**Using Florence to support the National Perinatal BP and Urinalysis Protocol**

**General information about the Protocol**

We aim to use Florence to support women to remotely monitor and report their BP and Protein readings.

**Purpose**

* To provide ongoing support to women with a risk of raised BP in pregnancy
* To encourage patients to self-monitor and increase confidence in doing so.

**Summary**

Three times weekly request for BP reading and twice weekly request for protein readings. Tailored responses referring women to their RCOG patient guidance or to local midwifery guidance for next steps. Four additional questions to evaluate the use of remote and home monitoring have been included.

**Selection of patients**

* Local clinical decision

**Expected outcomes**

* Safe and Effective monitoring of women in at risk category
* Increased feeling of support for patients during pandemic

**Protocol summary for patient**

* Clinician in charge of their care, will discuss the option of Florence
* Patient consents to Florence and opts in to system
* Patient receives messages over clinically determined period
* Patient directed to seek advice as necessary, depending on their readings

**Protocol summary for Clinician**

* Clinician discusses option with women
* Clinician ensures consent form signed and requests admin to enter patient details onto Florence.
* Clinician monitors the patient responses to readings requests
* Clinician discusses submitted readings at next patient contact
* Discharges patient from system when determined that need for monitoring is finished.

**Information Messages**

**Day 0** (immediately patient details have been added to Flo)

*Hi, I'm Florence your NHS self-care service. I need to confirm you want to join in. Get started by replying "YES". Don't reply if you didn't ask to join in. My number, 64711 is FREE to text and is registered with the UK regulator at* [*http://psauthority.org.uk/*](http://psauthority.org.uk/)

Patient replies with “*yes*” to opt in

*Hi, it's Florence. Thanks for joining. I'm here to help you manage your own health better. At times I'll send advice for you. To help you I may also share information with your healthcare team. You can opt out now or leave anytime by replying with STOP.*

**Day 0** (at 4pm)

*Hi, Its Flo. Please have a read of your patient leaflet. Keep it handy for information, advice and important contact telephone numbers. Take Care*

**BP Monitoring Questions and Responses**

**BP Reading Request - Every Monday, Wednesday and Friday at 11am**

**Desirable Parameters Range SYS 110-134/DIA 70-84**

*Frequency and timings of requests can be varied at local level*

*Hi it's Flo. Please could you send me your blood pressure reading this morning? Reply BP then the reading, e.g. BP 140 90*

**Reminder if no reading after 2 hours:**

*Hi, Flo again. Please could you send me your BP reading today e.g. BP 140 90*

**Responses**

**If within parameters:** *Thanks. Your BP reading is normal. Remember if you have any new symptoms listed in your patient leaflet, please seek advice as directed by your midwife. Flo*

**If below parameters:** *Thanks, your BP reading is normal. If you feel unwell, please seek advice as directed by your midwife. Flo*

**If above parameters:** *Thanks. Your BP is raised. Please sit quietly for 5 minutes and then take your BP again. Reply BP then the reading e.g. BP 140 90*

**Responses on receiving second reading**

**If within parameters:** *Thanks. Your BP reading is normal. Remember if you have any new symptoms listed in your patient leaflet, please seek advice as directed by your midwife. Flo*

**If below parameters:** *Your blood pressure is normal. Remember, if you are feeling unwell, please seek advice as directed by your midwife. Flo*

**If above parameters:** *Thanks. Your BP is still raised. Please refer to your patient guidance for what to do next.*

**Protein Monitoring Questions and Responses**

**Protein Reading Request - Every Monday and Friday at 11:05am -**

**Desirable Range 0**

*Frequency and timings of requests can be varied at local level*

*Hi, it's Flo. Please send in your Protein reading. Reply Prot then the reading e.g. If ++ on stick enter: Prot 2*

**Responses**

**If within parameters:** *Thank you. Your Protein reading is within normal range. Flo*

**If above parameters:** *Thank you. Your Protein reading is raised. Please seek advice as directed by your midwife. Take Care, Flo*

**Evaluation Questions**

**Day 28 at 1pm**

*Hi it's Flo; shortly I will send you some questions based on your experience of Florence to help us to evaluate the service. Thanks*

**1.05pm:** 4 questions sent, automatically triggered after each answer

**Final message:** *That was the last question - thanks very much for taking part. Your BP and Protein reading requests will continue as normal. Take care, Flo*

The BP and Protein requests will continue as normal

**Learn more about** [**Home Monitoring**](https://tec.scot/bp-scale-up/) **and** [**Telemonitoring**](https://tec.scot/2020/06/09/telemonitoring-to-support-the-covid-19-response-tele-covid-pilot-launched-in-scotland/) **in Scotland**