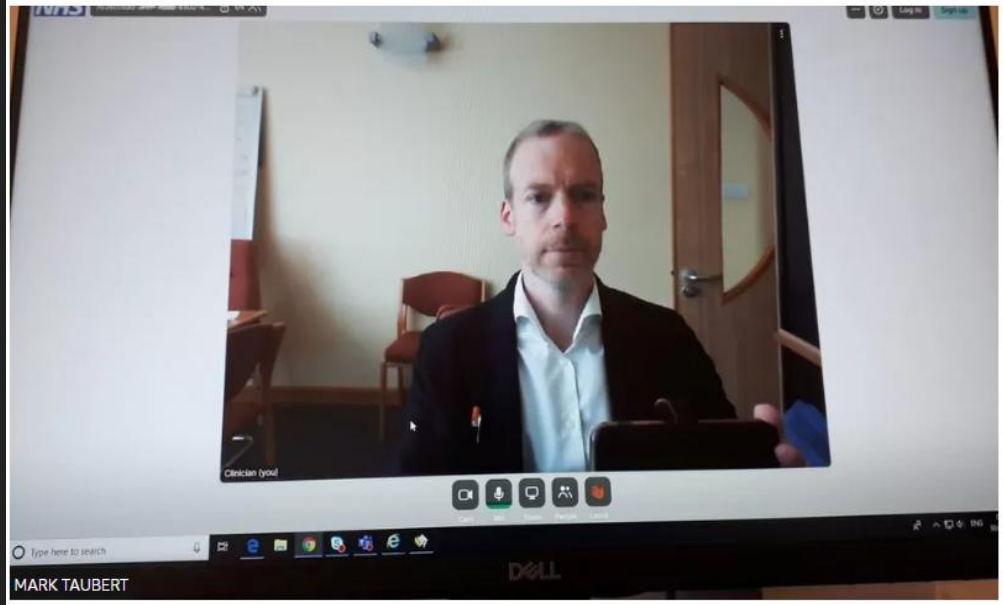
- **“Help the aged**
  One time they were just like you
  Drinking, smoking, sexing, sniffing glue
  Help the aged
  Don't just put them in a home
  Can't have much fun when they're all on their own
  Give a hand if you can
  Try to help them to unwind
  Give them hope and give them comfort
  'Cause they're running out of time

- **In the meantime we try**
  Try to forget that nothing lasts forever
  No big deal, so give us all a feel
  Funny how it all falls away…”

Jarv' wants to….. Connect and update but doesn't like hospital parking, so connects from home

We have had many discussions in hospitals, community and hospice settings, about how compassion can be combined with strict visiting rules, for instance. As caring health and social care professionals, it is against our nature to prevent loved-ones from coming in to support their seriously ill relatives.

BBC NEWS



Dr Mark Taubert works at Velindre NHS Trust and also teaches at Cardiff University



Active Screens everywhere, WhatsApp/video/audio now always on

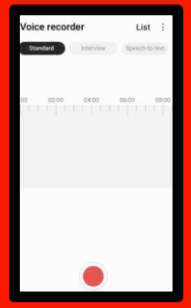
Such preparation and responsiveness is under-prioritised at everyone's peril, because preparing for difficult conversations and understanding grief and its stages can help, in order to support ourselves and those around us.

BBC







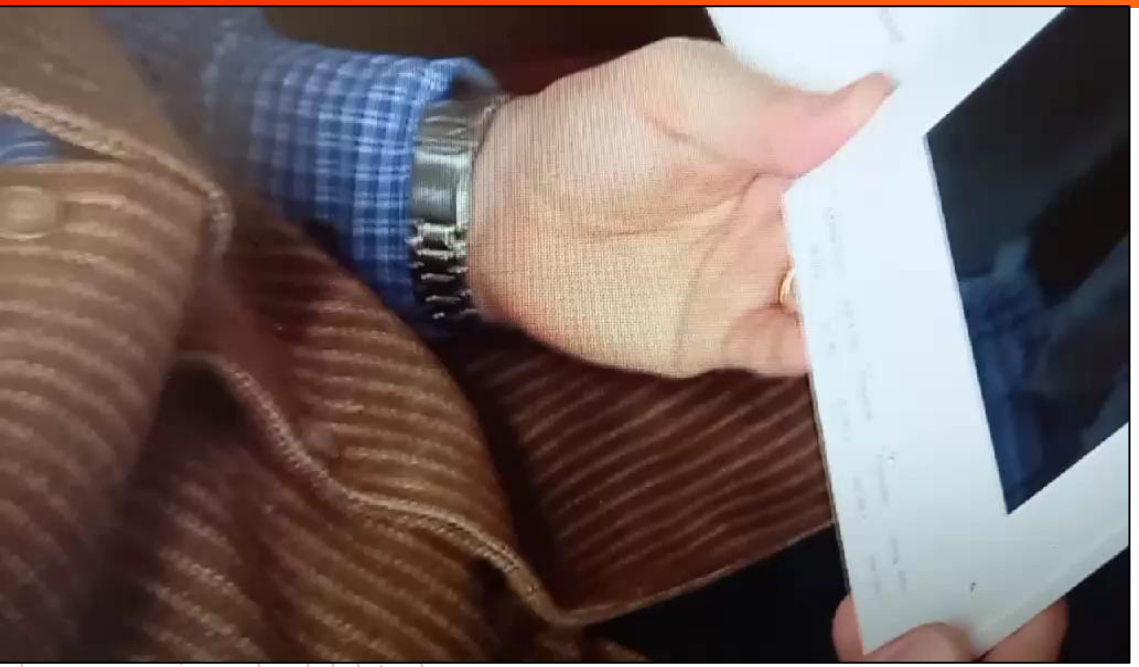


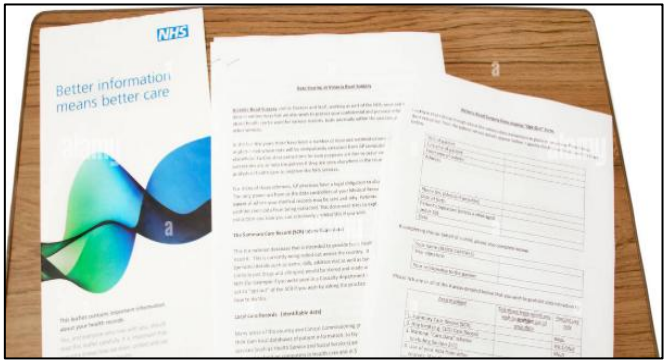
- If an older person asked you whether they can audio record the clinic or ward round consultation so they can listen to it again later, what would you say? Yes/ No
- If they asked you whether they can video the consultation so they can listen to it again later, what would you say? Yes/ No



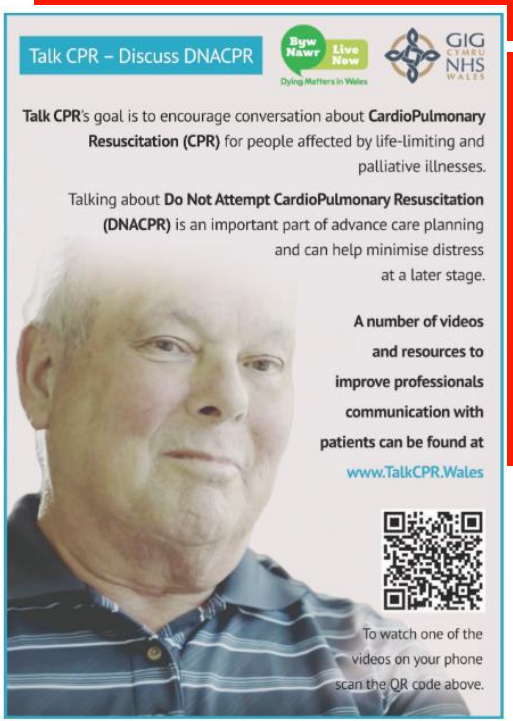
Maryl’

Maryl prefers Videos over lengthy NHS Patient Info Leaflets





QR codes to ease access:





Virtual Reality/ Augmented Reality

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NEWS

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Virtual reality transports hospice patients to other side of the world

1 August 2022



The VR headsets allow patients to view different scenes from around the world, or even space

A hospice is using virtual reality (VR) to help patients relax and transport them away from their beds.

St Giles Hospice, which has bases in Lichfield and Sutton Coldfield, said the headsets allowed patients "to escape the realities of their present situation".

"I've never experienced anything quite like it in my life - I was totally lost in the moment," Janet, 71, said.

The VR experiences include cities of the world, space, and wildlife.

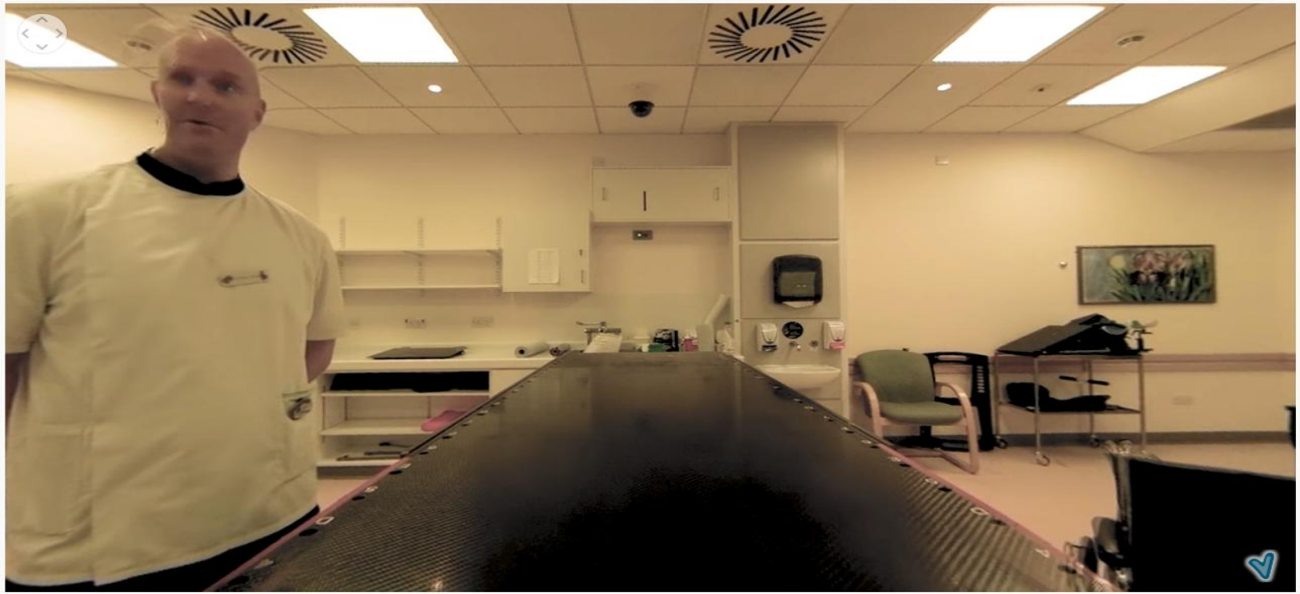
Beth Robinson, Occupational Therapist at St Giles Hospice, said the VR headsets helped patients "immerse themselves into a calming space".

Janet's daughter, Hazel, said: "It was brilliant to see mum immersed in all these different experiences. Whilst mum was watching them, her face was so animated.

youtube.com/watch?v=7WwNvXjVHQ8

YouTube GB

Search



Velindre Cancer Centre Learning Resources

Unlisted

13,446 views • 15 Aug 2017

4 DISLIKE SHARE SAVE ...

Immersive therapies created by VR creators



ESCAPE

Highly immersive experiences using audio and 360 visuals to distract patients from their pain and anxiety.

Patients can explore an African safari, travel cities of the world or simply relax on a perfect isolated beach and much more.



DISTRACT

Distractive and highly immersive games that require the patient to direct the flow of the experience and avoid obstacles in order to score points. These are immersive, interactive pieces of content and are great for patients experiencing high amounts of pain and/or anxiety.



RELAX

A choice of relaxation spaces set in different serene environments. Users take part in guided breathing exercises featuring relaxing imagery and calming audio. This reduces anxiety in adolescent and paediatric patients using proven breathing and sleep exercises.

Paul




Rescape

Toni

Toni's Assistive Glasses



ASK ALEXA!

- ‘My doc has told me to take these Oxo codeine [sic] tablets every day, but I didn’t pay attention. Do I take them with food, or after? What if I don’t eat any dinner, will they upset my stomach?’



Alexa said:



- “Whether your prescription is for oxycodone or codeine, you can generally take these tablets with or without food. However, opioids are notorious for causing nausea, vomiting, or stomach discomfort. If you don't eat dinner and take them on a completely empty stomach, they are much more likely to upset your stomach or make you feel sick.
- Buffer your stomach: If you skip dinner or have no appetite, try to eat a small snack—like a few plain crackers, a piece of toast, or a glass of milk—right before or when you take the tablet. A tiny bit of food acts as a buffer to help prevent nausea.
- Swallow them whole: Do not crush, break, or chew the tablets unless your doctor specifically told you to, as some of these medications are designed to release slowly into your system over time.
- Stay hydrated: Opioids frequently cause constipation. Drinking plenty of water throughout the day can help manage this side effect.
- Avoid alcohol: Never drink alcohol while taking codeine or oxycodone, as combining them can cause dangerous drowsiness or severe breathing problems.
- Because "Oxo codeine" isn't an exact medical name, your tablets could be a specific blend or an extended-release formula. It is always safest to call your pharmacist or doctor's office to confirm your exact dosing schedule, especially since you are meant to take them every day!”

Nicholas



Monitoring with help of AI



NHS SCOTLAND MyCare





Pain Management, tech and AI

- Lots of Apps already available
- Artificial Intelligence will analyse large volumes of patient data and identify patterns faster than a human canld. In the context of pain care, AI can:
- Predict how a patient may respond to a specific treatment
- Analyse past medical records, imaging scans, and pain patterns in seconds
- Support doctors in making evidence-based decisions for individual patients
- Personalization Matters in Pain Treatment
- AI and Tech may help us move away from a "one-size-fits-all" model and toward truly personalized care plans. With AI support, our pain specialists can recommend the right intervention at right time—increasing the likelihood of relief and minimizing unnecessary procedures.
- Nicholas wants his Apps to incl Transcendental Meditation

Transferable Tech for Care Homes and Hospices?

Intelligent classroom behaviour management systems:

Use facial recognition CCTV installed in classrooms that scans students' behaviour and expressions every 30 seconds to assess their engagement levels and mood.
Registers seven expressions of emotion and six types of behaviour.

Teachers have fed back it drives improvement in teaching, allowing them to adapt quickly in real-time.
***"I stay awake and it's like mystery eyes are constantly watching me"*, said one student**

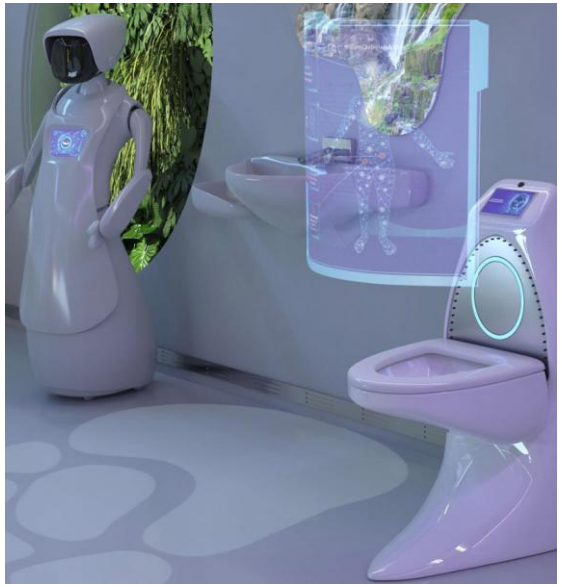
From: Li, Pei, and Jourdan, Adam 'Sleepy pupils in the picture at High-Tech Chinese School' Reuters; https://uk.reuters.com/article/uk-china-surveillance-education/sleep-pupils-in-the-picture-at-high-tech-chines-school-idUKKC-N1II128)

Mrs Reuss

Mobility and Daily Tasks









Nymbl Balance: Proactive Training For Stability

The most effective way to prevent a fall is to improve the very systems that keep you upright. Nymbl is an app designed to do just that by turning balance training into an engaging, 10-minute daily routine. It operates on the principle of dual-tasking, which is critical for real-world stability. A fall rarely happens when you're standing perfectly still and concentrating; it happens when you're distracted, like talking while navigating a cluttered room.

Nymbl combines simple physical movements, like shifting your weight or standing on one foot, with fun cognitive games played on your phone or tablet. This dual-tasking approach trains your brain and body to work together, improving your reflexive balance and helping you stay steady even when your attention is divided. It's a proactive strategy that builds resilience over time, much like exercising a muscle.

Digital Legacy

- **Digital legacy** refers to the digital information and assets that exist after someone's death. It encompasses various online accounts, social media profiles, photos, videos, and other digital content that individuals create and share.
  To manage a digital legacy effectively, it's crucial to have a plan in place that includes:
- **Digital wishes**: Instructions on how to handle your digital assets after your death, which can be included in your will
- **Accessing accounts**: Knowing how to access and memorialize online accounts, such as social media and email, after someone dies.
- **Legal considerations**: Understanding the laws surrounding digital property and how to secure digital assets.
- Creating a digital legacy plan can help ensure that your digital assets are managed according to your wishes and can provide peace of mind to your loved ones.

Beyond the Grave?

sky news

The new tech bringing loved ones back to life through AI

The virtual reality tool called "live forever mode" features digital avatars who can simulate a person's voice, mannerisms and movements after just 30 minutes of the user being observed.



Arthi Nachiappan
Technology correspondent



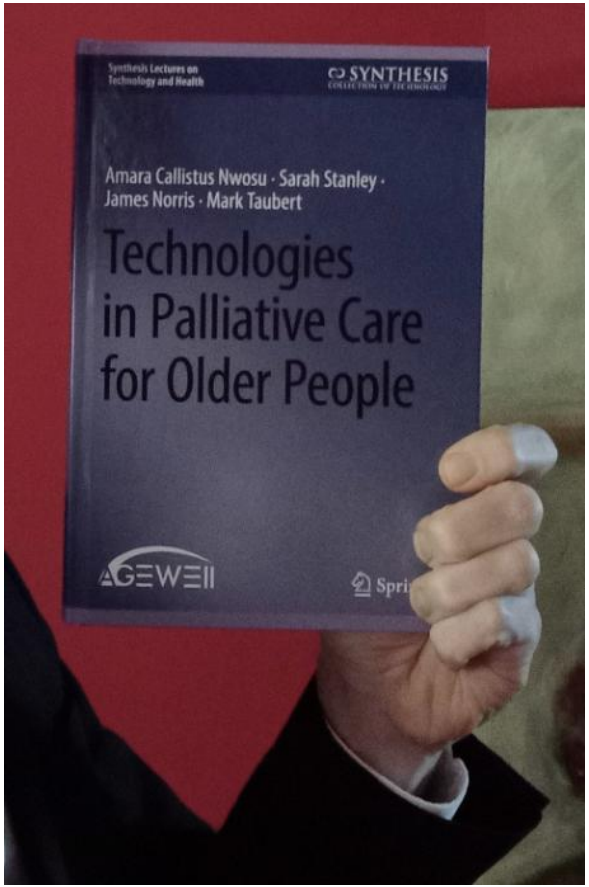
When technology entrepreneur Artur Sychov's father was diagnosed with cancer, he was forced to accept a day may soon come when he wouldn't be able to speak to him again.

The 38-year-old knew he would give anything to have another father-son conversation after his dad's death.

So, using **artificial intelligence**, he got to work on a way that could make it happen for others in his position.

Danke, Diolch, Thank you!

Mark.Taubert@wales.nhs.uk





- “Help the aged
  One time they were just like you
  Drinking, smoking, sexing, sniffing glue
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  Don't just put them in a home
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