

## Message Schedule – (E029) Oldham Podiatry Diabetic Foot

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
Day 1, 2, 3, 11, 18, 25, 32, 39, 46, 53, 60, then once a month from months 3 - 10 @ 19:00	Hi, it's Flo have you remembered to check your feet today for any redness, blisters or hard skin.	98
Day 4, then every 3 months from months 4-12 @ 19:00	Hi, it's Flo. Get in touch with podiatry 0161 621 3803 as soon as possible if you discover any foot problems.	109
Day 5 @19:00	Hi it's Flo, Are your feet well hydrated and applying your moisturiser regularly? Don't apply inbetween your toes as this will encourage fungal infections	154
Day 6 @ 19:00	Hi It's Flo, many foot ulcers are caused by a foreign body when walking bare foot don't forget to wear footwear in the house.	125
Day 7 @ 19:00	Hi it's Flo, Soaking your feet more than five minutes will make your skin soggy - just wash and dry them well, especially between the toes	138
Day 8 @ 19:00	Hi it's Flo Do you know most foot ulcer are caused by unsuitable foot wear? Are your shoes suitable, not too tight, deep enough, made of soft natural materials.	160
Day 9 @ 19:00	Hi it's Flo, do you check inside your foot wear for spiders or foreign objects before putting them on?	102
Every 3 months starting from day 10 @ 19:00	Hi it's Flo, Are you going on holiday - don't let your feet get burnt, include your feet when applying suncream.	112
Day 12, 19, 26, 33, 40, 47, 54, 61, then every 3 months from month 5-12 @ 19:00	Hi it's Flo, Dry hard skin can cause foot problems are you moisturising regularly.	82
Day 300 @ 10:00	Hi it's Flo. Hope your feet are doing well. Don't forget to ring podiatry on 0161 621 3803 to book your annual foot assessment.	127