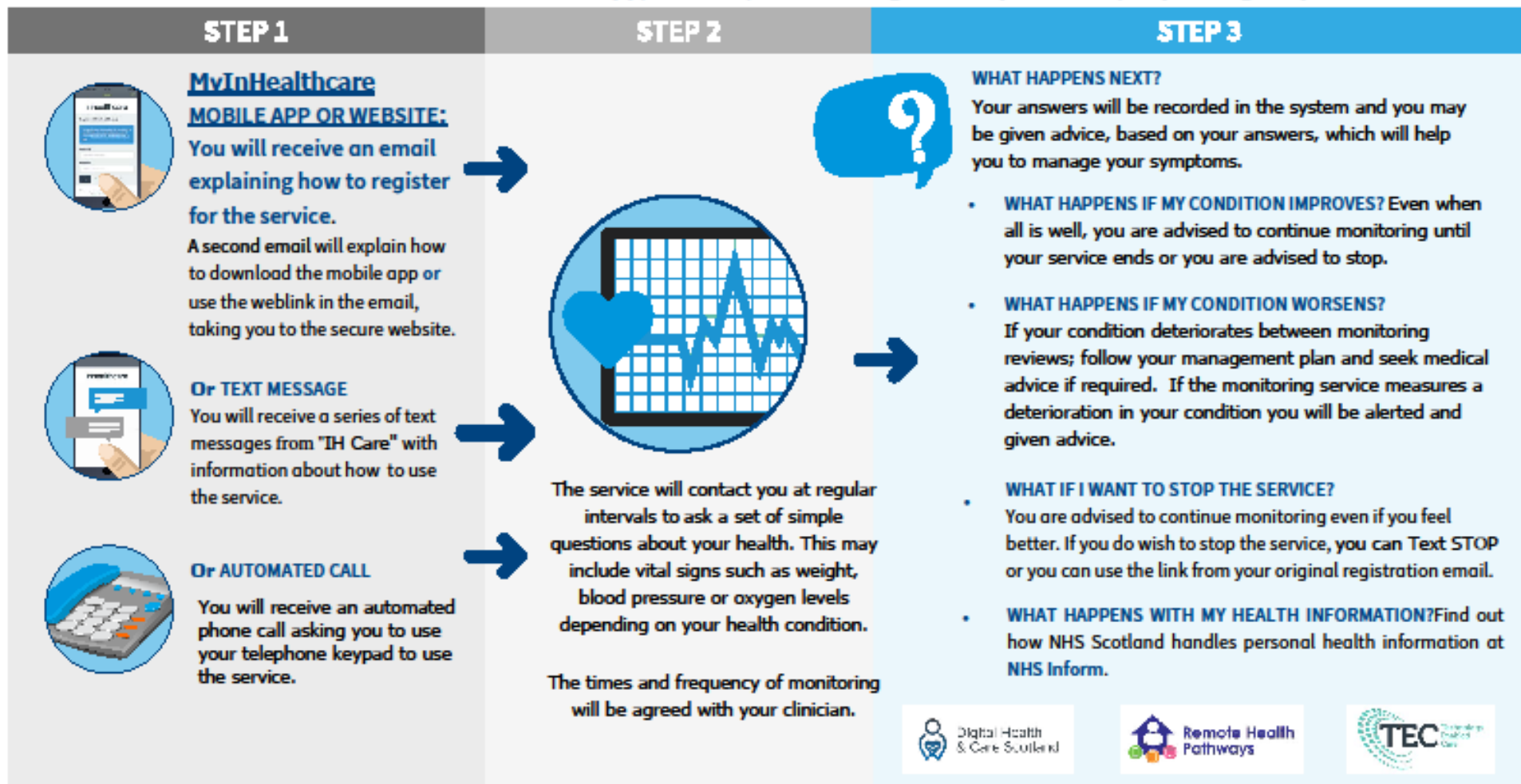


Registering with the NHS Scotland InHealthcare remote monitoring service can help you manage your health and symptoms at home. The service will automatically contact you at agreed intervals to ask you about your health. This is a **FREE** service and can be used via mobile app, website, text message or telephone call, depending on your service.



For help or support please contact:

Heart Failure Remote Health Monitoring Service

What will you need?

In order to use the heart failure service, you will need access to:

- A telephone, mobile, smartphone, laptop or tablet device (depending on your chosen method of submitting your readings)
- Blood pressure cuff and monitor
- Weighing scales
- Pulse oximeter (if required)

Your heart failure nurse will discuss with you which items you may already have at home and what devices you may need to be provided with.

What questions will the service ask?

When using the heart failure service, you will be asked to answer simple questions about your symptoms and to record your weight, blood pressure and oxygen level (if required). You will also occasionally be asked to complete short questionnaires about your quality of life and wellbeing.

These are known as the 'Kansas City Cardiomyopathy Questionnaire - 12' and the 'Patient Health Questionnaire - 4'. By completing these questionnaires, it will help to inform you and your heart failure team about how your symptoms are affecting your overall lifestyle and wellbeing.

Monitoring changes in these scores over time will help to give you a better understanding of how well controlled your symptoms are and to discuss any changes in your management with your heart failure team.

What does the service do with my results?

The heart failure remote monitoring service will review the answers and vital sign measurements that you have entered. The service will respond by providing advice, if required, to help you to manage your symptoms in line with your heart failure management plan.

The messages will use a 'traffic light' system to indicate whether you are in the 'Red', 'Amber' or 'Green' zone. If any of your responses suggest that you need medical attention, you will be advised and a health professional may contact you either by telephone, video conference or visit.

The measurements and responses to questions will be available to your heart failure team who can then track your results over time.

Please note that Inhealthcare is not an emergency service. Your readings may not be viewed by a clinician straight away. If you need urgent medical assistance, then you should phone your family doctor (GP) or call NHS 24 on 111. In case of an emergency, dial 999.

Hints and Tips

Weight measurement

- Weigh yourself every day at the same time - the best time is in the morning, without clothes and after emptying your bladder.
- Use reliable weighing scales - use the same scales in the same place each time and put them on a firm flat surface, preferably not on a carpet.
- On the following pages you will find guidance on how to measure your own blood pressure and oxygen levels.
- You can also find out more at www.inhealthcare.nhs.uk

Hints and Tips: Monitoring Your Blood Pressure

Before you take your blood pressure reading

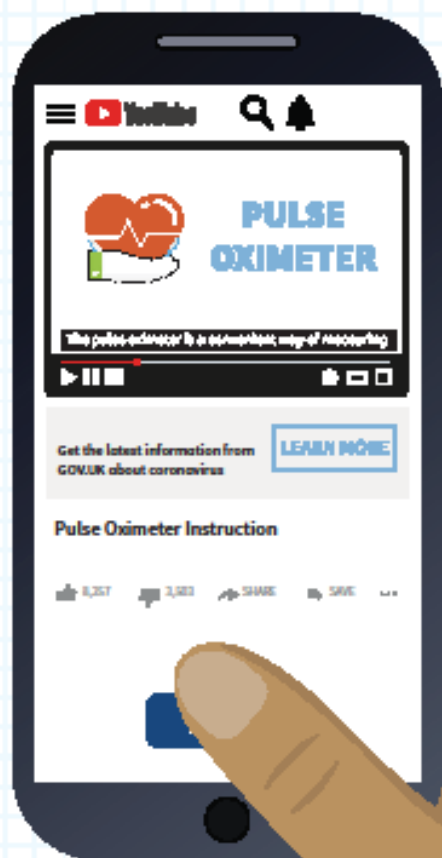
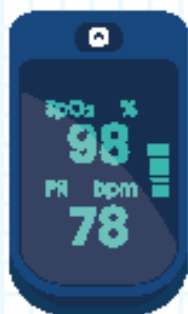
- Many things can make your blood pressure rise for a short time. Make sure you do not need to use the toilet, and that you have not just eaten a big meal. Do not measure your blood pressure within 30 minutes of drinking caffeine or smoking.
- Wear loose-fitting clothes like a short sleeved t-shirt so that you can push your sleeve up comfortably.
- Always use the same arm for blood pressure readings, as each arm will give you a slightly different reading. If possible, use the arm that your doctor or nurse uses when measuring your blood pressure.
- Before you take your readings, rest for five minutes. You should be sitting down in a quiet place, preferably at a desk or table, with your arm resting on a firm surface and your feet flat on the floor.
- Make sure your arm is supported and that the cuff around your arm is at the same level as your heart. You may need to support your arm with a cushion to be sure it is at the correct height. Your arm should be relaxed, not tensed.



**For more help on how to measure your own [Blood pressure](#)
Watch the British Heart Foundation video here:
<https://youtu.be/mfwBpBXUYHs>**

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



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=nx27Ck7xQgo
- ▶ Polish: www.youtube.com/watch?v=Lkd-BNeMvLs
- ▶ Hindi हिंदी: www.youtube.com/watch?v=elipiJY-zwk
- ▶ Punjabi ਪੰਜਾਬੀ: www.youtube.com/watch?v=wU5V6wVEHoM
- ▶ Urdu اردو: www.youtube.com/watch?v=rkG