



Norfolk and Suffolk Health and Care Awards 2026

Analogue to Digital Award

ESNEFT Parkinson's Clinical Team and Innovation Team

**East Suffolk and North Essex NHS Foundation Trust,
Kneu Health and Health Innovation East**

The ESNEFT Parkinson's programme addresses a key gap in traditional care, where fixed appointments fail to capture fluctuating symptoms, leaving some patients at risk of deterioration between reviews. Since 2023, ESNEFT has partnered with Kneu Health to transform this reactive model into a proactive, digitally enabled pathway embedded in routine NHS practice. Using patients' smartphones, clinicians remotely monitor symptoms such as gait, balance, cognition, medication adherence and wellbeing, enabling earlier intervention, better prioritisation and use of a Patient Initiated Follow-Up (PIFU) pathway.

Patients played a central role in co-design, contributing over 1,000 hours of input to ensure usability and acceptability. The pathway is now fully established, supporting over 200 patients, with plans to expand to 500. It has received national recognition, including a 2025 HSJ Award.

The model improves clinical decision-making by giving teams real-time insight into patient status, allowing specialist resources to be used more effectively. Patients can be supported through remote monitoring, telephone advice, or in-person care as needed. For example, clinicians can identify deterioration early and adjust medication without requiring outpatient visits.

The programme has delivered strong outcomes. Over 250,000 assessments and 18,500 monitoring hours demonstrate high engagement. Patients report improved understanding (83%), symptom management (72%), and support (85%), while 25% experienced better mental wellbeing. Operationally, clinic efficiency increased by 20%, emergency admissions fell by 1.2%, and £247,000 annual savings were achieved. The model is now being adopted across the UK and internationally, demonstrating scalability and system-wide impact.