

## Message Schedule – SCO NHS LAN Sitting and Standing Blood Pressure TEC

**Simple**  
uk.net

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
Standing BP reading every Wednesday @ 08:00	Hi - after you have done your sitting BP please leave your cuff on and stand for a minute then take your BP again while standing e.g. stand BP 120 70	148
Reminder message 1 hour later if no reply	Hi - did you forget to take your standing BP? - can you repeat both your sitting and standing BP and send in e.g. sit BP120 70 stand BP 110 60 thanks Flo	155
Confirmation message	Thank you - your BP when standing appear to be usual for you.	61
Low BP reading	Your BP appears to drop a little when you stand up. Rest for 30 mins then repeat both your sit and stand BP and send in e.g. sit BP 120 70 stand BP 110 60	154
Alert triggered - 2 breaches over 2 days	Please follow your "out of hours" guidance and take care if you are feeling lightheaded or dizzy. Leave a telephone message for your Heart failure nurse	152
Sitting BP reading every Wednesday @ 08:10	Hi - can you send in your sitting Blood Pressure reading please? e.g. sit BP 120/70	83
Reminder message 1 hour later if no reply	Hi again - you don't seem to have sent in your sitting BP - can you send in please? e.g. sit BP 120/70	102
Confirmation message	That's great thanks- your sitting Blood pressure is within your normal limits	77
Low BP reading	Hi- your sitting blood pressure appears a little lower than your usual- rest for 30 minutes then send in again please e.g. sit120/70	132
High BP reading	Hi -your blood pressure appears a little higher than your usual - rest for 30 minutes then send in again please. eg sit 120/70	126
Alert triggered - 2 breaches over 2 days	Hi -Please follow your" Out of hours guidance" and leave a telephone message for your Heart failure nurse who will be in touch.	127