



# AIM for Health

## Monthly Brief

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*“Welcome to the first AIM for Health monthly brief for all participating CCGs in the AIM for Health project. The aim (excuse the pun!) of the brief is to keep you up to speed with useful statistics as the project develops, news highlights and other useful information that we think you might like to know as well as hints and tips to share. We really want you to find this briefing useful so please let us know what you think or feed back to us if you have other suggestions of things to include in future briefings as well as sharing your hints and tips to help others.”*

Regards, AIM for Health Project Team

### **Hints and Tips!**

***Do you have any hints or tips to share around telehealth? If so then please let us know and you could be in our next edition.***

*“Have you thought about using the applications you trial for Flo telehealth in your practice for evidence of service development for your QP indicators? You could design the way you apply Flo to match indicators for planned and unplanned care (maybe via encouraging inhaler use in those with asthma or COPD?) or reducing likelihood of frequent attenders going to A&E (maybe medication reminder might work?)”*

Dr Ruth Chambers – Clinical Lead AIM for Health

*“Have you recently had a local workshop or is the date for your workshop fast approaching? If so, have you:*

- Identified the key individuals for your CCG for the AIM for Health project to include the clinical champion, CCG administrator and clinical telehealth facilitator?
- Communicated to GP member practices that the CCG is committed and signed up to the AIM project and the support they will provide in the way of equipment such as sphygmomanometers and printing of patient leaflets?
- Reviewed the clinical protocols available and agreed if all or a selected few will be used dependent on practice preferences and local needs?

*Consideration to these key questions will aid the smooth implementation following your workshop”*

Jane Willetts – Former project manager AIM for Health

## Statistics

- 32 CCGs have now signed up to the AIM project
- 15 workshops have taken place (covering 26 CCGs)
- 5 workshops are planned to take place by the end of July
- Just over 600 delegates have already attended a workshop

## News highlights of the month

- [www.guardian.co.uk/healthcare-network/2013/may/21/telehealth-helps-patients-responsibility-health-wellbeing](http://www.guardian.co.uk/healthcare-network/2013/may/21/telehealth-helps-patients-responsibility-health-wellbeing) - Dr Ruth Chambers' article talks about telehealth and how it can achieve better and faster outcomes, better adherence to medication and increase productivity.
- [www.stoke.nhs.uk/simple/aim](http://www.stoke.nhs.uk/simple/aim) - Check out and join our website if you haven't already!! It contains all of the documents you need around AIM for Health as well as all emergent articles (like the link above) and evidence so that you can keep up to date without having to trawl for this yourselves! If you haven't already registered then it's simple to do. Join the NHS network site and once you have done this then click the 'join our AIM network' on the left of the page but make sure that you follow all of the steps and ensure that you receive a confirmation e-mail.

## Other useful information

- **Collect your CPD credits!** - Want to learn about telehealth in general and the Flo SMS texting in particular? We have made a CPD guide that is a mix 'n' match of practice information, tips, videos, clinical audits, action plans and support around the new remote care monitoring DES. GPs, practice nurses and practice managers can access this at [www.stoke.nhs.uk/simple](http://www.stoke.nhs.uk/simple) using an NHS or .nhs.net email address.
- **Calling GPs and practice nurses - stressed at work? Flo can help!** - Try a new approach with interactive messaging and find out how to cope with the demands of work stress. Read the briefings on job satisfaction, signs and symptoms of stress and level of personal support and rate how you have recently felt. Your ratings will then allow you to select the version of which you can use Flo. We want a maximum of 100 GPs and Nurses to try this out, so don't miss out! Contact Sue Wood ([sue.wood@stoke.nhs.uk](mailto:sue.wood@stoke.nhs.uk)) to ask for more details - first come, first served!