

Useful contact details

Hospital at Home Service

Tel. 0781 172 1993

Open 24 hours, 7 days a week.

NHS24

Tel. 111 (please note that during your treatment with the Hospital at Home service you should use the above contact details, rather than NHS24)

NHS Western Isles switchboard:

Tel. 01851 704704

**At any time, if you experience any acute
life-threatening emergency dial 999**

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website feedback section at: www.wihb.scot.nhs.uk or share your story at: www.careopinion.org.uk or 0800 122 31 35
- tel. 01851 708069 Monday-Friday between 9am-5.30pm.

You may also be asked to complete a survey to help us gather your comments/feedback about the Hospital at Home Service.

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Written by: Hospital at Home Service, NHS Western Isles.

Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.



Bòrd SSN nan Eilean Siar
NHS Western Isles

Hospital at Home

Hospital at Home Service Kardia Monitoring Information



Information for patients and carers

Electrocardiogram (ECG or EKG)

An electrocardiogram is a simple test that can be used to check your heart's rhythm and electrical activity.

Sensors are used to detect the electrical signals produced by your heart each time it beats. These signals are recorded by a machine and are looked at by a doctor to see if they're unusual.

You have been provided with an AliveCor KardiaMobile to monitor your heart at home. The KardiaMobile is a mobile single-lead EKG (ECG), allowing users to take a medical grade EKG in just 30 seconds.

AliveCor Kardia Instructions




Setting up on your own mobile or compatible device:

- Download the Kardia App from the App Store or Google Play (see green arrow logo displayed above)
- Set up a Kardia account to enable you to email the results to your healthcare provider

A full list of compatible devices and additional information can be found at www.alivecor.com/kardiamobile

Recording an EKG (ECG)

- Open the Kardia App  on the mobile device
- The home page will display 'Hello,' and your own account name
- You should be sitting down and have the KardiaMobile on a flat surface
- Select 'Record your EKG'
- Place your fingers on the silver electrodes as directed
- The recording will begin automatically and you should keep still as the timer counts down from 30 seconds and until the EKG is complete
- A pop-up may appear asking 'Did Hospital at Home (or your own account name) record this EKG?'. If this appears, select 'YES'
- Select 'Email EKG'
- Password Protect – we would encourage you to add your date of birth in a 6-digit format as a password, e.g. 010120
- Select email account, and email to:
wi.hospitalathome@nhs.scot