

"A patient centered approach to modern day nursing & healthcare."
- Ann Hughes, Practice Nurse Stoke on Trent -



Stoke-on-Trent
Clinical Commissioning Group

Keeping it Simple with Flo

Weight Management

Following participation in a 12-week slimming club, a patient who had demonstrated significant weight loss visited the surgery for a routine appointment.

Unfortunately much of the weight previously lost due had been regained due to a return to old eating habits since finishing the scheme. I suggested Flo as an option to re-engage the patient with their weight loss goal using a combination of educational messaging and regular weight reporting. The weight loss results clearly demonstrated how Flo's real time interactions had refocused the patient and re-engaged them with their goal.

"My patient lost 4 kg in the first 4 weeks of using Flo and continues to do well."

Ann Hughes, Practice Nurse

Ann is now working to extend the 8-week program to 6 months to extend the impact.

Vitamin B12 & Depo-Provera Reminders

A known challenge identified by the practice was being able to book appointments 12 weeks in advance for patients receiving vitamin B12 and Depo - Provera injections. As patients cannot book their next appointment at the previous visit, this resulted in many patients struggling to keep their appointments every 12 weeks. Ann now uses Flo with patients for a single reminder 2 weeks before their next injection is due to remind patients to book their next appointment.

It's early days but so far none of Ann's patients signed up to Flo have DNA'd their appointment and have managed to maintain their 12 weeks injection schedule.

Depression Support

A patient diagnosed with depression has benefited from being supported by Flo initiated in primary care.

Designed around the patient's individual needs, the patient receives support with their medication adherence combined with personal supportive messaging tailored towards the patient.

Following the first 3 months of treatment with improved medication adherence and support, the patient's PHQ9 score dropped and now remains stable.

Also Using Flo with:

- Blood Pressure Monitoring
- COPD + Rescue Medication
- Smoking Cessation
- Weight Management
- Appointment Reminders
- Vitamin B12,
- Zoladex
- Prostag
- Depo-Provera
- Contraceptive pill
- Diabetic Foot Checks

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Florence