

MiHealth Solutions

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MiHealth Surgery Pods: Transforming Patient Self-Checks Primary Care Delivery and Capacity

Executive Summary

The healthcare landscape is evolving rapidly, requiring innovative solutions to manage patient demand and improve accessibility. MiHealth Surgery Pods represent a significant leap forward in primary care technology, offering a patient-led approach to routine health monitoring.

This paper outlines the operational benefits of Surgery Pods, evidenced by data from Community Treatment and Care (CTAC) implementations in Scotland and recent rollouts across the Buckinghamshire, Oxfordshire, and Berkshire West (BOB) Integrated Care Board (ICB). The technology has demonstrated proven capacity to save hundreds of clinical hours, empower patients, and actively reduce health inequalities.

Introduction: Transforming Primary Care Access

The adoption of Community Treatment and Care Services (CTAC) models is significantly improving primary care delivery. By integrating the MiHealth Surgery Pod into GP practices, healthcare providers are not just introducing technology; they are fundamentally reshaping patient access and practice efficiency.

Traditional models of care often require booked appointments for simple data gathering tasks. Surgery Pods disrupt this model by allowing patients to perform these checks autonomously. This shift has a measurable and significant impact on resources, freeing up clinical staff to focus on complex care needs while maintaining high standards of data accuracy through direct integration with GP records.

Case Study: NHS Health Board in Scotland - CTAC Services

Data collected over a 12-month period from an NHS Health Board in Scotland demonstrates the tangible efficiency gains provided by the Surgery Pod solution. The figures below illustrate the actual 12-month data.

12-Month Figures

NURSE APPOINTMENTS

3,979

appointments per year

= 995 Clinical Hours Saved

Annual Cost Saving: £20,726

SUPPORT WORKER APPOINTMENTS

2,044

appointments per year

= 532 Clinical Hours Saved

Annual Cost Saving: £7,288

Total Impact: A single Surgery Pod implementation will save a minimum combined total of **1,527 clinical hours annually**, representing an **annual cost saving of £28,014**.

Beyond direct cost savings, this technology frees up significant capacity within primary care by eliminating the need for appointment booking, reception processing, and scheduling for routine monitoring tasks. This released capacity allows practices to redirect valuable staff time toward acute patient care and more complex clinical needs, while improving patient access and satisfaction through convenient, walk-in monitoring.

Implementation in BOB ICB

Patients registered with GP practices across Buckinghamshire, Oxfordshire, and Berkshire West (BOB) ICB are currently being invited to use this new technology. This initiative represents a strategic move towards a more flexible, patient-centric care model.

Key features of the rollout include:

- **No Appointments Required:** Patients can conduct health checks at their own convenience during surgery opening hours.
- **Seamless Integration:** The system is not standalone; all data flows directly into the patient's GP record, ensuring continuity of care.
- **Proactive Care:** By removing barriers to access, the ICB aims to increase the frequency of monitoring for at-risk groups.

Surgery Pod Capabilities

The Surgery Pod serves as a comprehensive diagnostic station. It is designed to be user-friendly while capturing clinical-grade data. Current capabilities include:

- **Blood Pressure Monitoring:** Includes automated arrhythmia detection to identify potential heart irregularities.
- **BMI Measurement:** Calculates Body Mass Index based on height and weight.
- **Lifestyle Questionnaires:** Standardised data collection for smoking and alcohol use.
- **Mental Health Assessments:** Private, automated screening tools.
- **New Patient Registration:** Streamlines the onboarding process for new arrivals at the practice.
- **Contraceptive Pill Checks:** Automates the routine monitoring required for prescription renewals.
- **Many other primary care pathways**

Tackling Health Inequalities

Beyond efficiency, the Surgery Pod is a vital tool for equity. The BOB ICB rollout explicitly targets health inequalities across the region. A primary clinical priority is the reduction of cardiovascular disease (CVD), a leading cause of heart attacks and strokes.

By placing these Pods in easily accessible locations and removing the friction of appointment booking, the healthcare system makes monitoring accessible to a wider demographic. This creates equitable access for patients who may otherwise struggle to attend fixed-time appointments due to work or caring responsibilities.

Clinical Endorsement

The clinical value of the system is recognised by leadership within the region.

"Surgery Pods will further improve and enhance access for patients in an equitable manner, help people to take control of their own health needs and improve the efficiency and experience of GP practice staff. If your surgery provides this service, you can simply pop into it during its usual opening times to make use of this welcome new resource."

— Dr Ed Capo-Bianco
GP and Cardiovascular Disease Clinical Lead for Oxfordshire Place

Benefits Summary

For Patients	▪ Convenience of "drop-in" service without appointments. ▪ Greater autonomy and control over personal health data. ▪ Reduced waiting times for routine checks.
For GP Practices	▪ Significant time savings for nursing and support staff. ▪ Improved operational efficiency. ▪ Reduced administrative burden.
For Healthcare Systems	▪ Cost savings through better resource allocation. ▪ Improved population health outcomes via better monitoring. ▪ Data-driven insights into regional health trends.

10. Contact Information

For more information on how our range of Health Pod solutions can help tackle health inequalities and improve Primary Care capacity please drop us an email.

General Sales: mihealthsolutionssales@microtech-group.co.uk