



## Digital Health Stoke-on-Trent project update for front line professionals



### By Dr Ruth Chambers OBE, GP and Clinical Telehealth Lead, NHS Stoke-on-Trent CCG, Clinical lead for WMAHSN TECS exemplar of Person Centred Care

**Hello and welcome to an update on how things are going for the TECS project. The aim of the project is to show the power of technology to deliver person centred care.**

It is an extremely important agenda. You'll have noticed that the NHS faces huge challenges!! Demands on our services are continuing to increase. Utilising technology will not only enable us to shape services to suit the needs & preferences of individual patients; embracing it will also help us take on the challenges we face every day. Indeed, only last month, NHS England's Director of Digital Technology, Beverley Bryant, told the Sustainable Healthcare Conference that all clinicians had to embrace digital technology and information. The message was loud and clear: we have no option but to embrace technology to improve outcomes for patients. Here's the link to the article should you wish to read [here](#).

These are exactly the same challenges that we are exploring with this project and, because of projects like this, we in the West Midlands are leading the way.

Two key areas of the TECS project is building on the success of the Florence Telehealth (FLO) text messaging service and the creation of new apps.

#### FLO

Recently, the project team have been highlighting the story of Jeff who uses FLO.

Jeff, 58, ran a successful business which restored leather in vintage cars as well as on furniture.

But he developed conditions such as hypertension and angina and

also suffered from mini-strokes (Trans-Ischaemic attacks –TIAs). He was also diagnosed with mild cognitive impairment (MCI) in 2014.

In 2015, he was referred to the mental health and vascular wellbeing team and was introduced to FLO in February 2015.

Jeff receives two FLO texts per day to help him manage his conditions. He said: "FLO resembles a friendly, good natured and trusted member of the family. I feel more able to cope and more confident about the future."

I am delighted Jeff's life has been transformed by using FLO. It has supported him to manage his health and has given him confidence that he can live a full and active life despite his numerous conditions

#### Manage Your Health App

The Manage Your Health app is another exciting development. Using computer generated characters, interactive quizzes and information resources, the app is designed to help patients with asthma, COPD and diabetes type 2. More conditions will be added as the app develops.

It is being developed jointly by Stoke-on-Trent CCG, the School of Pharmacy at Keele University and the University Hospital of North Midlands (UHNM), I was delighted to hear the app has won praise from fellow professionals.

Sarah McNally, Lead Nurse for Respiratory Medicine from Wolverhampton Road Surgery, Stafford, has used the asthma version of the app.

She said it could be a life saver. High praise indeed. The app can be downloaded on Google Play store and Apple App store.

The developers are looking for patients with long term conditions to use the new app. Please contact Luke Bracegirdle (l.bracegirdle@keele.ac.uk) for further information.

#### Interesting blog

Here's an interesting blog about the challenge of getting clinicians involved in supporting patients to use technology to manage their health. I do have to express an interest; Chris Chambers is my husband, but I am sure you'll agree it is a very well written piece and really hits the nail on the head in terms of the potential technology has to improve health outcomes. Link here [blog](#)

Finally, I'd like to wish everyone a Happy New Year. The next 12 months promise to be very exciting and the adoption of TECS should help us to improve our delivery of care.

You can find more about the project on our [website](#). It has lots of resources, information and case studies. Please visit it, learn what others are doing and give us feedback.

You can also get more information regarding the project by contacting Paul Copeland, project operations manager: paul.copeland@staffordshireccs.nhs.uk or Aoife Donnelly, project administrator: aoife.donnelly@northstaffs.nhs.uk

The above bulletin is a digest of the Digital Health Stoke-on-Trent bulletin. The full edition can be downloaded via this [link](#).