

Home Health Remote Monitoring Service

Serving: Agassiz ♦ Boston Bar ♦ Hope

What is this service?

If you live with a health condition such as heart failure, diabetes, COPD, high blood pressure, or kidney disease, this could be for you.

We use technology to monitor a person's health remotely. We support the person to care for themselves and their health from the comfort of their homes.



Home Health Remote Monitoring also helps people learn about their health condition and ways to care for their health.

Who can take part in this service?

You can take part in this service even if you are a client of other Home Health services.

You need to be able to use the devices either on your own or with someone to help you.

Currently, the health questions are only in English so it is best if you can read and understand English.

Why should I take part in this service?

People who have used Remote Monitoring tell us:

- ✓ It only takes a few minutes a day.
- ✓ It gives them easy access to a nurse to ask questions and get information from 8:00 a.m. to 4:00 p.m. every day of the week.
- ✓ They learned more about their health condition and ways to care for themselves.
- ✓ They had better control over their health
- ✓ The equipment is very simple to use and help is only a phone call away.

Home Health Remote Monitoring is a free service. You can choose to take part and choose stop the service at any time.

What technology is used?

Once enrolled, we arrange for TELUS to bring and set up easy to use health devices. These are wireless – no internet connection needed.

Devices include:

- a. Tablet computer
- b. Weight Scale
- c. Pulse Oximeter
- d. Blood Pressure Monitor



You might get other devices depending on your health condition.

The TELUS technician shows you how to use each device. As part of the set up, the technician helps you do your first readings on the devices.

What is expected of me?

Each day, you are expected to:

1. Measure your blood pressure, weight, and oxygen level.
2. Enter your readings into the tablet and answer a few questions about how you feel that day.
3. Send your readings and answers to the monitoring clinician with the push of a button.

We also ask you to:

- ✓ Complete learning activities on your health condition and ways to manage your health at any time.
- ✓ Call the monitoring clinician when you have questions or concerns about your health, devices, or readings.

What does a monitoring clinician do?

The monitoring clinician:

- ✓ Reviews your readings and your answers to the questions.
- ✓ Looks for changes each day.
- ✓ Contacts you regularly to review your readings with you.
- ✓ Answers your questions.
- ✓ Contacts your family practitioner (family doctor or nurse practitioner) with concerns.
- ✓ Sends reports during and at the end of the service to your family practitioner.

Please note: This is not an emergency service. If you need urgent medical help, call 9-1-1.

How can I get this service?

If you are interested in the Home Health Remote Monitoring Service, please speak with:

- your family practitioner
- your nurse while in hospital
- the Home Health office in your community
- our Home Health Service Line
1-855-412-2121

How long can I have this service?

Once enrolled and the devices are set up, you can be remotely monitored for up to 3 months.

At the end of 3 months:

- ✓ We send a summary of your Remote Monitoring to your family practitioner.
- ✓ TELUS comes to pick up the equipment.

Home Health Remote Monitoring

For more information
Email: FHHHRM@fraserhealth.ca

Adapted with permission from Vancouver Island Health Authority