

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 and general wellbeing to reduce preventable harms.



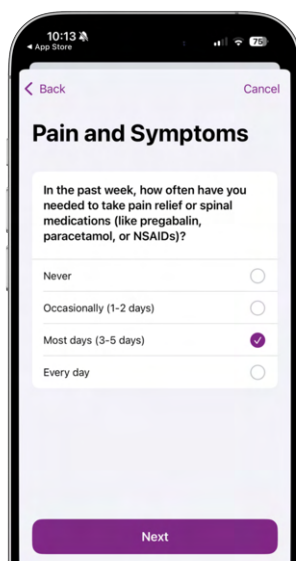
Measure: Capture vitals like blood pressure and weight with flexible input through Bluetooth, manual entry or via Apple Health and Google Health Connect.



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



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



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 deterioration or complications (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