



Evaluation of a chronic obstructive pulmonary disease self-management tool for NHS Highland

- Chronic obstructive pulmonary disease costs over \$50 billion and causes at least 3 million deaths globally each year.

CASE STUDY

● Innovation overview

Annual NHS costs for chronic obstructive pulmonary disease (COPD) exceed £1.9 billion. Most of this cost is derived from unplanned inpatient admissions following acute disease exacerbation. The myCOPD platform is a patient self-management tool that empowers users to manage their disease more effectively by reducing inhaler errors, increasing medication compliance and providing structured education and guidance.

NHS Highland has secured test of change funding to evaluate the myCOPD platform and has approached the University of the Highlands and Islands for assistance in data collection, evaluation, and health economics modelling to support subsequent health board procurement.

● Objectives

- Evaluate the clinical and economic impact of myCOPD during the test of change.
- Provide a cost-benefit model and analysis to facilitate downstream procurement decisions.

● Potential impacts and outcomes

This project will evaluate the health and economic benefits of the myCOPD digital health platform. Results will be used to evaluate the cost effectiveness of this intervention as well as its impact on overall patient health and wellbeing.

● City-Region Deal deliverables

Healthcare service delivery improvement: evaluation of the myCOPD platform for NHS Highland.

● External partner:

● Mymhealth Ltd.



● University Lead:

● Dr Beth Sage,

Honorary Senior Lecturer and Consultant in Respiratory Medicine (NHS Highland)

