

Innovative Use of Technology/Social/Digital Media

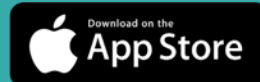
Little Journey: a children's healthcare procedure preparation and support tool at Little Journey Limited

Presenter: Dr Chris Evans

Contributors: LY Team, YPAG, Advisors, content creators
Little Journey



Free to download on:



✉ chris@littlejourney.health

🌐 www.littlejourney.health

📱 @littlejourney__



Name: Reuben Evans

Age: 3 years

Diagnosis: Glue ear with speech delay

Procedure: Gromit Insertion

Admission Type: Day Case Surgery

Pre-hospital

Ward

Anaesthetic

Recovery

Ward

Post discharge

Home

Health
behaviours



75%

children
experience
significant
anxiety

50%

children
premedicated
at £22 per dose

25%

children
physically
restrained

20%

experience
emergence delirium

£1906

per unplanned
admission

50%

negative
behaviour
changes at two-
weeks

~£500 per

week missed
income from work

£1200

cost to hospital
for every on-the-
day cancellation

LITTLE JOURNEY IS MORE IMPORTANT NOW THAN EVER

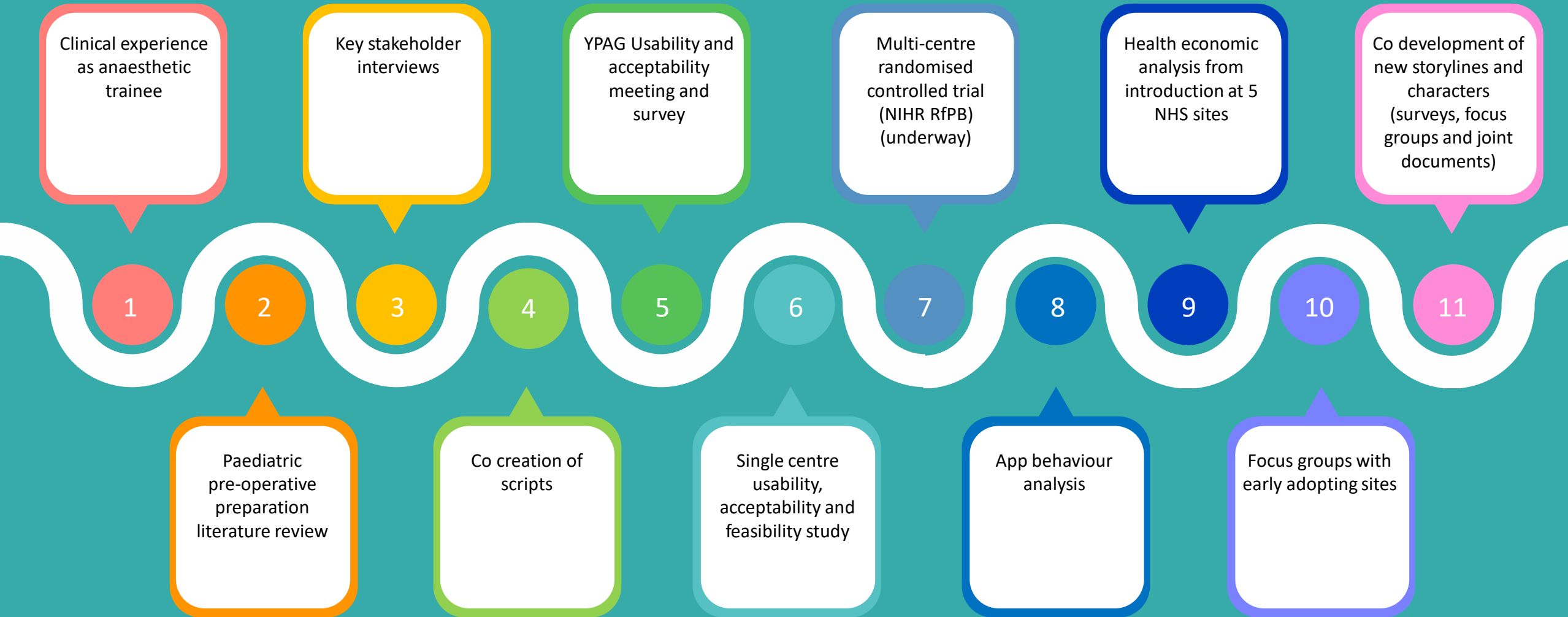
IMPACT OF COVID-19:

- Reduced face-to-face interactions and preassessment clinics
- Telephone pre-assessments are parents only
- Increased fear of hospitals and potential exposure to Coronavirus
- Altered patient pathways with routine swabbing
- Healthcare professionals wearing PPE

STAY
ALERT 

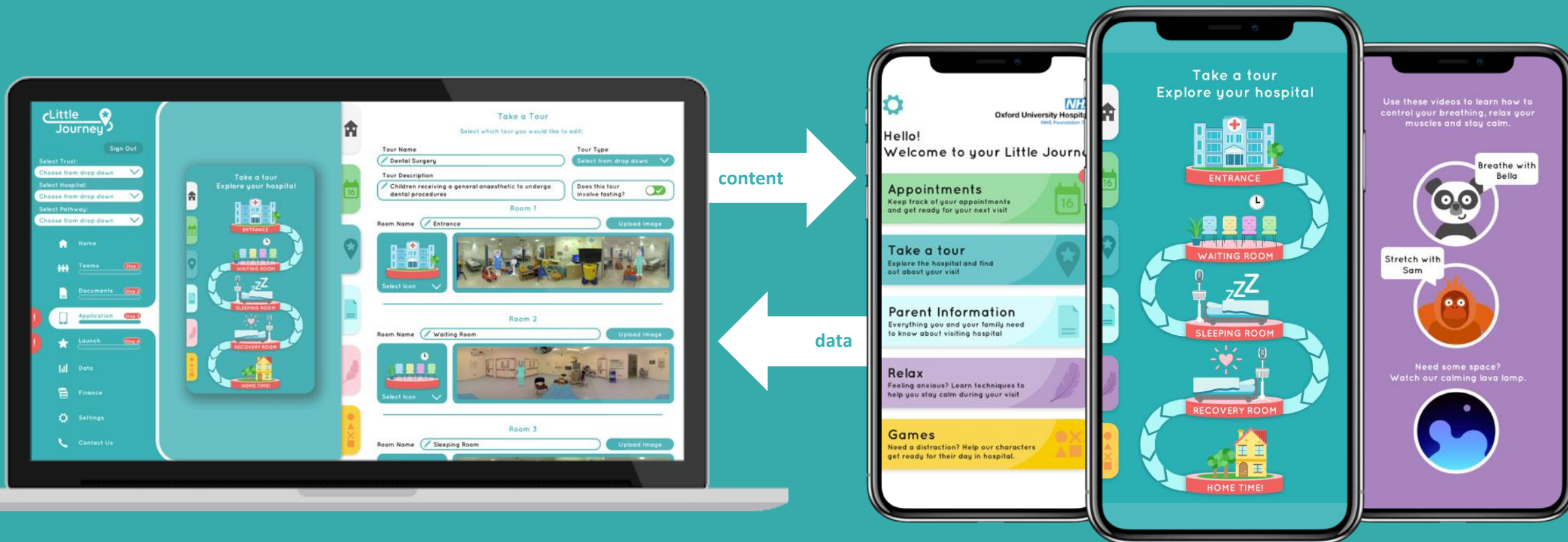
CONTROL
THE VIRUS

 SAVE
LIVES



Meet Little Journey

A psychological preparation and support tool for children and families



Configured and controlled by
Healthcare & Research Organisations



Used and loved by
children & families



VR headset
optional

Little Journey

My Account

Sign out

Trust:

Dudley Group NHS Foundation Trust

Hospital:

Russells Hall Hospital

Pathway:

Day-Surgery Pathway

New Pathway

Home

Teams

Documents

Customise

Launch

Contact Us

'Day-Surgery Pathway' Dashboard

Take a look at your progress so far

Pathway Information:

Preview App

Work in Progress

You must complete steps 1, 2 & 3 before submitting this pathway for review

Hint : At least 2 people need to be in your team

1

Set up your team

You will need to:

- Have your Co-Workers' email addresses

- Choose which team members will need admin privileges

2

Sign the Licensing Agreement

You will need to:

- Sign the licensing agreement online, using an E-Signature

- Understand that signing this document is on behalf of your hospital

3

Customise your Pathway

You will need to:

- Have a JPG or PNG image of your logo

- Have 360 Images for every room of each tour

- Have a name and description for each tour

- Choose and arrange the animations which appear in each room

- Have phone numbers for important contacts

- Have email addresses for important contacts

4

Submit to Little Journey for review

You will need to:

- Finish the steps above

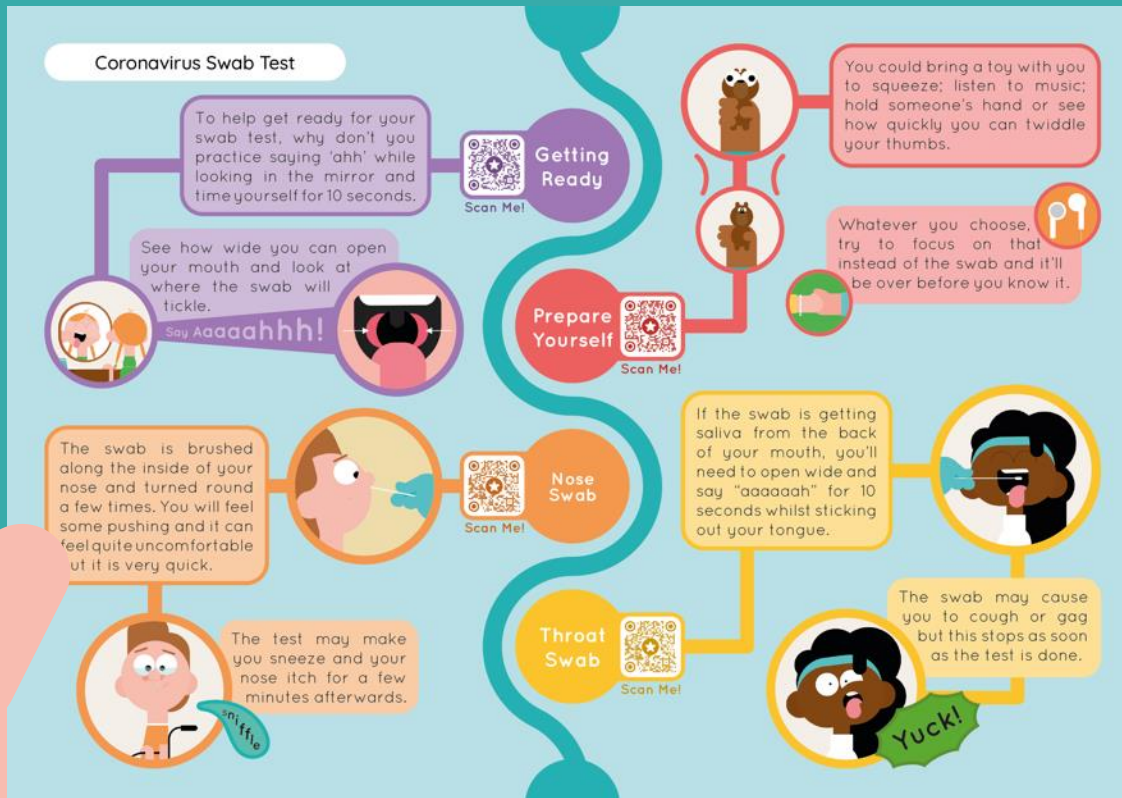
- Wait for Little Journey to approve your pathway

- Make revisions to your pathway if needed

Launch Pathway



Interactive leaflets to explain the Swab Test Process



Popular YouTube content answering Coronavirus FAQs

4 videos created alongside HCPs, NHS T&T
YouTube Kids support through homepage feature
Over 270,000 total views

Loved by users, families and staff in over 50 NHS hospitals..



Calderdale and Huddersfield
NHS Foundation Trust



County Durham and Darlington
NHS Foundation Trust



Frimley Health
NHS Foundation Trust



East Suffolk and North Essex
NHS Foundation Trust



Royal Cornwall Hospitals
NHS Trust



Hull University Teaching Hospitals
NHS Trust



University College London Hospitals
NHS Foundation Trust



Royal Berkshire
NHS Foundation Trust



Buckinghamshire Healthcare
NHS Trust



Harrogate and District
NHS Foundation Trust



The Leeds Teaching Hospitals
NHS Trust



Northern Lincolnshire and Goole
NHS Foundation Trust



Nottingham University Hospitals
NHS Trust



Taunton and Somerset
NHS Foundation Trust



Portsmouth Hospitals
NHS Trust



Bedford Hospital
NHS Trust



South Tees Hospitals
NHS Foundation Trust



Cambridge University Hospitals
NHS Foundation Trust



Northern Devon Healthcare
NHS Trust



Sheffield Children's
NHS Foundation Trust

+ many more

...working towards
better patient
experience, health
and outcomes



Little Journey has a 4.7 star rating on the App Store from 450+ reviews

“Amazing app, helped to show my daughter what she would experience, took a little of the anxiety away.
Very easy to use and very informative.”



iOS App Store Review

We used Little Journey to help a 9 y/o girl recently who was very anxious and has autism. Her previous procedures have been a real challenge due to this. After using the app, it was a much less stressful situation, simply due to the immersive distraction she experienced from playing with the app.

Dr Alyson Walker
Consultant Paediatric Anaesthetist



ACCEPTABILITY & USABILITY

1



71% patients downloaded the app over the three-month period (636 patients)

of which, 79% actively engaged** with the app over the peri-operative period

896 SURGERIES OCCURRED
DURING EVALUATION PERIOD*

THE CLINICAL IMPACT

2



30%

faster recovery time post-
surgeryFasting times
reduced by

1-2hrs



42%

Reduction in on the
day cancellations

COST BENEFIT

3

£

Tangible benefit for hospitals (cash
& non-cash releasing savings) of
£3.50 for every £1 invested in Little
Journey***Further £6.00 in societal benefit
for every £1 invested in Little
Journey***

£

* Based on Hospital episode statistic data

** Defined as use of the app for more than three sessions

*** based on data from all five sites included in analysis performed by the Eastern Academic Health Science Network

REFERENCE: Eastern Academic Health Science Network. Evaluation report of the Little Journey mobile application. 2019 www.easternahsn.org/wp-content/uploads/2020/05/Little-Journey-evaluation.pdf (accessed on 12/03/2021).

Use of Little Journey before dental general anaesthetic (GA) in children with dental anxiety, Autism and ADHD

BACKGROUND



68.89%

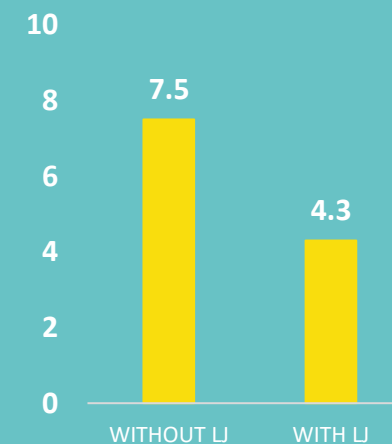
of patients on the waiting list for basic dental care under GA have ASD, ADHD or profound dental anxiety.

METHOD



Little Journey given to all children (with or without ASD/ADHD) attending a specialist children's hospital for dental treatment under GA in January 2020

RESULTS

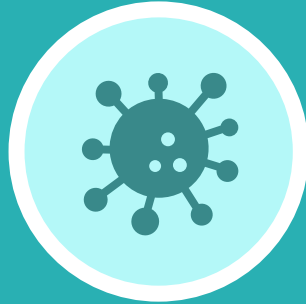


Parent-perceived anxiety levels fell from an average of 7.5/10 to 4.3 after using Little Journey.

A SINGLE PLATFORM TO SUPPORT ALL PROCEDURE



SURGERY



COVID SWAB



PHLEBOTOMY



ENDOSCOPY



CLINICAL TRIALS

*Pathways in development
& discussion*



MRI



ADULT PROCEDURES



PERINATAL CARE



SUCCESSES



250,000 views of COVID animations



Configured to **50+ NHS** hospitals



97% satisfaction rating



35,000+ uses



UPDATES



Flexible storylines for each pathway



Multiple procedures supported



Available in 16 languages (October 2021)



Medication gamification tool



Clinical trial support tool



EVIDENCE BASE



4.7 app store rating from ~420 reviews



30% anxiety reduction in high-risk groups



Positive health economic analysis



£340,000 NIHR randomised controlled trial underway



97% satisfaction rating



Supporting children to better health

Free to download on:



 chris@littlejourney.health

 www.littlejourney.health

 [@littlejourney__](https://www.instagram.com/littlejourney__)