

Introduction to Simple Telehealth - “Flo”



Flo is great, I've got my freedom back. I'm not tied to the house I can take my readings wherever I am, at home, upstairs, my daughters or on holiday. I always like to take my reading before my meds so that you can tell what's really happening and with Flo I can take them when I get up, whatever time it is and I don't have to wait or exert myself going downstairs. I like the messages Flo sends back telling me if my readings are OK or if I need to call the Matron. I tell everyone about Flo, I feel privileged to be part of this project"

Patient under COPD Monitoring

Florence (Flo) is a very simple healthcare system provided via the patient's own mobile phone. It's primarily an SMS (text) based system that clinicians use to send reminders to patients and collect their health readings.

All health checks are automated and monitored and readings are presented on graphs that help identify and track long term health issues and trends. Health tips and reminders are sent to patient help them follow recovery plans, or manage long term conditions.

The approach is very much about encouraging self care, reinforcing the message you have given as a clinician/practitioner.

As a clinician you decide if you also want to set any breached alerts for individual patients to come to you.

Flo is free to use this financial year, including the biometric monitors that may be required for use with some protocols

You can read more on this dedicated web site <http://www.networks.nhs.uk/nhs-networks/simple-telehealth>

If you would like more information about using Flo, please contact:

Jayne.Wood@nottshc.nhs.uk