

Monitoring heart failure at home

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at rduh.pals-northern@nhs.net.

You have been given this leaflet because you have been identified as suitable for remote monitoring by a heart failure specialist.

Heart failure is a condition where the heart is not able to pump enough blood around the body. This can lead to fluid build-up in the body and symptoms can include shortness of breath and swelling in the ankles, legs or tummy.

After starting treatment in hospital, many patients with heart failure can then be cared for safely and more comfortably at home with remote monitoring support from the heart failure team.

Who is eligible for remote monitoring?

Patients who have been identified as needing early optimisation of medicines following a heart failure diagnosis, may be offered remote monitoring in order to do this safely and effectively.

You will have been assessed in hospital by a heart failure specialist and identified as suitable for remote monitoring.

What are the benefits to me?

- Remote monitoring allows patients who have come into hospital with heart failure to return home sooner than previously possible
- You can also receive quicker support if your symptoms deteriorate to reduce the risk of you being admitted to hospital
- Information from remote monitoring can help us to optimise your medication regime
- Remote monitoring enables you to manage your health at home

What to expect

The process will be explained during a face to face clinic appointment and then the remote monitoring will take place at your home/ place of residence.

You will be asked to use an application on your smart phone and monitoring devices to record and send us daily information about your blood pressure, heart rate and weight (if you don't have your own blood pressure monitor and weighing scales these will be supplied).

The hospital team will help set this up and show you how to use the equipment before you leave the hospital. You will receive ongoing support from the team to use this application and monitoring devices.

If you are unable to use the devices provided, a family member or carer can help you if you wish.

How long will I be on remote monitoring?

You will remain on remote monitoring while we ensure the most effective treatment for your heart failure. In many cases this may take between four to six weeks, however your heart failure nurse will discuss this with you.

What happens after?

Once you no longer need remote monitoring your care may be transferred back to your GP or if there is a further need to adjust your heart failure treatments you may receive follow up in the heart function clinic.

When and how to contact the team

It's really important to let the team know if your medication changes during remote monitoring. You can also contact the team for any other support that you need.

While you are under the care of the heart failure team, you will be able to contact them via the remote monitoring application on your smart phone or you can telephone the team at North Devon District Hospital. They are available Monday to Friday between 9am and 5pm. Tel: 01271 311633.

Out of hours

The team will monitor your remote monitoring data Monday to Friday between 9am – 5pm.

If you require urgent medical advice, you should contact your GP, NHS 111, your local walk-in centre or, if you are really unwell, your local Emergency Department (A&E).

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email rduh.pals-northern@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

Tell us about your experience of our services. Share your feedback on the Care Opinion website www.careopinion.org.uk.

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