

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:

- Reminders and prompts to help scaffold memory and focus attention between sessions with their clinician.
- Retain as much independence as possible.

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 feel more able to manage independently

Protocol summary:

- The patient receives informational messages 3 x per week for 6 months.

Patient:

- signs contract, agreeing to respond to messages from FLO.
- receives information messages three times a week, 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.
- evaluates the effectiveness of the FLO messaging system by monitoring patient feedback.

Advice messages

Three times a week for six months, messages repeated as necessary

Computers and mobile phones can support your memory. Establish a routine of using the calendar and alarm functions to set alerts and reminders. Flo

Keeping a large box handy and placing items you need for the day may help stop you mislaying important items Flo!

Have you taken your medication today? Taking it properly helps reduce your risk of becoming unwell. Setting an alarm on your mobile phone can help to remind you

Focus on completing one task at a time before moving on to the next

Memory is often worse if you are tired and this can affect your mood. By taking a break and then returning to a task afterwards can often help Flo!

Establish a regular routine and stick to it! Over-learning sequences can help maintain memory Flo

Ten minutes of Brain training daily could help improve concentration and memory. Have a go this week. Flo!

Writing down and repeating back information will ensure you have heard and processed it correctly and it will increase the chances of you recalling it later!

If a task is very complex don't attempt it alone as it could lead to frustration and anxiety. Instead ask someone else to do it with you. Flo

If you have an appointment list down all the points you want to make beforehand. That way if your memory lets you down you can use your list

Get into the habit of attending to things straight away that way you are less likely to forget. This can also reduce anxiety. Flo

Make shopping lists even if it's just for a few items that way you know you won't need to return later. Flo

Avoid lighting candles or using the oven if you are alone. Making full use of the microwave is a lot safer.

Keep a sense of humour Laughter can help you think and uses many brain areas boosting your ability to learn so enjoy working out punchlines to jokes and stories

Try not to focus on mistakes instead celebrate every achievement you make. This will keep you motivated Flo

Give up habits of tucking important receipts or paperwork into pockets or wallets. Put everything into one secure place! You are less likely to then mislay them

Accepting changes in your abilities and utilise new coping strategies can help achieve a sense of control as you begin to live well with cognitive changes

Set yourself more realistic, achievable goals and focus on what you have to do today Thanks Flo

Recognise the triggers that cause you anxiety or worry. For example are you hurrying or completing too many tasks at once?

Find your sources of strength family, friends, religion your dog? These can really help you with setbacks or through challenges

Don't be afraid to ask for help. Asking for help can help you stay independent and in control. Flo

De-clutter! Have a good clear out. An organised quiet space can help reduce stress and help you to locate items more easily Flo

Telling people that you have a memory difficulty can be helpful. It can reduce misunderstandings and anxiety. Flo

Use a Dictaphone function on your phone to record voice reminders or important meetings but don't forget to ask people in advance if they mind you using it

Try to get good night's sleep. Fatigue can worsen memory and mood. Going to bed and getting up at the same time help set a good routine. Flo

Socialising can really help your memory and improve your mood. Join a community group or meet up with family or friends as often as possible.

Don't focus everything on your memory difficulties! You have lots of important assets, skills and abilities to share. Flo

Try to reduce or limit the amount of alcohol you drink as alcohol can impact and worsen memory. Thanks Flo

Mindfulness meditation techniques can reduce stress and help you manage your mood and improve your memory. Keep practising!

Anxiety and stress can affect your recall and memory. Try to use the techniques you have learned everyday to help you manage your anxiety effectively.

If you get distracted by passengers when driving ask someone else to drive or enjoy taking the bus! Flo

Sing! Surprisingly even if you sing badly (like me) it can help lift your mood and improve your memory. Flo

Stay hydrated! Drinking plenty of water can help your brain stay sharper and focused on tasks whilst being thirsty distracts us!

Reviewing your Take Heart booklet regularly can help you look after both your physical and mental wellbeing. Thanks Flo

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

Learning boosts self-esteem and encourages social interaction and a more active lifestyle. So why not learn something new today? Thanks Flo

Try to concentrate on the here and now instead of worrying about the future or ruminating on the past. Thanks Flo

Patient Experience Questions

Questions at 3 and 6 months

(xEval 01 and 05)

Please text CC1 if you agree that Flo has helped you to improve your memory, or text CC2, if you disagree. Thanks.

(xEval 02 and 06)

Thank you. Now please text CC1 if you agree that Flo's advice has helped you improve your well-being or text CC2, if you disagree. Thanks

(xEval 04 and 07)

Thank you. Now please text CC1 if you agree that Flo's advice has helped you feel more able to be independent, or CC2 if you disagree.

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