

## Message Schedule – (E003) Notts West NNE HF BP, Weight & Pulse

Message Schedule Frequency/Day/Time	Message Content	Character Number (inc. spaces)
Once, Day 0, Triggered by patient sign up	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.	Not Applicable Standard Message
Once, Day 0, Triggered by patient Opting in with "YES"	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 act on. To help you I may also share information with your healthcare team.	Not Applicable Standard Message
BP, Pulse & Weight reading every Monday & Thursday at 08:00	A quick reminder that your BP,Pulse & WT is due. e.g."BP 141 84 Pulse 65 WT 79.3". Please weigh yourself after emptying your bladder & before breakfast. Flo	156
Reading reminder if patient doesn't reply within 1 hour	Hello, its Flo again. I've noticed you haven't sent in your readings yet. e.g. "BP 141 84 Pulse 65 WT 79.3". Take care, Flo.	124
Confirmation of acceptable reading	Thank you for your BP reading. Flo.	35
Low BP reading	Please take your BP again on the other arm and text in the reading. Thanks Flo	79
High BP Reading	Please take your BP again on the other arm and text in the reading. Thanks Flo	79
Confirmation of acceptable 2nd BP reading	Thank you for your BP reading. Flo.	35
Alert triggered by 2nd high/low BP reading	Please CALL your Heart Failure Nurse for immediate advice on your blood pressure. Thanks Flo.	94
Acceptable weight reading confirmation	Thanks for sending in your weight. Flo.	40
High weight reading	Please CALL your Heart Nurse, your weight has increased beyond your normal level. Thanks Flo.	94
Low weight reading	Please CALL your Heart Nurse, your weight has decreased beyond your normal level. Thanks Flo.	94
Rising breach alert if patient's weight increases by 2kg over 6 days	Please CALL your Heart Nurse, your weight has increased beyond your normal level. Thanks Flo.	94
Acceptable pulse reading confirmation	Your pulse is normal. Flo	25
High pulse reading	Your pulse is a little high at the moment. Please rest for 10 minutes and then send another reading. Thanks, Flo.	113

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Low pulse reading every	Your pulse is a little low at the moment. Please rest for 10 minutes and then send another reading. Thanks, Flo.	112
Confirmation of acceptable 2nd pulse reading	Your pulse is normal. Flo	25
Alert triggered by 2nd high/low pulse reading	Please CALL your Heart Failure Nurse. Your pulse is outside your normal levels. Thanks, Flo.	93
1st Evaluation reminder, day 36 & 38, 12:00	Just a reminder, if you have not already done it, to complete and send your evaluation form back to your Heart Nurse. Thanks Flo	129
2nd Evaluation reminder, day 72 & 74, 12:01	Just a reminder, if you have not already done it, to complete and send your 2nd evaluation form back to your Heart Nurse. Thanks Flo	133