

Purpose

- To improve compliance with adopting a healthy lifestyle
- To encourage patient to engage with and adhere to the joint management plan agreed with the GP practice or clinic to reduce the risk of acceleration of early dementia
- To help the patient reduce the risk of cardiovascular disease by following healthy lifestyle advice through reminders in between sessions with their clinician

Setting:

Mental health and vascular wellbeing team, general practice, or primary healthcare team

Selection of patients

- Patients assessed as at high risk of mild cognitive impairment / dementia by a clinician.
- Patients who have cognitive difficulties and poor concentration that may benefit from regular text messages in order to encourage compliance with modifiable lifestyle changes and management as a prompt between clinical sessions.

Expected outcomes:

1 Changes in healthcare usage:

- Less time spent in face to face contact reinforcing compliance with following healthy lifestyle
- Reduced dependence on health professionals, as patients retain independence for longer

2 Improved clinical outcomes:

- Improved risk reduction for modifiable risk factors

3 Patient empowerment:

- Greater understanding and knowledge about their current management plan.
- Improved understanding of how managing their physical health can also help to improve mental wellbeing and reduce risk.
- Improved self- management of physical health and mental wellbeing

4 Benefits for Patients:

- Improved engagement with Take Heart Management Plan.
- Reminders and prompts to help scaffold memory and focus attention between sessions with their clinician.

5 Cost effectiveness:

- Reduction in costs of secondary care use (eg appointments at clinical sessions)

Success criteria

- 50% of patients who committed at start do at least 20 days of receiving texts over a 3-month period.
- 50% of patients are motivated to improve their lifestyle over the 3 month period

Protocol summary (5 weeks):

- The patient agrees to a joint management plan, and is provided with the Take Heart booklet incorporating this information.

- The patient receives informational messages alternate days. They may receive these more frequently if assigned to more than one protocol. Therefore it is envisaged that the more vascular risks the person has the more protocols assigned and the more messages will be sent.

Patient:

- signs contract, agreeing to respond to messages from FLO.
- receives on alternate days information messages, and tries to adopt the advice contained in them.

Clinician:

- agrees a joint management plan with the patient, which includes the use of FLO.
- obtains patient's signed agreement to respond to FLO.
- enrolls patient onto FLO by using the patient's current mobile phone number and NHS number.
- chooses the wellbeing protocol (WMAHSN-26) and other protocols as appropriate for the individual patient, and enters them onto the patient's Flo profile.
- evaluates the effectiveness of the FLO messaging system by monitoring patient feedback.

Exercise messages (WMAHSN-22)

1. Getting physically active helps control your weight, reduce blood pressure and cholesterol and improve your mental wellbeing. Give it a go! Flo.
2. Many health problems can be helped by physical activity. If you take medication you should check with your GP / nurse the activity level that is suitable. Flo.
3. Walking is an ideal activity as it's free and easy to do anywhere. Thanks Flo.
4. Walking is good for you, take the dog for a walk or find a local park and go walking with a friend. Flo.
5. Have you considered finding a local walking group? It can help you meet new people as well as increase your activity. Thanks Flo.
6. Set yourself realistic goals that are specific and achievable. For example, set a goal to walk 30 minutes every day. Thanks Flo.
7. Did you know exercise is associated with lower rates of depression and anxiety and for slowing age-related cognitive decline and for promoting well-being? Thanks Flo.
8. Do some housework. Although light tasks such as taking out the rubbish won't raise your heart rate, some heavy gardening or washing the car will. Thanks Flo.
9. Take the stairs instead of the lift. Walk up the escalator rather than standing still can all increase activity. Thanks Flo.

10. Studies have shown that exercise may improve memory and slow down mental decline. Try it!
Thanks Flo.

Alcohol messages (WMAHSN-23)

1. Pace yourself by sipping alcoholic drinks slowly concentrate on the taste. Space your drinks out - have a soft drink or glass of water in between. Thanks Flo.
2. Have a smaller bottle of beer instead of a can. Or a single instead of a double. Thanks Flo.
3. If you drink every day, have at least two days a week when you don't drink alcohol do something different instead. Thanks Flo.
4. Set a limit on how much you're going to drink, including any drinks you have at home before you go out. Thanks Flo.
5. Having an excuse ready when you're offered a drink you'd rather miss means you're less likely you are to be persuaded. Thanks Flo.
6. Alcohol in the house? You could be more likely to drink it. Avoid stocking-up on alcohol when you're doing the shopping. Thanks Flo.
7. There are great advantages to cutting down on the booze such as benefits to your health, having better skin, and more cash in your pocket. Thanks Flo.
8. Heavy drinking can be linked to depression. If you already feel anxious or sad when you're sober, drinking can make this worse. Thanks Flo.
9. Alcohol can make a memory or concentration difficulty much worse. Cutting down on the booze can help. Thanks Flo.
10. Alcohol can affect your sleep; it can disrupt your sleep patterns and stop you from sleeping deeply. Cutting down should help you sleep better. Thanks Flo

Weight / diet messages (WMAHSN-24)

1. Being overweight puts you more at risk of high blood pressure, high cholesterol and Type 2 Diabetes. Flo.
2. Losing even small amounts of weight can benefit your health. A slow and steady approach to weight loss works best. Thanks Flo.

3. Skipping breakfast can make you feel tired, hungry and more likely to choose high calorie snacks. Thanks Flo.
4. People who eat breakfast are more likely to maintain a healthy weight than those who don't. Thanks Flo.
5. Try to include at least [5 portions](#) of fruit and veg a day. They can be fresh, frozen, dried or tinned. A portion is about a handful. Thanks Flo.
6. Watch the salt! It is hidden in everyday foods like bread, breakfast cereal and ready meals. Thanks Flo.
7. Add a portion of vegetables here, sprinkle a portion of fruit there – you'll hit your 5 a Day before you know it! Thanks Flo.
8. Eating distractedly, such as in front of the TV, means we eat more without noticing or even enjoying it. Swap the TV for the table. Thanks Flo.
9. Try to increase oily fish in your diet. It's good for your heart and your brain. Thanks Flo.
10. It takes time for our brains to register we're full, try eating more slowly. Thanks Flo

Smoking messages (WMAHSN-25)

1. By quitting smoking you'll be improving your own health by dramatically reducing your risk of [heart disease](#), [stroke](#), cancers and dementia.
2. Stopping smoking can help you feel better, and you will have more money to spend on other things that you enjoy. Flo.
3. Stopping smoking can be difficult but there is help available. Ring your GP or talk to your chemist today. Thanks Flo.
4. It's a myth that smoking calms you down in fact the opposite happens, it makes you more anxious.
5. The nicotine in cigarettes makes your body produce adrenaline, your heart beats faster and it raises your [blood pressure](#). Flo.
6. Unsure about quitting smoking? Want to talk to someone then try the helpline. They are there to help you. Call 0800 022 4 332.
7. Focusing on the positives such as improved health will help you to stay smoke free while the withdrawal and recovery symptoms pass. Flo.

8. Prepare to quit smoking by choosing a plan that works for you. Speak to your GP about nicotine patches and gum to help you cope with the cravings. Flo.
9. If you've tried before and it didn't work out you haven't failed, you have just given yourself more practice for the next time you quit smoking.
10. Make use of the ways to quit smoking and the tools that are available to support and motivate you at **www.smokefree.nhs.uk**

General wellbeing messages (WMAHSN-26)

1. Reviewing your Take Heart booklet regularly can help you look after both your physical and mental wellbeing. Thanks Flo.
2. It is important to take your prescribed medication properly as it can help you to reduce your vascular risks. Thanks Flo.
3. Positively changing your lifestyle helps you feel better and able to cope with some of the demands put on you. Thanks Flo.
4. A balanced diet and regular physical activity can help you cope with stress. Thanks Flo.
5. Uncontrolled vascular risks increase your chance of getting mild cognitive impairment or dementia but you can do something about it. Your Take Heart plan can help you. Thanks Flo.
6. Reminding yourself to 'take notice' and be mindful can strengthen awareness and improve concentration. Thanks Flo.
7. Mindfulness - [being aware of what is taking place in the present can enhance your well-being](#). Try it today! Thanks Flo.
8. Take some time to enjoy the moment and the environment around you. What have you missed? Thanks Flo.
9. Try to concentrate on the here and now instead of worrying about the future or ruminating on the past. Thanks Flo.
10. Learning boosts self-esteem and encourages social interaction and a more active lifestyle. So why not learn something new today? Thanks Flo.
11. Connecting and talking to people can really help increase your mood and wellbeing.
12. Connect! Give someone a call, have a chat with a neighbour or join a local club or group in the area. Thanks Flo.
13. Volunteering may seem an unusual thing to do but it can help you to meet new people. Thanks Flo.
14. Volunteering can help you to learn things that you wouldn't normally get to do and this can help to boost your confidence and improve your mood. Thanks Flo.
15. Get involved with a community project, charity work, or simply help out someone you know. Thanks Flo.

16. As well as benefiting others volunteering helps you feel better about yourself and you'll be doing something worthwhile. Thanks Flo.
17. Get into a healthy sleep routine, go to bed and get up at the same time each day. Thanks Flo.
18. Try not to nap for longer than 30 minutes during the day as this can prevent you from sleeping at night. Thanks Flo.
19. Try something new. Set yourself a challenge. Take up a new (or old) hobby, learn a new skill. Be creative! This can help improve your mood. Thanks Flo.
20. Anxiety can make your concentration worse. Taking slow deep calming breaths can help reduce it. Thanks Flo.

Patient Experience Questions

Day 1 (xEvalQ-01 / 02)

Do you feel confident that the Take Heart plan will help you? Please text CC 1 if you do, or CC2 if you don't think the plan will help.

Do you think that you will try to follow the advice in the Take Heart Plan? Text CC1 if you think you will, or CC2 if you don't. Thanks, Flo

Thank you. I hope you'll find the programme useful. Take care, Flo

After 5 weeks: (xEvalQ-03 /04 / 05)

Please text CC1 if you agree with the statement "I would recommend this service to my friends and family", or CC2 if you disagree.

Thank you. Now, are you confident that your Take Heart plan can help you? Please text CC1 if you are or CC2 if you aren't confident. Thanks, Flo

Thank you. Now please say if you have tried to follow the advice in the Take Heart Plan. Please reply CC1 if you have, or CC2 if you have not.

Thank you for giving us your views. This will help us to improve the service for future patients.