

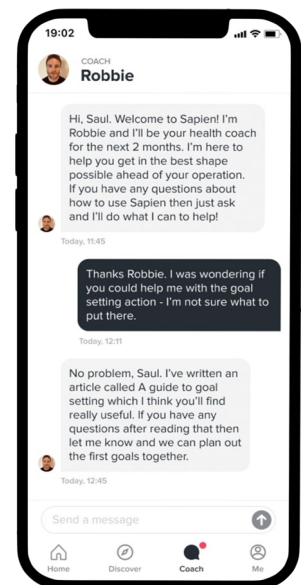
Sapien Health

A principal focus for the NHS currently is to address long waiting lists for elective surgery. Key to this is the support that patients receive while they are waiting for surgery, to ensure that they are physically and mentally ready to have the operation, as well as supported afterwards to meet their rehabilitation needs. This is beneficial for patient experience and also helps to reduce complications and readmissions post-surgery.

Sapien is a virtual programme that helps people prepare their mind and body for upcoming surgery through **sustainable lifestyle changes**. It supports patients through the surgical journey, from decision to operate to recovery.

Their digital clinic for surgery combines 1-to-1 health coaching, individually tailored content and cutting-edge technology to help patients prepare for surgery.

The Sapien team joined the East Midlands Digital Health Accelerator (EMDHA) to acquire the knowledge and skills required to scale within the NHS.



"My relationship with food and exercise has changed to a positive one. I now have an exercise routine which I enjoy and can keep up."

"I have become physically stronger and feel I am going to have the best possible recovery from my surgery that I wouldn't have without following this programme."

Sapien patient

How the Digital Health Accelerator has supported Sapien

The East Midlands DHA supported Sapien to develop its business case looking particularly at Return on Investment with York Health Economic Consortium (YHEC).

YHEC demonstrated that Sapien could save trusts £564 per individual through the implementation of its prehabilitation and rehabilitation programme. The saving is calculated based on a reduction in 30-day re-admissions and reduced length of stay for those patients optimised prior to surgery.

"The EMDHA was an invaluable experience for Sapien and has supported us on our journey to transforming perioperative care for the good of patients across the UK."

Dr Matthew Beatty, CEO & Co-Founder

Impacts

Sapien have made tremendous progress during 2021 moving from supporting zero patients to hundreds—and with multiple ICS contracts soon to be live, they will be supporting thousands of patients with their health journeys.

They have:

- Established multiple new NHS contracts
- Doubled the size of their team during 2021

With EMDHA support, they have:

- Written successful bids for NHS funding
- Demonstrated >£500 cost avoidance per patient enrolled
- Built collaborations with multiple institutions to continue to grow their evidence base in NHS settings including Portsmouth Hospitals NHS Trust, Oxford University Hospitals NHS Foundation Trust, Cheshire and Merseyside Health and Care Partnership.
- Been included in the [NHSx Perioperative Playbook](#) which showcases tried and tested technologies that solve real world problems

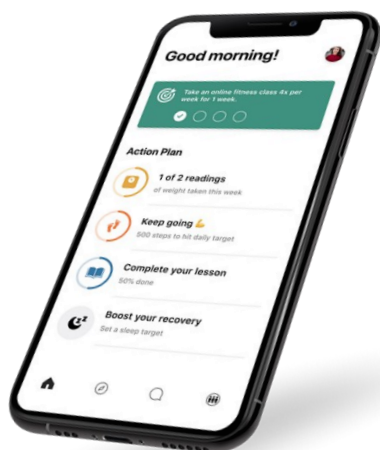


Next steps

- Continue to help the NHS in their management of the surgical backlog
- Scale up, supporting patients throughout the UK
- Improve service accessibility

Sapien is now enrolled onto Digital Health London's (DHL) accelerator programme, to further develop its business.

The DHL programme is designed for companies at a later stage of development than the East Midlands programme and so is a compelling next step in achieving these ambitions — Sapien is one of 21 companies selected for the 2022 DHL programme that have digital solutions or services with the greatest potential to meet London's health and social care challenges.



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