

**IMPROVEMENT NAME:** Patient to take their own BMI and BP readings

**TEAM MEMBERS:** Dr Hayley Jenkins

**DATE:**

1  
Deep Dive

## DEEP DIVE:

*What did we or are going to investigate about the problem/ improvement area?*

- Patients for combined pill prescriptions require a BP and BMI in last 12 months. This currently means they have to be given an appointment with a nurse or HCA to come in and have those readings taken before meds can be issued.

**PROBLEM:** *What is/was the problem we are trying to solve?*

Unnecessary nurse/HCA time taken out for measuring BP and BMI that could be used on other patients

**GOAL:** *What did we/are we hoping to achieve?*

Reduce the need for a booked appointment to get a patient's BMI and BP reading

2  
Design

## DESIGN:

*What changes do we or did we think would make an improvement?*

- Explore options it have a machine in the waiting room that would allow a patient to take their own BMI and BP readings

3  
Deliver

## DELIVER:

*How do we or did we expect to test the change?*

- Applied for a 1 month free trial of a self taking machine and see what the impact is.
- Audit the impact and then apply for funds to purchase a machine



**RESULTS:** *What did we achieve?*

- We have completed the 1 month trial and recorded the amount of time saved in clinic by patient's taking their own BMI and BP. Discovered in 1 month we saved enough nurse and HCA time to run an extra coil/implant procedure clinic which would improve our waiting list
- Presented the results to higher iCaSH team and applied for charitable funds to purchase one permanently
- Charitable funds approved to purchase 2 machines, one for MK and one for Bedford clinic

**EVOLVE:** *Next steps what further improvements are planned?*

The new machines have arrived this week. We plan to continue to audit it's use and gather data on time saved and also patient satisfaction with the process. Also now consider other patient groups that the machine can be used for such as for coil and implant fittings, HIV patients who need yearly BP etc.

**LESSONS LEARNT:** *What did we learn?*

