Intro to OnTrack

Text transcript with descriptions of visuals

Time	Audio	Visual
00:00 - 00:01	[string music on background throughout]	OnTrack logo on blue background
00:01 - 00:10	In 2002 the Government asked me to lead a major review of London's healthcare. We looked at stroke specifically as one of the pathways of care that needed reform.	Professor the Lord Ara Darzi, Co-Director of IGHI, Imperial College London talking on camera
00:11 - 00:22	And that had a dramatic effect in terms of improving firstly the outcomes of stroke care, saving 200 lives a year in addition to saving significant morbidity associated with stroke.	Close up of Professor the Lord Ara Darzi
00:23 - 00:36	London is now probably the best city in the world to have a stroke in terms of the best care you can get acutely in hospital, and what we would like to make it is the best place where you can have rehab in your home environment. The combination of the two, I think, is the future of stroke.	Back to wider shot of Professor Darzi talking on camera
00:37 - 00:49	Repetitive exercise on its own for most people is boring. And so to look at more innovative, creative ways for people to be more active	Professor Fiona Jones, Professor of Rehabilitation Research, St George's University of

	I think that's what describes OnTrack, really.	London & Kingston talking on camera
00:50 - 00:58	There is evidence that shows that the more you do something, the intensity, that's when you produce new connections in the brain, what we call neuroplasticity.	Meena Nayar, Consultant in Rehabilitation Medicine, Clinical Lead at Charing Cross Neuro Rehabilitation Unit talking on a laptop screen on top of a table
00:59 - 01:03	So what OnTrack can do is that it can provide that intensity of rehabilitation that the patient needs.	Close up of Meena Nayar
01:04 - 01:10	OnTrack has three different components. The first component is activity tracking…	Gianpaolo Fusari, OnTrack Project Lead & Senior Designer, Helix Centre, Imperial College London talking on camera
01:11 - 01:19	…we use a smartwatch to track arm activity. Wrapped around this metric of activity there is a coaching component. The coaching focuses on helping people…	A man's arm wearing a smartwatch showing the OnTrack application, a green number 63 is displayed. He swipes the screen with his finger to reveal a graph
01:20 - 01:22	…improve their skills in self-management	Close up of a hand holding a smartphone showing the OnTrack App interface. The

		person swipes up to scroll through the interface.
01:23 - 01:27	There's a third part of OnTrack called OnTrack Tools, and this is something that your therapist…	Ella Gibbs, OnTrack Project Clinical Lead & Stroke Physiotherapist, Helix Centre, Imperial College London, talking on camera
01:28 - 01:30	…can use to look at how much movement you have been doing.	Close up of a tablet showing the OnTrack Tools interface
01:31 - 01:33	So OnTrack allows your therapist to see what's happening between sessions…	Wider shot of Ella Gibbs sitting on a chair in a clinical area using a tablet.
01:34 - 01:39	…and then you can have really informed conversations about how to progress your care.	Back to a close up of the tablet with OnTrack Tools being used
01:39 - 2:06	My team, the community neuro rehab service in the tri-boroughs have been involved in the development of OnTrack from the early days, which was number of years ago. We've provided advice and we've talked about the clinical application of the program. Some of our clients have also benefited from this intervention by being involved in clinical trials, and we've had an	Richard McKinlay, Therapy Team Lead, Community Neurological Rehabilitation Service, Central London Community Healthcare NHS Trust talking on a laptop screen on top of a table

	opportunity through that to see and learn more about its potential clinical application.	
02:07 - 02:11		Fade to the OnTrack logo on blue background