Date/ Time	BP	Pulse/ Sats	Тетр
Example: 01/01/20 9am	125 / 62	72 / 98	37.6

## 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 704 704

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.

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#### 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

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Bòrd SSN nan Eilean Siar NHS Western Isles

Hospital at Home

# Hospital at Home Service Patient Home Monitoring Information



Information for patients and carers

## **Blood Pressure Monitoring**

- 5 minutes before: relax and rest
- Apply the blood pressure cuff to your left (preferred) arm: Slip the cuff over your hand, up arm and past elbow joint
- The tube from the cuff should be placed 1-2 cm above the inside of the elbow and direct towards your wrist (see below)



- Wrap the Velcro around your arm securely (tight enough so it can no longer slip around)
- Sit with your back and arm supported with the cuff at the same level as your heart
- Press START/STOP on the BP machine
- Keep feet flat, legs uncrossed, keep still and do not talk
- The cuff will automatically tighten and relax to get your blood pressure measurement. (It is normal for this to feel uncomfortably tight)
- The blood pressure reading will then display (see example opposite)
- Write down the measurements overleaf.



## Temperature

### Digital thermometer (oral use):

- Do not drink anything hot/cold before use
- Press the ON/OFF button
- The thermometer will beep
- The screen will display Lo a flashing C



• Slide the thermometer into the blue/clear plastic cover



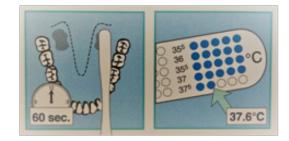
• Once the thermometer is completely covered remove from the outer packaging



- Place the thermometer will under the tongue as far back as possible
- The thermometer will beep when ready and the temperature will be diplayed on the screen
- Write down the measurements overleaf.

### **Tempa Dot Thermometer:**

- Remove from wrapper and place under the tongue as far back as possible
- Close your mouth and wait 60 seconds



- The dots will turn blue and indicate temperature (as shown in diagram above)
- Write down these measurements overleaf

#### **Fingertip Pulse Oximeter**

- Clip the device to your finger\* (pinch it like a peg) and press the button
- After a short time the Oximeter will display the percentage of oxygen in your blood and your pulse rate
- The top number (72 in picture below) is your heart rate. The bottom larger number (shown as 98) is your Oxygen saturations
- Write down your own measurements (e.g. 72/98) overleaf

**Note.** nail varnish or false nails can interfere or block the reading. If wearing these, please remove from one finger to allow an accurate recording. In



addition, if your hands are cold try warming them to achieve a more accurate reading.