NHS SCOTLAND

COVID-19 REMOTE MONITORING SERVICE AND PULSE OXIMETER INFORMATION FOR PATIENTS

Why have I been given this leaflet?

You have symptoms of the COVID-19 virus and have agreed to be registered with the Inhealthcare COVID-19 Remote Monitoring Service. This is an automated system which will contact you twice daily to help you monitor your condition closely for 14 days.

Please remain at home and follow the latest advice from the **NHS Inform website** for 14 days, unless your COVID-19 test is negative.

Pay special attention to hand washing regularly, social distancing and use of a face mask when around others, even in your home.

How does the COVID-19 Remote Monitoring Service work?

The automated service will contact you at the same time, twice daily. This will be via a simple online survey or smart phone app or by text message or automated phone call, if you prefer. Each time the service contacts you, you will be asked a series of questions about your symptoms. The service monitors your daily responses and gives advice or, if necessary, advises you where to seek further advice or emergency assistance.

You will be asked to monitor your symptoms for 14 days. There is no call or text cost to you when using this service.

Please note that the readings you send are not directly monitored by a doctor or nurse.

Digital Health & Care Scotland

Remote Health Pathways

TEC Technology Enabled Care

I've been given a pulse oximeter, what is it for?

We know that monitoring your blood oxygen level is the most accurate way of keeping an eye on your progress when you have symptoms of COVID-19. To do this, you will be provided with a device called a pulse oximeter to take blood oxygen readings. It also measures your pulse rate.

A pulse oximeter is a medical device that attaches painlessly to a clean finger and which measures your blood oxygen levels. We would expect your oxygen saturations to be at 95% or above when sitting. An ideal heart rate is between 50 and 90 beats per minute (bpm).
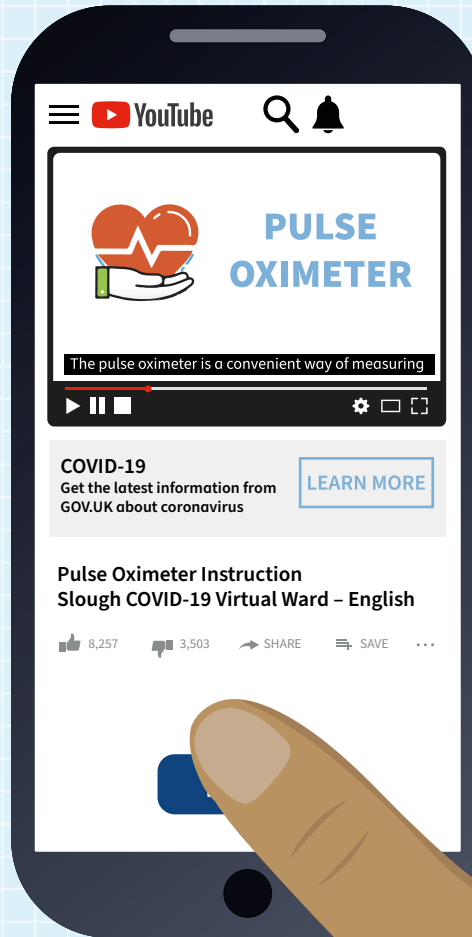
How do I use a pulse oximeter?

You can watch this YouTube video which shows you how to use your oximeter or follow the step-by-step instructions overleaf.

▶ English: **www.youtube.com/ watch?v=nx27Ck7xOgo**

▶ Polish: **www.youtube.com/ watch?v=Lkd-BNeMvLs**

▶ Hindi हिंदी: **www.youtube. com/watch?v=e1ipiJY-zwk**

▶ Punjabi ਪੰਜਾਬੀ: **www.youtube.com/ watch?v=wU5V6wVEHoM**

▶ Urdu اردو: **www.youtube.com/ watch?v=rkG**

YouTube

PULSE OXIMETER

The pulse oximeter is a convenient way of measuring

COVID-19
Get the latest information from GOV.UK about coronavirus

LEARN MORE

Pulse Oximeter Instruction Slough COVID-19 Virtual Ward – English

👍 8,257   👎 3,503   ➤ SHARE   ▤ SAVE   ...

SpO₂ %
98
PR bpm
78

If you have any technical issues with the application or pulse oximeter, please email or call

Pulse oximeter instructions for use

Cold hands, movement, dirt on the sensor, and nail varnish can produce an inaccurate reading, so please follow these instructions:

- ❤ Remove any nail polish or false nails and warm your hand if cold.

- ❤ Make sure you have been resting for at least five minutes before taking your measurement.

- ❤ Your hand should be resting on a flat surface such as a table or pillow at the level of your heart.

- ❤ Switch on the pulse oximeter and place it on your finger. It works best on your middle or index finger (shown in the diagram). It should not be used on your ear.

- ❤ Keep the pulse oximeter in place for at least a minute, or longer, until the result has not changed for five seconds. **Note both your oxygen level and heart rate**.

- ❤ Keep your monitor on if you are asked and take your oxygen reading again following either sit to stand or walking for one minute.

Switch on the pulse oximeter

Take a note of your oxygen level

Take a note of your heart rate

SpO2 %
98

PR bpm
78
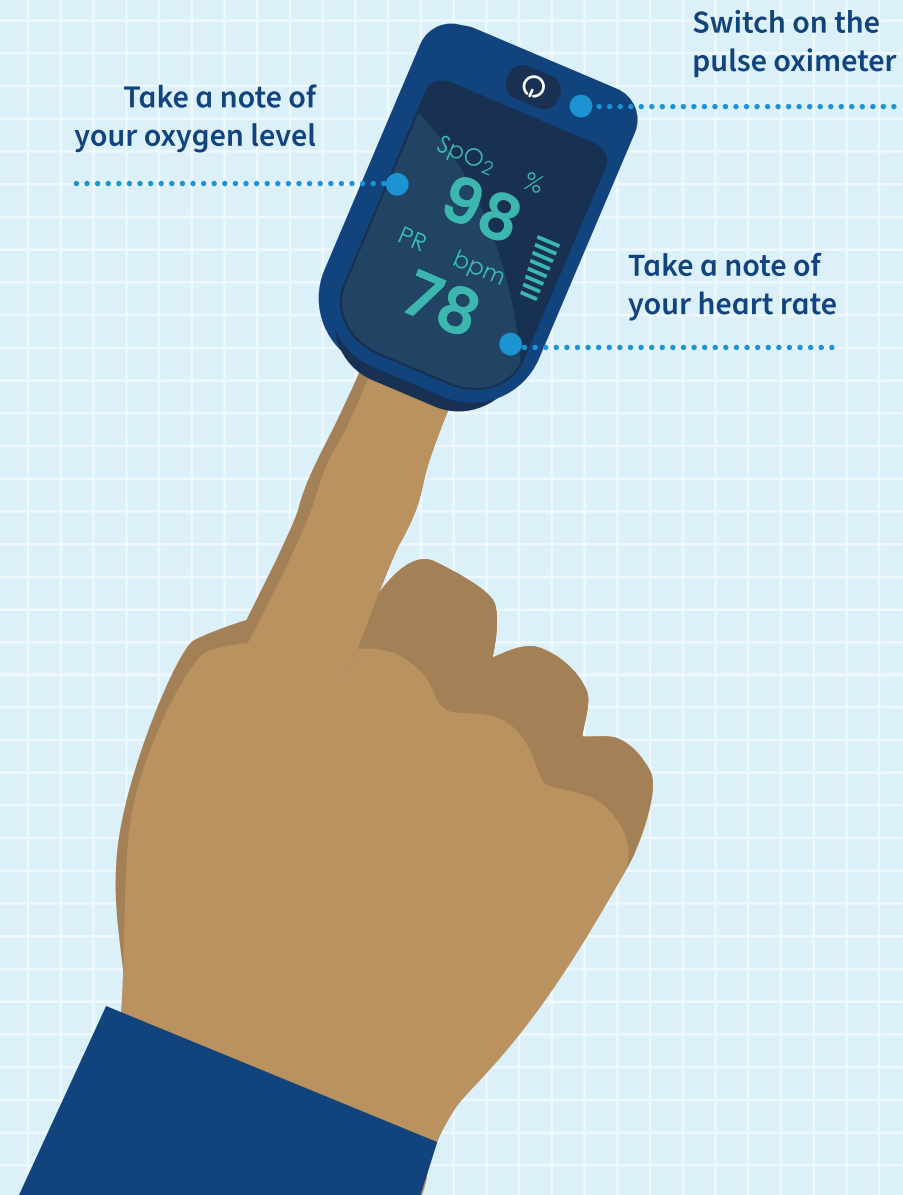
What if I become more unwell?

People with COVID-19 can occasionally become unwell very quickly. If this happens to you, you should not wait to seek help.

Before calling either 999 or 111, please check your oxygen level, temperature and pulse rate.

📞 Call 999

- 💙 If you are so breathless you are having difficulty speaking

- 💙 If your oxygen level is 93 or less

- 💙 If you have severe central chest pain

📞 Call 111
Select COVID call option

- 💙 If your oxygen level after resting for at least 5 minutes is lower than it was before and has dropped to 95% or 94%

- 💙 You have palpitations (very fast heart rate) or your pulse rate after resting for at least 5 minutes is higher than 100 bpm

- 💙 Your temperature is 39 degrees or higher OR your temperature has been 38 degrees or more for more than 5 days

- 💙 You don't have a thermometer and you are very hot with chills /shakes for more than 5 days

- 💙 You, or someone who looks after you, has noticed that you are more confused

- 💙 You are very pale or clammy