



Topic Exploration Report

Topic explorations are designed to provide a high-level briefing on new topics submitted for consideration by Health Technology Wales. The main objectives of this report are to:

1. Inform discussions on new topics received by HTW.
2. Determine the quantity and type of evidence available on a topic.
3. Assess the topic against HTW selection criteria.

Topic:	PocketMedic
Topic exploration report number:	TER071

Aim of Search

PocketMedic is a digital platform that allows clinicians in primary, secondary or community care, to send film-based prescriptions to patients to help manage their chronic disease. These can be watched on mobile phones, tablets or PCs.

Health Technology Wales researchers searched for evidence on the use of PocketMedic for the management of patients with chronic conditions.

Summary of Findings

PocketMedic is a digital health technology. Applying the Evidence Standards Framework for Digital Health Technologies to PocketMedic indicates that it would be classified as a Tier 3a technology. As evidence of clinical effectiveness, digital health technologies of this type should have been assessed as part of high quality observational or quasi-experimental studies demonstrating relevant outcomes. These studies should present comparative data.

The only published study identified that assesses the effectiveness of PocketMedic was published by Rice *et al.* (2017). The study evaluated 68 people with type 2 diabetes (n = 68). The uptake of PocketMedic films was 28% and the number of films watched by each user varied considerably (median 4; range 1 - 11). The overall watch rate was 13%. There was a statistically significant mean decrease in HbA1c (7.1 mmol/mol) in watchers and no difference was reported for non-watchers.

Conclusions

Only one study exists evaluating the use of PocketMedic in patients with type 2 diabetes. We did not identify evidence on the effectiveness of PocketMedic in the management of any other chronic conditions.

Areas of Uncertainty

Evidence on the effectiveness of PocketMedic is only available for one chronic condition: diabetes. The technology is also applicable to several other chronic conditions but we did not identify any evidence on its effectiveness in managing these conditions.

We did not identify any evidence on the economic impact of PocketMedic for the management of any chronic condition.

Feasibility of Technology Assessment

HTW's Assessment Group concluded not to progress this topic further at the present time because evidence is available for only one relevant population, and this evidence is unlikely to be sufficient to inform a fuller technology assessment. This topic may be revisited in future and its suitability for fuller assessment reconsidered.

Brief literature search results

Resource	Results
HTA organisations	
Healthcare Improvement Scotland:	We did not identify any relevant guidance from this source.
Health Technology Assessment Group	We did not identify any relevant guidance from this source.
Health Information and Quality Authority	We did not identify any relevant guidance from this source.
UK guidelines and guidance	
SIGN	We did not identify any relevant guidance from this source.
NICE	We did not identify any relevant guidance from this source.
Secondary literature and economic evaluations	
EUnetHTA	We did not identify any relevant evidence from this source.
Cochrane library	We did not identify any relevant evidence from this source.
Medline	We did not identify any relevant evidence from this source.
Primary studies	
Medline	Rice, S., Cranch, H., Littlemore, K. <i>et al.</i> (2017) A pilot service-evaluation examining change in HbA1c related to the prescription of internet-based education films for type 2 diabetes. <i>Primary care diabetes</i> 2017 11(3): 305-308. doi: 10.1016/j.pcd.2017.02.002.
Cochrane library	We did not identify and relevant evidence from this source.
Ongoing secondary research	
PROSPERO database	We did not identify any relevant evidence from this source.
Ongoing research	
Clinicaltrials.gov	We did not identify any relevant evidence from this source.
Other	
Evidence identified by topic proposer	Based on the topic referrer, a PhD project is ongoing comparing those attending a face-to-face pulmonary rehabilitation course with those watching PocketMedic films.
Date of search:	January 2020
Concepts used:	PocketMedic; internet-based education films; education films