

Telehealth for Tidewell Hospice's Advanced Cardiac Care Program

Telehealth monitoring helps us detect problems and intervene early. This will improve your well-being and comfort.

It is important that **ONLY** the patient uses this equipment. The data collected from this equipment will be used to make treatment decisions. It is important this information is accurate and applies to the patient.

Don't worry if a result is too high or too low. There are many reasons to have an unusual result. We are looking for trends, not an individual result.

It is important that information is downloaded every day – the more information, the better. If you have difficulties using the equipment or transmitting the information, please call Tidewell.

Scale

- Weight is a good indication of fluid status. Please weigh yourself every day at the same time. We recommend weighing yourself when you first wake up, after going to the bathroom. It is best to weigh yourself unclothed. If you wear clothing, wear the same type of clothing each time you weigh yourself. Weight is important, but safety is more important. If you are unsteady on your feet, tell your nurse. We don't want you to fall!
- For best results, the scale should be used on a flat, hard surface. Do not use on a wet or tiled surface.
- To avoid slipping, make sure the surface of the scale is clean and dry before stepping on it.
- Stand on the center of the scale, not the edges.

Blood Pressure

- Relax for 5 minutes before taking your blood pressure.
- Sit/lie comfortably when measuring your blood pressure. Do not cross your legs.
- The cuff should be placed at the level of your heart.
- Do not talk or move during a measurement.
- Use the same arm each time. The telehealth equipment is designed to be used on your left arm.
- Keep the cuff clean; wipe it with a moistened cloth. Do not immerse it in liquid.

Call Tidewell at **(855) 843-3935** or your cardiologist with any questions: _____

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Pulse Oximeter/O2 sat

- This device may be used while you are seated, standing or lying down. You should not walk or run while taking a measurement.
- Wash your hands before taking a measurement. Use this device on a finger free of nail polish. Nail polish, particularly dark colors, can interfere with readings.
- The device can be used on any finger, excluding thumbs. We recommend using the index or middle finger.
- Open the clamp of the pulse oximeter, then place your middle or index finger in the device, nail side down, display side up. Limit finger movement as much as possible.
- Press the Start button once to turn the device on. Keep your finger still for the reading. After a few seconds, the reading will be displayed.
- If the signal strength is too low (no reading), switch to another finger. If you still don't get a reading, try warming your hand and trying again.

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