

## **AURA MIND**

A staggering 1 in 6 people in the UK are affected by depression and with around 4.5 million adults in the UK who are treated mild or moderate mental health conditions, more resources are needed to meet the needs of this growing demographic of patients. Current infrastructure is insufficient in meeting the timely needs of patients with mental health issues as queries and additional support between treatment are not met.

The solution we propose is to implement a mental health tab on the NHS app with important Primary Care Network (PCN) services catered to the patient.

Appointments and prescriptions can be managed on the app, with the patient data being drawn from NHS records- which already leverage the Fast Healthcare Interoperability Resource (FHIR). Here, patients can track their upcoming appointments with their mental health care provider and check the instructions for their prescription drugs and medication.

Patient diaries and wellness check-in surveys are available in this section. Homework given by mental health care providers is also displayed here and tracked by the app so that the patient's progress can be monitored.

Due to the time sensitive nature in which mental health support needs to be addressed, this section of the NHS app allows for a direct line of communication from patient to their PCN via a direct messaging inbox. PCN personnel can thus respond remotely and promptly (for example, within 3 days).

Should this period be insufficient, patients can chat with the Artificial Intelligence bot Aura Mind. Aura Mind response will be based upon a few data bases to ensure a clinically precise recommendation. The data bases consist of professionally curated mental health resources, the patient's personal health records (current prescriptions, past conditions, allergies etc) drawn from FHIR data banks and doctors' notes on the patient. Aura Mind will be able to determine self-harm and suicidal tendencies, alerting the patient's PCN and sending the patient crisis helplines in the meantime.

Data is collated and collected by Aura Mind through the chats and patient diaries and a weekly summarised report on the patient's wellbeing is generated for their PCN to review and follow up. This will allow for mental healthcare providers to have access to more information on the patient over time and allow for easier exchange of information between the PCN.