



Glasgow Science Centre

#qfnightforum



Royal College of Physicians and Surgeons of Glasgow



Comedy and Ceilidh



**See you tomorrow for the daily mile**  
Meet for 8am at the enquiries desk



International Forum on  
**QUALITY &  
SAFETY** in  
**HEALTHCARE**

# NEW POWER

Henry Timms

@HenryTimms





R Datum 23111191

Verm. Ad  
 de. No 20  
 by bumpy eye 1.2.1  
 but no 0.12.1  
 no y ad

# patientslikeme®

Join a free online community for patients with epilepsy.

### Share Your Health Profile



**Sarah E**  
 Female, 36 years  
 Atlanta, GA

 CP  
 SE  
 GTC  
 F36  
 OPES  
 SP

**Condition History**  
 Diagnosis: 09/07  
 First Seizure: 06/09  
 Cause: Cortical dysplasia

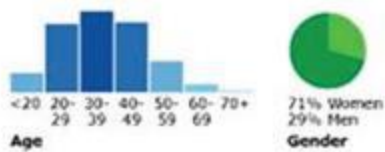


The dashboard displays a central timeline with multiple data series. On the left, there are sections for 'PRO Quality of Life', 'Seizure Meter', 'Symptoms', 'Treatments', and 'Weight'. On the right, there are sections for 'Physical', 'Mental', 'Social', 'Primary Symptoms', and 'Prescriptions'. The timeline shows various colored bars and lines representing different health metrics over time.

### Find Patients Like You

You can search by epilepsy type, seizure type, symptoms, gender and age to more easily connect with patients like you.

**2,354 total patients**



**Age**

Age Group	Percentage
<20	~10%
20-29	~15%
30-39	~18%
40-49	~12%
50-59	~8%
60-69	~5%
70+	~2%

**Gender**

Gender	Percentage
Women	71%
Men	29%

The issues that are most important to our patients:

Issue	Percentage
Overall Quality of Life	31.5%
Seizure Worry	15.3%
Medication Effects	7.8%
Mental Activity	14.6%
Daily Activities	11.8%
Emotions	5.2%
Energy	13.4%

**Learn From Real World Patient Experiences**





Think Again Turn Away 



**OLD POWER**

**NEW POWER**

Currency

Current

Held by few

Made by many

Downloads

Uploads

Commands

Shares

Leader-driven

Peer-driven

Closed

Open

@HenryTimms



Score:

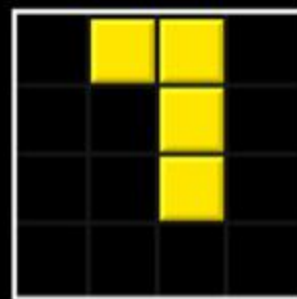
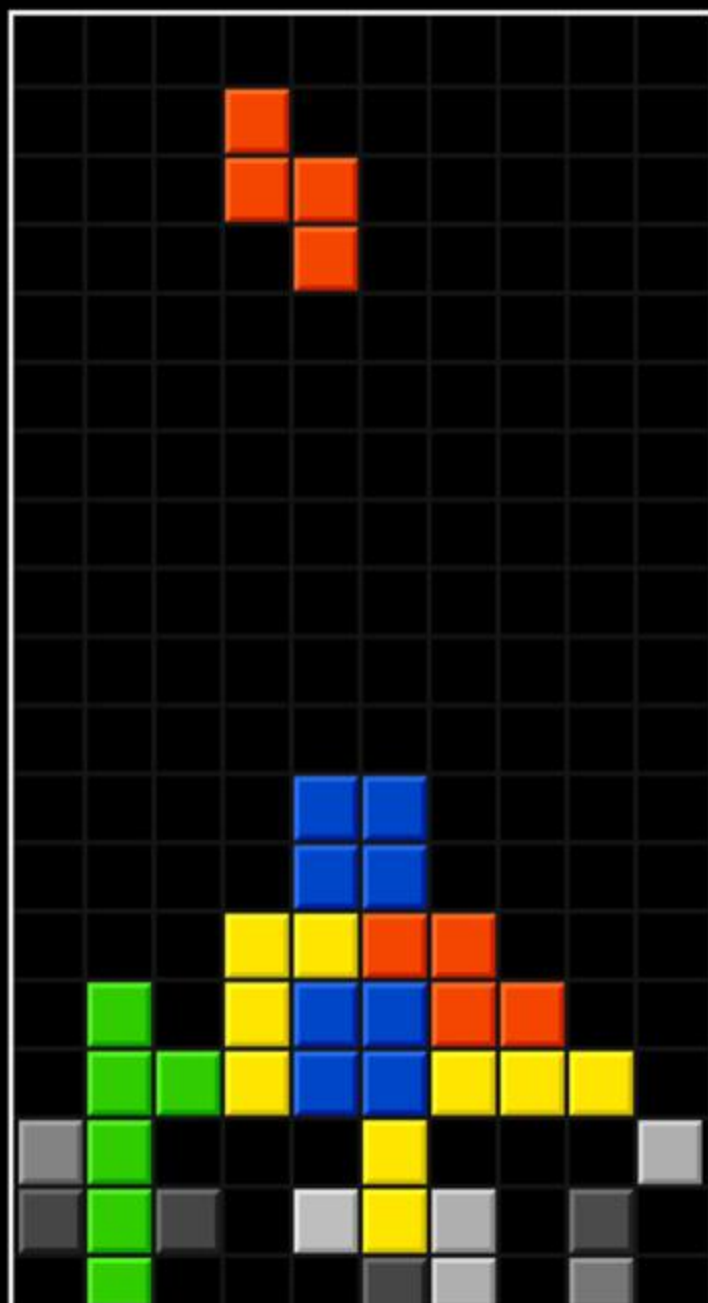
533

Lines:

7

Speed:

0





## OLD POWER VALUES

Formal (representative) governance,  
managerialism, institutionalism

Competition, exclusivity,  
resource consolidation

Confidentiality, discretion, separation  
between private and public spheres

Expertise, professionalism, specialization

Long-term affiliation and loyalty  
less overall participation

## NEW POWER VALUES

Informal (networked) governance, opt-in  
decision-making, self-organization

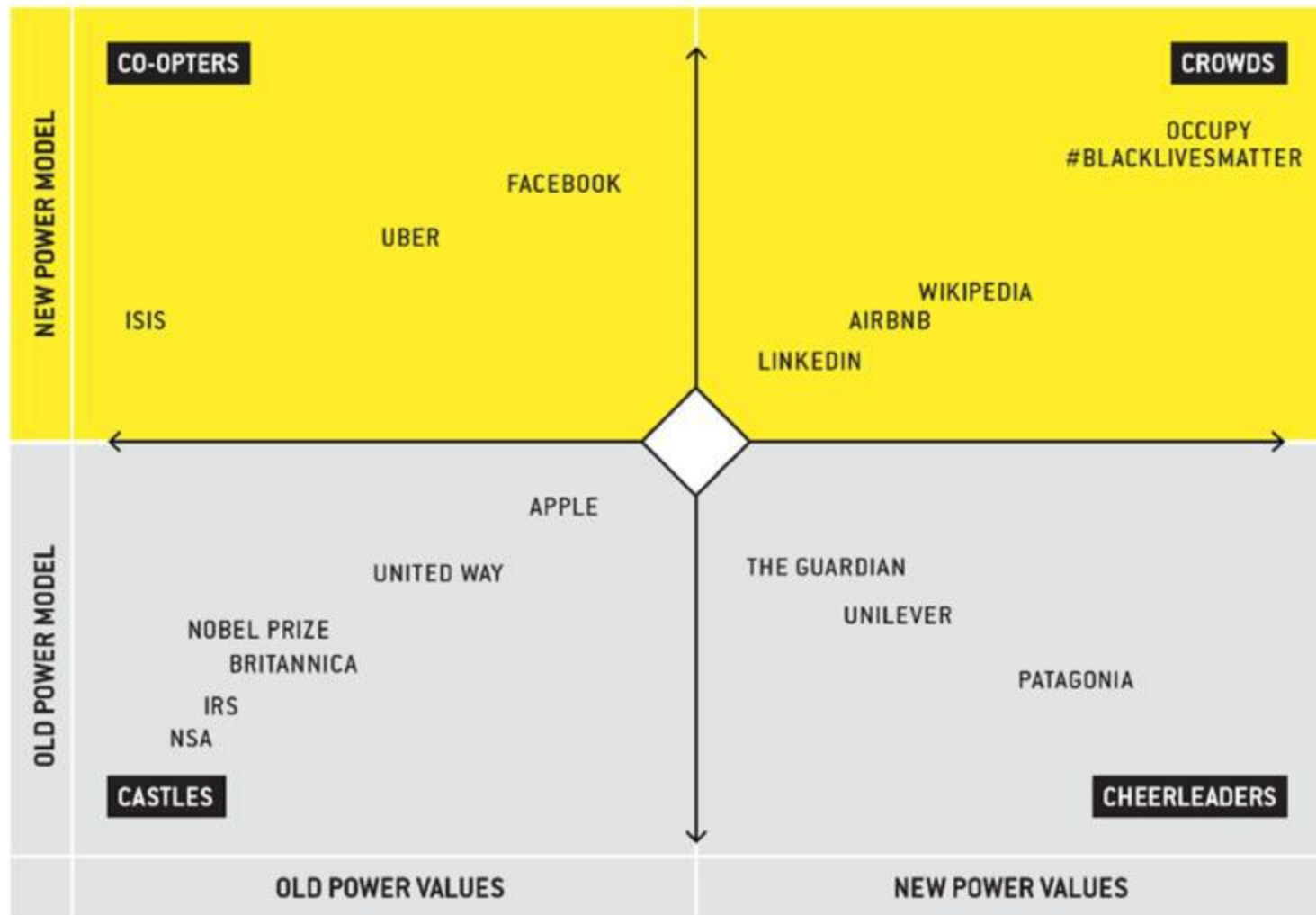
Collaboration, crowd wisdom,  
sharing, open-sourcing

Radical transparency

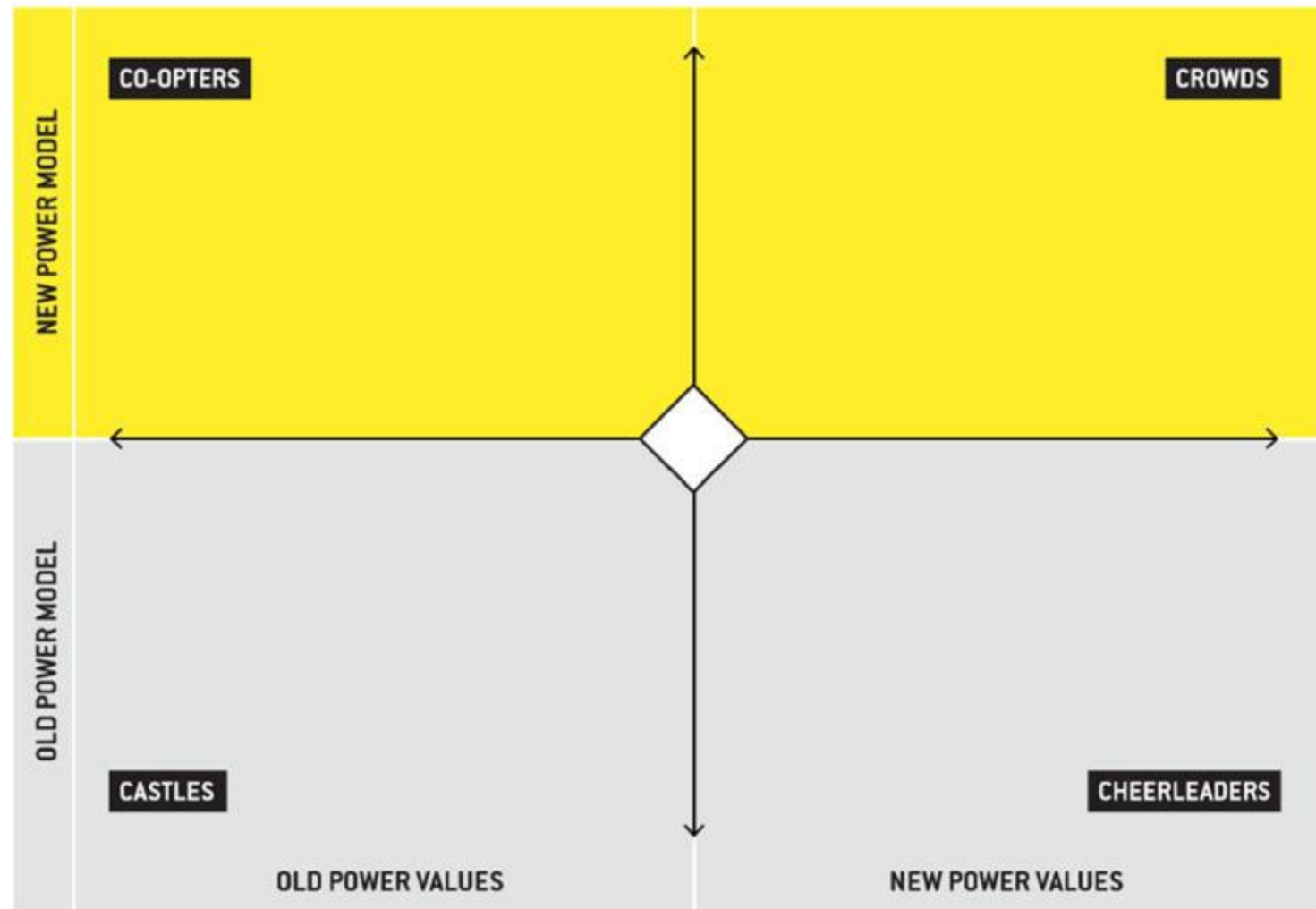
Maker culture, “do-it ourselves” ethic

Short-term conditional affiliation,  
more overall participation

# THE NEW POWER COMPASS







**TAKING THE TURN TO  
NEW POWER**











***HOUSTON, WE HAVE A  
PROBLEM***

**PROBLEM SOLVERS**

**Experts are the answer**

**Organizational process**

**High control**

**“The lab is my world”**

**SOLUTION SEEKERS**

**Anyone is the answer**

**Distributed process**

**Low control**

**“The world is my lab”**

REFERENCE HILA LIFSHITZ-ASSAF @HLifshitz

# OLD POWER TEAM

DISRUPTOR

DIGITAL BEARD

PROBLEM SOLVERS

# NEW POWER TEAM

SHAPE SHIFTER

DIGITAL BRIDGE

SOLUTION SEEKERS



# **NEW POWER IN THE WORKPLACE**

3G 8:15 AM

Run

# 764.4 mi

233 RUNS 731k CALORIES 7'42" AVG PACE

YOUR LAST RUN 2 DAYS AGO 3.71mi

You ran .22 mi farther and 0'30"/mi faster than the average of your past 7 runs.

RUN 30 MILES IN 30 DAYS 17mi /30mi with 6 days left

3G 8:15 AM

Run

June 31.08 mi 7'42" 2:32:30

Today 9.01 mi 7'55" 45:20

Yesterday 8.71 mi 7'50" 40:20

6/23/12 7.40 mi 8'03" 38:31

6/22/12 5.96 mi 8'15" 28:13

AT&T 7:14 PM 14%

## Trophies

Bronze High Mile Trophy Won 2 times

Silver High Mile Trophy Won 2 times

Gold High Mile Trophy Won 3 times

6 Weeks in a Row Won 1 time

Milestone 75K NikeFuel

5 Weeks in a Row Won 3 times

3 Times a Week Won 11 times

4 Weeks in a Row Won 3 times

3 Weeks in a Row Won 3 times

3 Months in a Row

Double Shot

ALL  
TROPHIES  
UNLOCKED!





# THE FOUNDER FEELING

Founders build things

Founders feel real ownership

Founders experience the joys (and terrors) of transparency

Founders do many jobs

Founders are all in and always on



BUURTZO  
Nu ook in  
www.buurtzorgnederl

BUURTZOOR  
Warmsveld  
De beste zorg thuis!

# HOW TO NAVIGATE A NEW POWER WORLD





NAME OF VESSEL

## RRS BOATY MCBOATFACE

JAMES HANO

1



## RRS USAIN BOAT

LYN SUMMERS

6



## RRS POPPY-MAI

NICOLA MAHER

2



## RRS BOATIMUS PRIME

DAVID HEJRAL

7



## RRS HENRY WORSLEY

BERNIE JONES

3



## RRS KATHARINE GILES

A FRIEND

8



## RRS DAVID ATTENBOROUGH

ELIZABETH JONES

4



## RRS CATALINA DE ARAGON

JUAN BELDA

9



## RRS ITS BLOODY COLD HERE

STUART TAYLOR

5



## RRS I LIKE BIG BOATS&I CANNOT LIE

ROBIN STYLES

10





**James Hand**

@JamesHand



Follow

I'm terribly sorry about all of this,  
@NERCscience.





**James Hand** @JamesHand · Mar 21

My apology for #BoatyMcBoatface was in the most British sense. I stand by it being a brilliant name.



308



735



**You are NERC- what do you do?**

THE DECISION TREE

# WHEN, AND WHETHER, TO TURN TO NEW POWER

## STRATEGY

Do you need the involvement of the crowd to get a better outcome? Does the crowd need you?

NO

Stick with OP

YES

Consider NP

## LEGITIMACY

Do you have enough legitimacy with the people you're trying to engage so that you're not ignored or crowd-jacked?

NO

Stick with OP

YES

Consider NP

## CONTROL

Are you willing to code some control to the crowd within parameters you set, and accept outcomes that are unexpected or suboptimal?

NO

Stick with OP

YES

Consider NP

## COMMITMENT

Are you prepared and able to sustain the engagement of the crowd and feed their agency over the long term?

NO

Stick with OP

YES

Use NP



# STRATEGY

- Do you need the involvement of the crowd to get a better outcome, or are you doing this for window dressing?
- Does the crowd need you?

# LEGITIMACY

- Do you have enough legitimacy with the people you're trying to engage so you are not ignored or crowd-jacked?

# CONTROL

- Are you willing to cede some control to the crowd within the parameters you set, and accept outcomes that are unexpected or sub-optimal?



# COMMITMENT

- Are you prepared and able to sustain the engagement of the crowd and feed their agency over the longer term?

**HOW IDEAS SPREAD...**







**TJ Mair**

@TJMair

Every activist across the world feels dumb now that we know that all it takes is @KendallJenner and a Pepsi to fix things.



**Ethan Anderton**  @Ethan\_Anderton · 4 Apr 2017

 6.3K  15K 

Live bolder, live louder, live for now. [@pepsi](#)

@HenryTimms

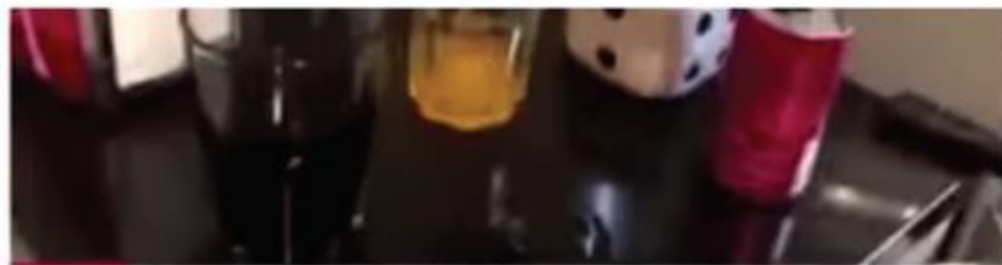




@HenryTimms







Essa Coca é Fantá!

2,377 views



Essa Coca é Fantá!



Essa Coca é Fantá!

21,618 views

@elastromaxtorre





ambiente pode se interessar: moletom blusa de frio feminina saída de praia gucci oakley

[à lista](#) [Calçados, Roupas e Bolsas](#) > [Camisetas e Blusas](#) > [Camisetas](#) > [Masculino](#) > [Manga Curta](#)

[Compartilhar](#)



Novo 2 vendidos

## Camiseta Essa Coca é Fan Unissex

R\$ 45<sup>84</sup>

 6x R\$ 7<sup>99</sup> sem juros

[Mais informações](#)

 Envio para todo o país

Saiba os prazos de entrega e as form  
[Calculador de frete](#)

 **Devolução grátis por 7 dias**

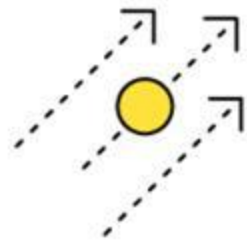
A partir da data que receber o produto

Cor: **Vermelho**



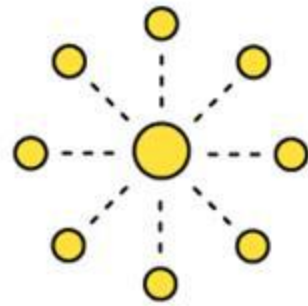
**U\$ 0 MEDIA INVESTMENT**  
**1,068,984,850**  
**MEDIA IMPRESSIONS**

# IDEAS THAT SPREAD ARE ACE



ACTIONABLE

A



CONNECTED

C



EXTENSIBLE

E



**Brian Dolan** @BrianwDolan · Nov 6

Oh that's brilliant.

Nursing was born in the church and raised in the army, so leaving patients in pyjamas is their 'uniform'. [#letsfixthat](#)

**Tim Gillatt** @timgillatt

@AnnMarieRiley10 @BrianwDolan This was a pledge @nottmhospitals...  
Let's do it! [twitter.com/lizsargeant/st...](https://twitter.com/lizsargeant/st...)



"You don't have to take your clothes off..."



Spot the difference

For people over 80 - 10 days in a bed ages muscles by 10 years  
One week of bed-rest results in 10% muscle loss  
Loss of strength could make the difference between dependence and independence

Get dressed - Get moving!  
#endPJparalysis Addenbrooks



Up Dressed & Feeling Good

#EndPJparalysis 70 Day Challenge

YOU ARE WHAT YOU WEAR









Pyjamas say you're unwell

Clothes say you're getting better

#EndPJparalysis 100 day challenge

14th Sept-22nd Dec 17 - East of England

 <p>"Time is the most important currency in healthcare" Prof. Brian Dolan</p>	 <p>Did you know, 46% of people aged &gt;85 die within 1 year of admission to Hospital? (Clark et al 2014)</p>	 <p>Deconditioning in hospitalised older patients, can cause serious harm</p>
 <p>Aiming for 100,000 patient days in 100 days. Let's help our patients get home back to loved ones</p>	 <p>If you had 1000 days left, how many would you want to spend in Hospital? That's why <b>EVERY DAY</b> matters</p>	 <p>paralysis...</p> <p><b>FACT:</b> Reduces mobility <b>FACT:</b> Loss in strength <b>FACT:</b> Loss of independence <b>FACT:</b> Longer stay in Hospital</p>





**The nationwide 70 day, 1 million patient day  
#EndPjparalysis challenge**

**17 April 2018 – 26 June 2018**



[Michelle](#) @ms215 · Jul 14

Ok [@BrianwDolan](#) the [#endPJparalysis](#) playlist is live - it's collaborative (obvs!) so people will be able to add:

A screenshot of a Spotify playlist titled "#EndPJParalysis - the playlist by Michelle Smith". The playlist contains 12 tracks. The first track is "I Like To Move It (feat. The Mad Stuntman) - Radio Mix" by Reel 2 Real, The Mad Stuntman, Visnadi, and Alex Natale DJ, with a duration of 3:41. The other tracks include "Walking Back to Happiness" by Helen Shapiro (2:27), "Get Up Offa That Thing" by James Brown (4:09), "Get Up, Stand Up" by The Wailers (3:19), "Take Me Out" by Franz Ferdinand (3:57), "Sunday Forgettable" by Okay(K) (5:07), "Do Your Thing" by Basement Jaxx (4:19), "Here It Goes Again" by OK Go (2:59), "We Don't Have To Take Our Clothes Off" by Jermaine Stewart (4:53), "Dressed For Success" by Roxette (4:09), "Walk This Way" by Run-D.M.C., Aerosmith (5:09), and "You Can Leave Your Hat On" by Joe Cocker (4:12). The interface includes a play button, a share icon, and the Spotify logo.

Track Number	Track Name	Artist	Duration
1	I Like To Move It (feat. The Mad Stuntman) - Radio Mix	Reel 2 Real, The Mad Stuntman, Visnadi, Alex Natale DJ	3:41
2	Walking Back to Happiness	Helen Shapiro	2:27
3	Get Up Offa That Thing	James Brown	4:09
4	Get Up, Stand Up	The Wailers	3:19
5	Take Me Out	Franz Ferdinand	3:57
6	Sunday Forgettable	Okay(K)	5:07
7	Do Your Thing	Basement Jaxx	4:19
8	Here It Goes Again	OK Go	2:59
9	We Don't Have To Take Our Clothes Off	Jermaine Stewart	4:53
10	Dressed For Success	Roxette	4:09
11	Walk This Way	Run-D.M.C., Aerosmith	5:09
12	You Can Leave Your Hat On	Joe Cocker	4:12

**#EndPJParalysis - the playlist**

A playlist featuring Reel 2 Real, Helen Shapiro, James Brown, and oth...

[spotify](#)

# Donald

## Where's Your Troosers?

Get up

Get Dressed

Get Moving



Inactivity in  
Hospital can  
lead to.....

muscle weakness  
increased falls  
increased confusion  
delays in getting  
home  
increased risk of  
needing help when  
discharged  
loss of independence

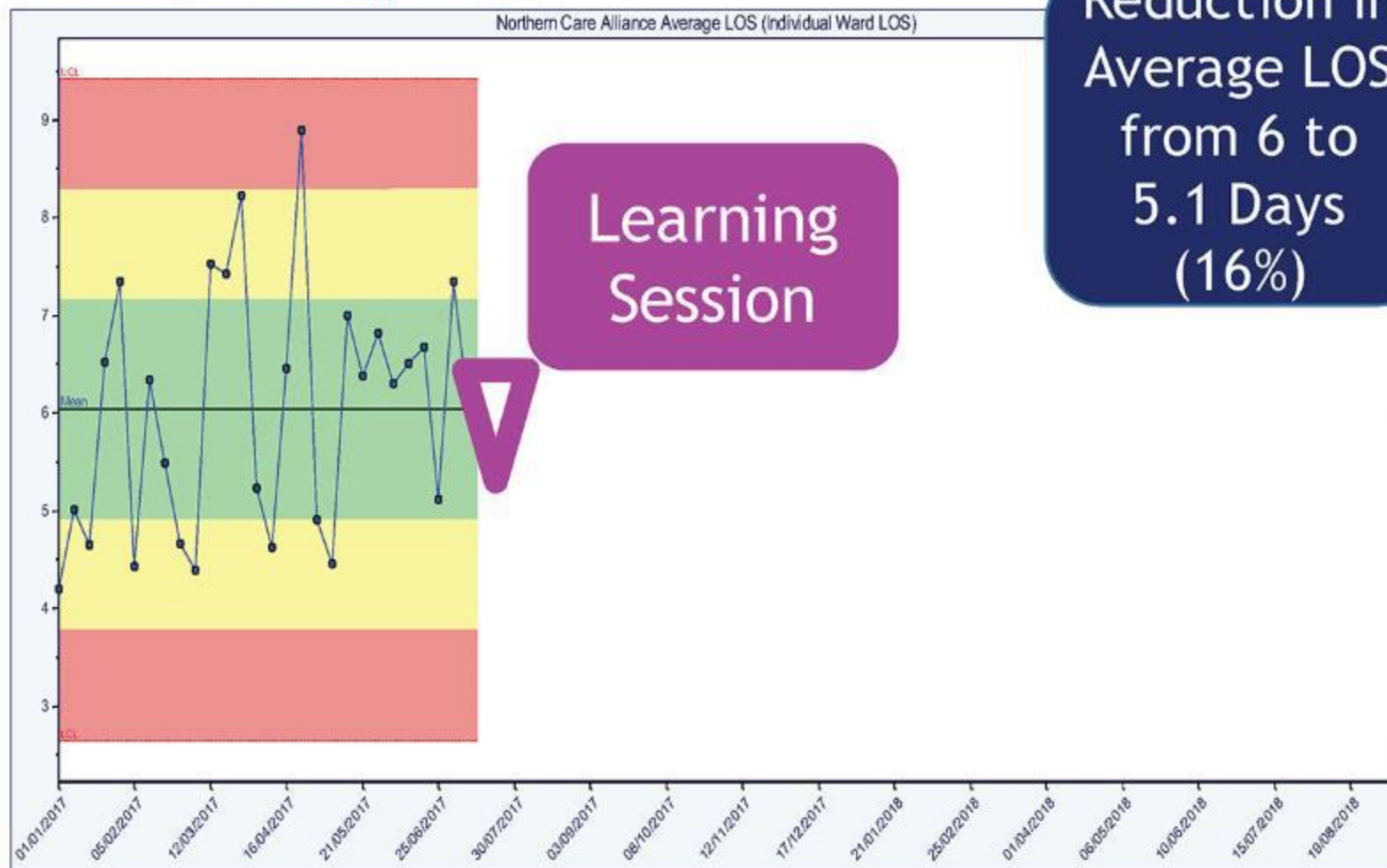
Getting out of bed, putting on your own clothes instead of pyjamas and moving around as much as possible will ensure you recover more quickly



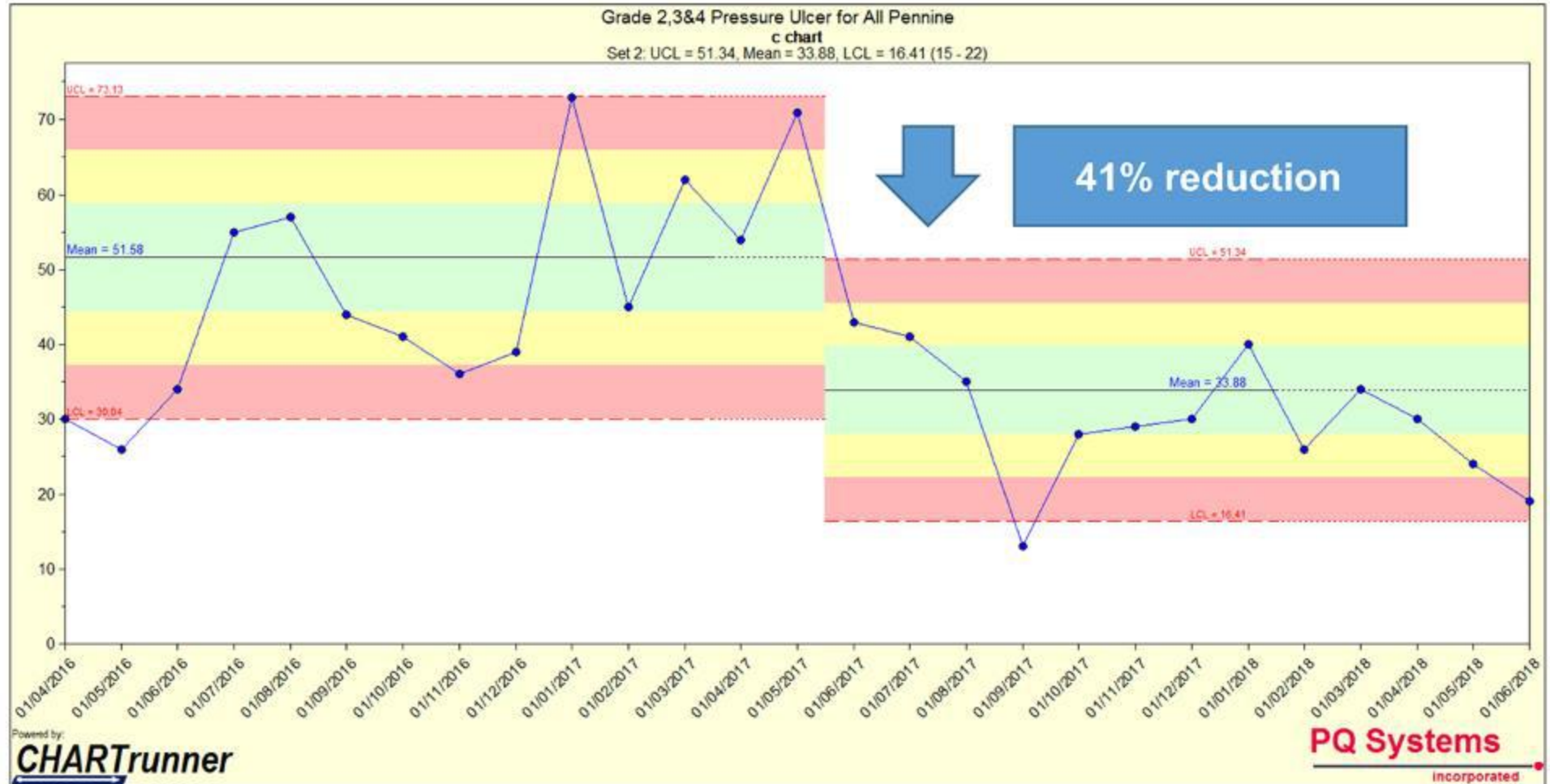
# Outcome data from one Trust

## Average Length of Stay (Individual Ward LOS)

Northern Care Alliance - All Hospital Sites



# Pressure ulcers



*“While I may have originated the term #EndPJparalysis, I’m keen to stress to people I don’t ‘own’ it; my rationale being that if no one owns it we can all ‘own’ it and no one needs ‘permission’ to do what they will with it...”*

@brianwdolan



Tweet



South Warks NHS FT @nhsswft

Lots happening on Stratford Hospital's Nicol Unit to keep patients physically and mentally active - a pets as therapy dog, flower pressing and card & memory book making. Staff have also helped patients to celebrate Nutrition & Hydration week and Cheltenham Races. #EndPJParalysis



Tweet your reply



Joanne Petersen @JOP691

TY @PTcurt #endPJparalysis posters are displayed prominently in every room at AUH @SaskHealth . Already hearing comments from patients & families about the clear & simple message, "clothes say you're getting better!" Here's a shot of our "tickle trunk" of clothes! #donations



Tweet your reply



Next step – the world  
10<sup>th</sup> – 12<sup>th</sup> July

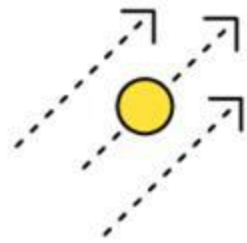
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#EndPJparalysis

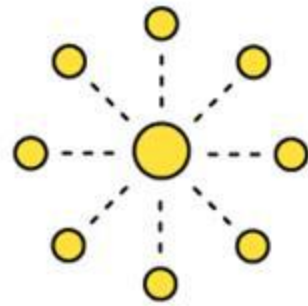
GLOBAL SUMMIT  
10-12 JULY 2019

# IDEAS THAT SPREAD ARE ACE



ACTIONABLE

A



CONNECTED

C



EXTENSIBLE

E



**IMPLICATIONS...**

@HenryTimms

INTENSITY > FAVORABILITY



NOT OLD POWER VS  
NEW POWER....

*OLD POWER + NEW POWER*



# THE FUTURE IS A BATTLE FOR MOBILIZATION



Henry@thisisnewpower.com

@Henrytimms

'An essential  
lens to use when  
thinking about how  
the world has changed,  
how to spread ideas  
or start a movement,  
or create change'

RICHARD  
BRANSON

# #newpower

Why outsiders are winning,  
institutions are failing, and how  
the rest of us can keep up in  
the age of mass participation

HENRY TIMMS & JEREMY HEIMANS