



CF-i - What does *i* mean to you?

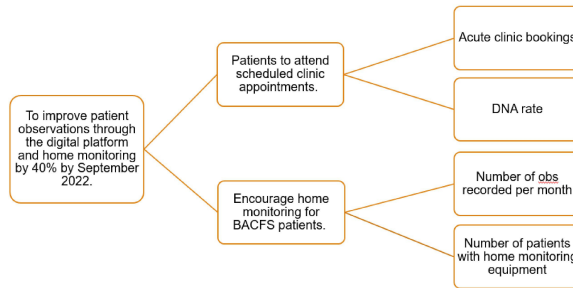
Improving the availability of patient observations for people living with Cystic Fibrosis through remote monitoring.

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Introduction

- Covid-19 forced many people with Cystic Fibrosis (CF) into shielding at home.
- Virtual outpatients were relied on to ensure these patients had access to appropriate health care.
- Initially, the virtual outpatient service offered by BACFS (Blackpool Adult Cystic Fibrosis Service) consisted only of video consultations ("Attend anywhere") and home spirometry.
- Many observations were unable to be taken as we were unable to see our patients face-to-face.
- We wanted to provide a holistic digital outpatient service which was comparable to the face-to-face model.

Driver Diagram



Patient Feedback



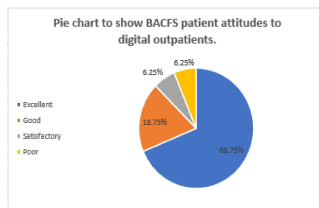
"This is great, it's very interesting to have the numbers plus context for what's normal, and to see exactly what it is we're measuring when we do liver function tests."

Feedback from patient #1 on using home blood kits.

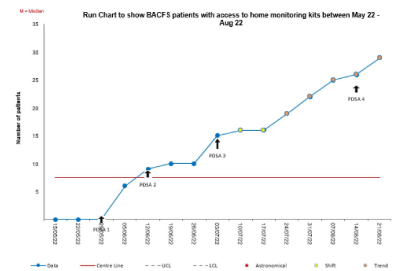
What does *i* mean to you?

- Independence
- Information gathering
- Individualised care packages
- Improvements in health care
- Inspiring patient autonomy

Results



23% of our cohort are now using the new home monitoring kits.



Aim

To improve patient observations through the digital platform and home monitoring by 40% by September 2022.

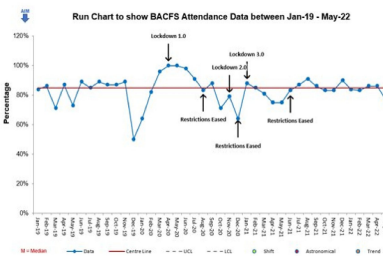
Initial Assessment

We conducted patient feedback questionnaires. Patients preferred the option of a digital outpatient service. Patient attendance figures were highest during the lockdowns, when health care was most convenient for our patients.

In order to make the service digital and more accessible, we would need to fund remote monitoring equipment.

Funding was sourced for individualised home monitoring kits including:

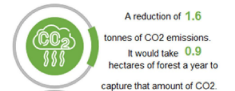
Home blood monitoring, SpO₂, weight, BP, diabetes home monitoring, hand grips.



Summary of calculated benefits

For Blackpool Teaching Hospitals NHS Foundation Trust

Based on the avoidance of 156 appointments:



Change Ideas

- Funding for remote monitoring technology.
- Educate staff and patients in usage.
- Smart tech to support low-income patients
- Case study to understand patient behaviours related to "Did Not Attend" (DNA) appointments.

Lessons Learnt

- Good data supports improvement. Important to ensure availability of data before beginning project.
- Digital outpatients is a huge economic driver and is in support of the Trust's Green plan.
- Allowed BACFS to align ideas about the development of our service.
- Start small.

Next Steps

- Continue distribution of kit.
- Develop education material.
- Quarterly data collection and analysis of home monitoring on engagement.
- Monitor impact of digital outpatients on DNA rates.