

Brochure



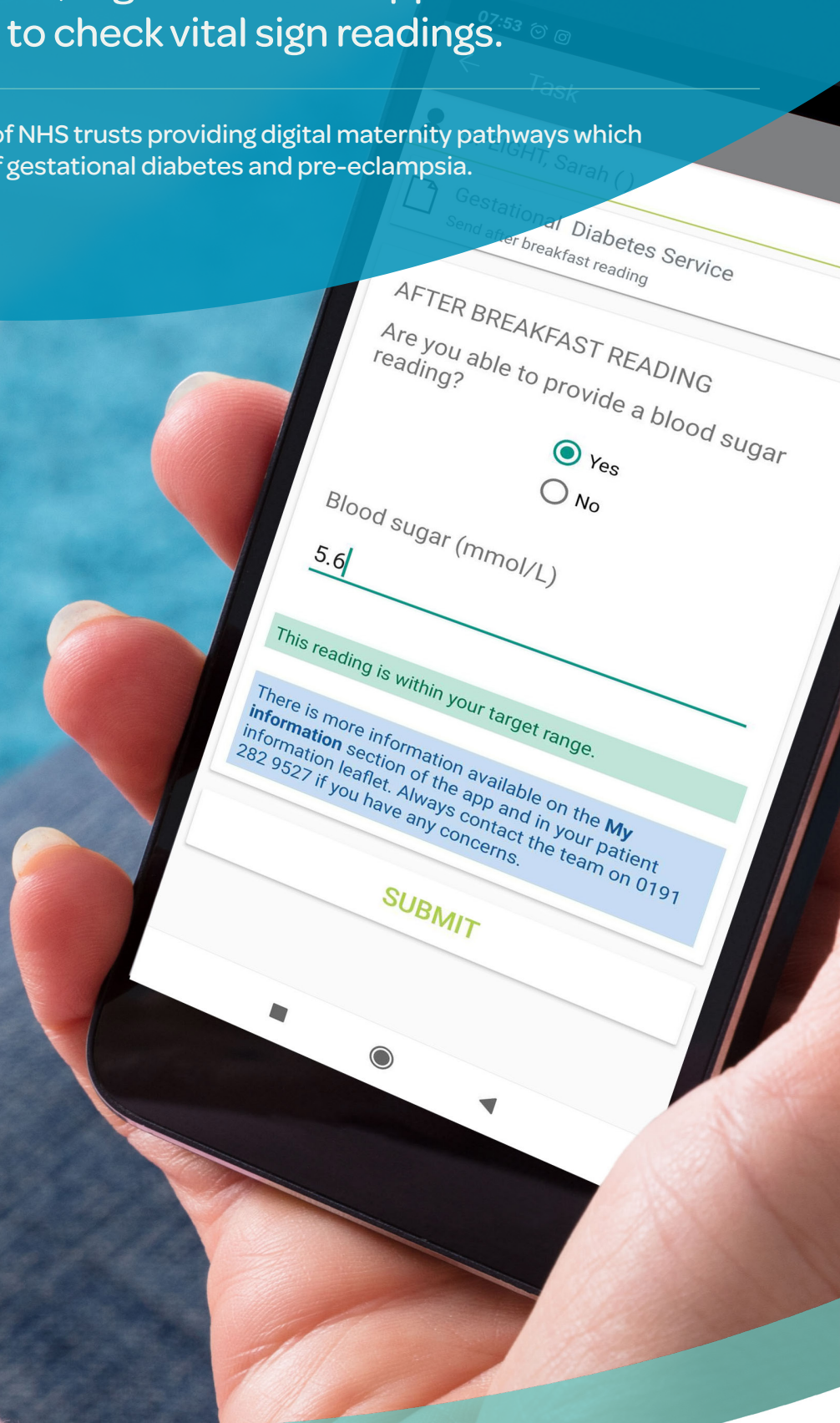
# Maternity Pathways

Remote monitoring for Gestational diabetes and pre-eclampsia

**inhealthcare**

One in 20 pregnant women will develop gestational diabetes<sup>1</sup> and pre-eclampsia occurs in 5-8% of all pregnancies.<sup>2</sup> To monitor these conditions, regular midwife appointments need to be carried out to check vital sign readings.

Inhealthcare works with a number of NHS trusts providing digital maternity pathways which remotely monitor patients at risk of gestational diabetes and pre-eclampsia.



The Inhealthcare Gestational Diabetes and Pre-eclampsia pathways allow expectant mothers to use a smartphone app, online portal or SMS to remain in contact with their healthcare professional. The service provides patients with regular results and information on their condition without the need for unnecessary travel.

The solutions allow expectant mothers to keep a digital log of their daily blood glucose and blood pressure measurements replacing their paper based diaries.

The results from patients are triaged using NICE guidance and individually set patient thresholds which will flag up any abnormalities for healthcare professionals to review.

These digital solutions provide the ability for two-way electronic messaging between healthcare professionals and patients within specific operating hours. This provides reassurance to the patient, whilst giving healthcare professionals a digital solution to avoid face-to-face contact and the ability to prioritise patients who need their assistance.

Through the pathways patients have access to tailored content and information on how they can manage their condition through changes in their behaviour. This content is directed to patients and they have continuous access to view at their own leisure.

The pre-eclampsia service can also be used postpartum to monitor new mothers for high blood pressure.

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## An evaluation from one NHS Trust which has deployed the above digital maternity pathways has reported the following savings:

- **Staff savings of 3/4 visits per patient over a 12 week period**
- **Direct cost savings of £1,092 per pregnancy**

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### Benefits of the maternity pathways

Reduces face-to-face appointments, freeing up NHS time

Readings out of range are immediately flagged for clinical follow up

Health care staff can prioritise those in greatest need

Patient has a digital log of readings, replacing the paper based diaries

Patient remains in close contact with healthcare staff and two way messaging gives added support

Tailored content is made accessible to the patient

<sup>1</sup> [www.diabetes.co.uk](http://www.diabetes.co.uk)

<sup>2</sup> Preeclampsia Foundation

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