

Reducing harm for people waiting for spinal surgery

Remote patient monitoring tech that helps to provide active clinical oversight and identify early signs of harm.



What does the pathway look like?



Monitor: Red-flag symptoms, changes in condition, general wellbeing and quality of life to reduce preventable harms.



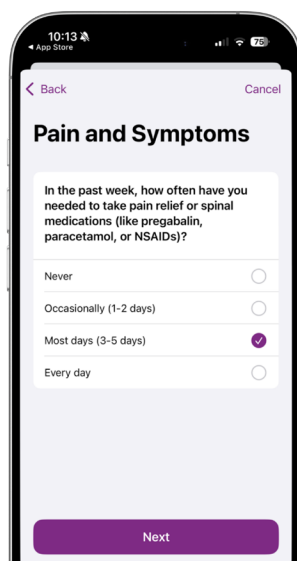
Measure: Capture vitals like blood pressure and weight with flexible input through Bluetooth, manual entry or via Apple Health and Google Health



Medication: Track response to pain relief and signs of dependency.



Education: Support self-management with simple resources in video, audio and written formats.



The screenshot shows a mobile app interface with a 'Pain and Symptoms' section. It asks: 'In the past week, how often have you needed to take pain relief or spinal medications (like pregabalin, paracetamol, or NSAIDs)?'. The options are: 'Never', 'Occasionally (1-2 days)', 'Most days (3-5 days)' (which is selected with a purple checkmark), and 'Every day'. There are 'Back' and 'Cancel' buttons at the top, and a 'Next' button at the bottom.

Example questions and red flags

Patient answers generate **HIGH**, **MED** or **LOW** concern levels so clinical teams can prioritise reviews or surgical lists. Fortnightly pain and symptom questionnaires and monthly wellbeing and quality-of-life questionnaires keep care on track.

Example questions:

Are you experiencing new or worsening numbness or tingling in your legs or feet?

How has your pain changed since your last questionnaire?

Example red flags:

New or worsening paraesthesia, pain spikes, bladder and/or bowel changes, impact on everyday activities

Key benefits

- ✓ Reduce risk of physical or mental deterioration (e.g. paralysis) while waiting
- ✓ Prioritise patients based on emerging risk, not just waiting time
- ✓ Mitigate clinical risk in line with governance standards
- ✓ Reduce likelihood of emergency cases and more complex interventions
- ✓ Lead innovation in spinal surgery with a proactive digital solution

Want a demo? Contact us on clinitouch@spirit-health.com