

## Digital Health Stoke-on-Trent bulletin



### 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 the latest TECS newsletter for front line professionals.

One of the key aim of the TECS project is to offer digital resources and support to help professionals like you.

We believe technology can promote person centred care as well as aiding you in your role as a front-line worker in the NHS.

The project's team [website](#) has lots of information and resources for you to look at, use and download. Please take five minutes to have a look around it.

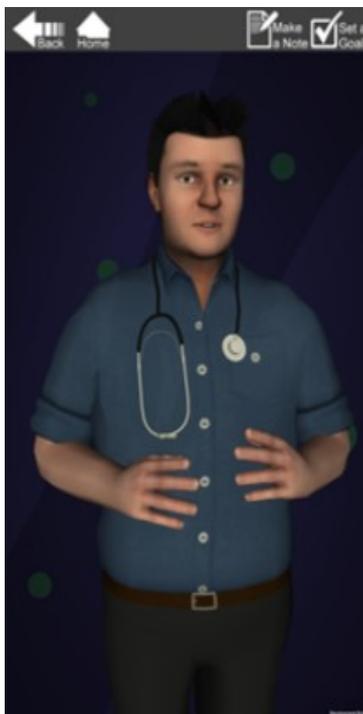
Health' App will re-iterate the advice given by their Practice Nurse or other Health Professional involved in their care and act as an aide memoir."

We think it could be an invaluable tool for you to sign post your patients to. It's easy to download and even easier to use.

It is available in the [Google Play Store](#) ; [the Apple App Store](#) ; and the Amazon [App store](#)

We want as many people as possible to know about this great piece of software which is why we are looking at holding a promotion event. Further details will be coming out soon.

#### Manage Your Health app



One such innovation we are getting great feed back on is the Manage Your Health app. The app, being developed jointly by Stoke-on-Trent Clinical Commissioning Group, the School of Pharmacy at Keele University and the University Hospital of North Midlands (UHNM), supports patient to manage their long term conditions.

Using computer generated characters, interactive quizzes and information resources; the app updates with content designed to help patients with asthma, Chronic Obstructive Pulmonary Disease (COPD) and diabetes with additional conditions to follow.

Professionals such as Practice Nurse Ann Hughes had this to say: "I personally find all the versions very easy to use and full to the brim of good advice. "For the right patient I feel that the 'Manage Your

#### Staying Independent Checklist

Just a little plug for our new simple and user-friendly tool which you can use during assessments with patients.

The tool, which has been developed by us, the project team, is designed to guide the patient's thinking about how well they are managing in all aspects of their day-to-day life. It is designed to inform and guide decisions when choosing equipment or services to enhance quality of life.

A printable summary of all the suggestions is generated on the final page. The Staying Independent Checklist can be accessed on the Digital Health website.

Please take a look at it, use it with your patients sign post people to it and tell us what you and your patients think about it

#### Interesting reading

Finally, I am pleased to say GPOnline has run an article about our project to show how social media such as Facebook can be used by clinicians and professionals to promote person centred care.

Here's a link to the article. The West Midlands Academic Health Science Network has also published a precis of the article [here](#)