



Press Release

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Flo Scoops Recognition in Stafford

GP surgeries in and around Stafford and Stone have gained national recognition for work they're doing to help patients with high blood pressure.

The Stafford and Surrounds Clinical Commissioning Group backed scheme has seen 430 patients enrol on the initiative which sees them using a mobile phoned based system called 'Flo,' to monitor their blood pressure levels.

Now the practices will become part of a designated clinical advocacy group which will be tasked with sharing best practice and learning about the system both nationally and internationally.

Florence or Flo as it's known is a 'Simple Telehealth,' tool to help people manage their health conditions using text messaging. Flo is a text messaging service to remind patients to take their own readings and send them back to Flo using their own mobile.

The system then sends patients results in easy to read charts to GPs and practice nurses. Flo also informs them if patients' readings don't look right or are showing worrying trends.

The CCG chose blood pressure as the main area it wanted to use Flo for because it's an area that has been identified as being underdiagnosed. It's seen them invest in 145 Blood pressure machines to loan to patients while using Flo to measure their blood pressure as well as supporting continued training for the GP surgeries involved.

Paul Meredith, Practice Manager at the Wolverhampton Road Surgery, will be the representing the clinical advocacy group said: "Feedback from patients has been fantastic. They've told us they've found the system easy to use and really help them manage their health. Being part of this group will really give us an opportunity to spread the message about the system in this country and overseas."

Chairman of Stafford and Surrounds Clinical Commissioning Group Dr Anne-Marie Houlder said: "We are absolutely delighted that the CCG and our 14 member GP practices have been picked by the Flo designers to be involved in their Clinical Engagement Group. As a result £6,000 bursary is being invested to help develop our team further. It will also give Paul a chance to see how others operate new and innovative approaches to healthcare elsewhere."

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