



About Health Innovation Hub Ireland

Health Innovation Hub Ireland (HIHI) was established by the Department of Business, Enterprise and Innovation and the Department of Health and is supported by Enterprise Ireland (EI) and the Health Service Executive (HSE) to drive collaboration between the health service and enterprise. We offer companies the opportunity for pilot and clinical evaluation studies and the health service access to innovative products, services and devices that they may not otherwise be exposed to.

HIHI is built on the recognition that collaboration with enterprise can benefit patient care, patient pathways

and outcomes. We assess all concepts for healthcare innovation from those on the frontline – from clinician to porter. We encourage healthcare professionals to get in touch with HIHI if they have an idea or solution to how something in your job might work better.



My OT & Me

My OT & Me is an Irish start-up founded by Jessica Kennedy, Senior Paediatric Occupational Therapist and Seán Ó Tuama. My OT & Me is an online paediatric occupational therapy (OT) resource to support children and families who are in need of OT support. It aims to support and empower as many families as possible in an innovative, accessible and interactive way. The focus is on positive child development, encouraging independence and creating confident children.



The Healthcare Challenge

Paediatric Occupational Therapy helps children and young people with different needs and abilities to become as independent as possible by developing the skills they need to perform the purposeful activities that make up everyday life. The HSE Primary Care Occupational Therapy Services are experiencing increased numbers of referrals. This can be challenging particularly in times of limited resources, long waiting lists and redeployment of existing staff to COVID-19 testing duties. There is also a significant demand for private paediatric OT services in Ireland amongst parents, caregivers, educators, professionals and students.





The Healthcare Solution

My OT & Me's platform is a unique telehealth-based product providing online paediatric occupational therapy resources to support children and families who are in need of OT support. It supports and empowers as many families as possible in an innovative, accessible and interactive way. My OT & Me provides information through structured high quality educational videos for parents covering a range of OT topics. Children are provided with My OT & Me's product, Octobox to support them with skill acquisition in a fun and interactive way.

HIHI Role

Health Innovation Hub Ireland supported the My OT & Me Innovation Journey via a pilot with North Lee Primary Care Occupational Therapy Department, HSE with twenty-six children and their families in Cork who were awaiting intervention services. The children and their parents or guardians undertook a dedicated 12 week My OT & Me programme which concluded in February 2022. They availed of resources consisting of online educational paediatric OT videos for parents and guardians as well custom designed programmes including 'Let's Get Moving' gross motor classes for children. This pilot provided parents and children with resources to work on the specific skills with their child and potentially reducing the need for some families to avail of public services.



Outcome Report

A significant outcome of the pilot was that half of all children did not need further HSE OT support at the end of the programme. As this programme is carried out by parents and children at home, it can free up OTs to see other children and thus help reduce waiting times.

The families who piloted the My OT & Me programme at home responded positively. The programme gave 100% of families more confidence and provided them with practical strategies to support their child and they found the format of the

programme manageable. 85% reported that the programme gave them additional knowledge and understanding. 71% said their child enjoyed the programme, they saw an improvement in their child's skills and the programme helped the child meet the goals set for them.

The feedback from the OTs was also positive. 100% of OTs would recommend it to other Paediatric OTs, 80% would like to continue to have access to the programme for their clients and 60% considered that the piloted programme would help reduce waiting times.

Testimonial

"Through Health Innovation Hub Ireland, My OT & Me piloted a new HSE Cork Kerry community OT paediatric service with 30 children and their families in the Cork City Area who are awaiting OT intervention services. Having access to clinical teams through a dedicated programme like this has fast-tracked our commercial implementation."

Jess Kennedy,
Co-founder, My OT & Me



info@hih.ie
www.hih.ie

HIHI (UCC)
Western Gateway Building
University College Cork
Cork, Ireland
+353 (0)21 420 5560

HIHI (TCD)
H&H Building
St James' Hospital
Dublin 8, Ireland
+353 (0)1 896 2573

HIHI (University of Galway)
Lambe Institute
National University of Ireland
Galway, Ireland
+353 (0)91 492 072

HIHI (MTU)
CREATE Building
Munster Technological University
Cork, Ireland
+353 (0)21 432 6758