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



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 704704 (ext 2236) Monday-Friday between 10am-4pm.

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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.

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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

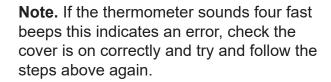
Forehead Thermometer

- Press power on
- Hold the thermometer within 4cm from the centre of the forehead
- Press the start button until you hear a beep
- The reading should be displayed on the screen.
- Write down the measurements overleaf.



Ear Thermometer

- Place one of the small plastic covers on the tip of the thermometer
- Press the 'on' button and you will hear a beep
- Pull the top of the earlobe up and back
- Gently insert the tip of the thermometer into the ear canal towards the eardrum
- The sensor should be pointing down the ear canal and not at the wall of the ear
- Once the thermometer is in position press the 'on' button again
- The thermometer will make a sound to let you know that the reading is ready
- The temperature will be displayed on the screen
- Write down the 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 Fingertip Pulse Oximeter 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.