

Patient Information Sheet Home Health Monitoring for COPD

What is Home Health Monitoring?

Home Health Monitoring is a **remote patient monitoring technology** that enables patients with Chronic Obstructive Pulmonary Disease (COPD) to monitor their condition from the comfort of their home and share information with their health care team.

- ✓ Easy to use equipment is installed in your home, **free of charge**
- ✓ Your health care team receives information about how you are feeling in-between visits, ensuring you receive **timely access to support**
- ✓ You are **supported in learning** how to use the computer tablet and other included devices
- ✓ You and your nurse or respiratory therapist develop a **personalized COPD action plan to help you manage your health condition**
- ✓ You and your nurse or respiratory therapist regularly connect by phone, or in person to review how you are feeling, and determine what supports you may need
- ✓ Your nurse or respiratory therapist communicates with the rest of your health care team and physician

What equipment will you be using?

You will be provided with a blood pressure monitor, an oximeter, a weight scale, pedometer and a tablet computer that will be installed by a TELUS technician.



What will you be doing if you participate in Home Health Monitoring?

Daily measurements such as blood pressure, weight and oxygen level

Answer a few questions to help evaluate your COPD

Results and responses are sent to your health care team

*Participation only takes a few minutes per day.

Why use Home Health Monitoring?

- ✓ Increase your **knowledge** of your chronic disease while maintaining your **quality of life**. Improve your health and self-management abilities to meet your health goals
- ✓ stay **comfortable** at home while you receive care and support during this three-month service
- ✓ Caregivers, including family and friends, can feel **supported and connected** in their roles, helping reduce their stress
- ✓ Your health care team can better **anticipate your care needs** and provide faster and more effective support
- ✓ The equipment is **very simple** to use and help is only a phone call away

If you are interested in Home Health Monitoring Services for COPD, talk to your Community Services Respiratory Therapist or Primary and Community Care Nurse.