APACMed
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APACMed Webinar

Coping through COVID-19

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Coping through COVID 19 Key Highlights

Steven Tucker, Founder of Tucker Medical:

Face to face has been the gold standard in mental health. Digital technologies have now become a disruptive concept with COVID19.

Different types of data can help such as social media activity. This is especially to assist people in the right diagnosis. People may not be lying but might not also be saying their own truth.

In terms of Digital therapeutics such as digital CBT, there are now wearables and the like that collect data- yet there is little knowledge on how to formalize this- ie price and integrate into practice.

Mental health techniques such as mindfulness is a difficult change to bring about. COVID 19 could be a changing phase.

Digital mental health is here to stay.

Dr Sara Delia Menon, clinical psychologist, Alliance Counselling

Face to face remains the ideal set up in mental health. While data triangulation may help where data that's passive (social media data mining for signals) is combined with more active data where clinicals speak to patients it overlooks key factors that can help in the right ascertainment of people's state of mind. Yet a balance of expectations is needed in this domain of mental health especially as clinicians need to convey a sense of trust to the patient. Ie the patients need to understand that the clinicians trust what the patients are saying.

In times of COVID19 and specifically in terms of digital health- where nothing is available the digital connection is certainly a good option- better than nothing being available. Yet the magic of an in person communication cannot be accomplished on the digital platform. Digital health will take time to ease into.

In regard to CBT, data tracked through apps and wearables are helpful in diagnosis but there is a need to figure out a gold standard for this in itself. There has to be an integration of such data/intelligence into practice.

Client engagement is an important data source to understand progress and development. This would include the indicators (quality of life) we collect as well as the observed verbal and non verbal cues.

Cross disciplinary approach where the patient is seen holistically helps where data on physiology is combined with mental health data.

COVID challenge: Important to incorporate resources into daily life- not superficially but more informally and genuinely.

Michael Bunting, Co-founder, Awakened Mind

Mental health cannot overlook the need for empathy. Digital health wouldn't be able to replace this need. Technology can be a supporting mechanism that fills in a certain gap (eg. Following up- chronic disease management). Technology is an augmenting mechanism in terms of guidance, support and structure.

In the corporate world people can afford mental health access. In measuring success we link mental health to the bottomline explicitly.

Success is being measured for mindfulness- research show the link between leaders stress and performance and mindfulness over a period of time. Proving it is a dilemma- yet an accepted method to understand is engagement.

COVID challenge: Getting people to use available resources is a challenge.

Mindfulness helps reduce chronic stress which in turn has a positive physiological outcome

Dr Jeremy Ting, Co- Founder, Naluri

Face to face still remains the gold standard. Mental health demands knowledge on body language, intimation, way people speak etc to arrive at more accurate diagnosis and help. However mental health access regardless of COVID 19 has been dismal. Reach and access for people and corporates had already been low. COVID19 amplified this.

Digital health can serve regardless of disease: populations who otherwise do not have access to mental health and has the potential to support chronic disease management. Mental health and chronic disease are linked.

A combination of technique in collecting data is proving to be helpful for people who provide and facilitate mental health. E.g., social media behaviour and presence and mental health symptoms or conditions (anxiety, depression, stress). In other words combining passive (data mining) and active data (calls, direct speaking).

COVID challenge: In terms of pricing there has to be a clearer standard set up for South Asia- in terms of insurance. Mood disorders is like a chronic disease. Better regulation of mental health care is needed as well.