

## **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.***