

COVID OXIMETRY AT HOME (CO@HOME) PATIENT INSTRUCTION LEAFLET

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Version 1.0

Patient-centred
Partnership Transformation
Integration Sustainability Sussex **Health**
Social care

Patient Instruction



Why have I been given this leaflet?

You have been assessed and have symptoms of the COVID-19 virus and have been referred to the COVID Oximetry@Home (CO@Home) team to enable us to monitor your condition closely until you are well again.

Please remain at home and follow the latest advice (<https://www.nhs.uk/conditions/coronavirus-covid-19/>). Pay special attention to ventilation, hand washing regularly and use of a face mask when around others, even in your home. Please also monitor any of your other medical conditions at this time of illness and disclose these concerns to the CO@Home team and your GP e.g. your diabetes care, asthma care etc.

If you need help from a volunteer to deliver food or medicines visit <https://nhsvolunteerresponders.org.uk>

How does CO@Home work and what do I need to do?

CO@Home is run by a group of GPs. Once you are referred to this service, the hours that the team is open for is from 8am – 7pm, Monday to Sunday. This service will monitor you remotely three times a day using a pulse oximeter and an online platform called 'Inhealthcare'.

When you are referred into the service, a member of our CO@Home Team will contact you to ask you how you would prefer to submit your readings. If you have a smartphone you can receive text messages, but if not, you can tell the team your readings by phone, an automated call or e mail. The text and email options will send you a link three times a day so you can access your questionnaire. The automated telephone call is a robot which will call you three times a day and ask you several questions over the phone. Alternatively you will be contacted directly by a member of staff and they will ask you the questions.

The readings will consist of your oxygen saturation level, your heart rate and the answers to some questions about your breathing three times a day. These readings will be reviewed by the CO@Home team who will advise you accordingly - if you are safe to continue home monitoring, need a clinical review or need to go to hospital.

The team will also give you their contact details so that you can contact them if you have any questions, you are concerned about your oxygen readings, how you are feeling or if your social situation changes that may affect your remote monitoring.

The team is available from 8am to 7pm Monday – Sunday. Please contact 111 outside of these hours.

We will help to monitor your symptoms over 14 days of your recovery until you and the CO@Home team are happy that you are well enough to stop monitoring.

If you have been referred to this service and haven't heard anything within 24 hours, please contact your GP.

As long as your oxygen level and breathing are normal, you do not need to contact your GP/NHS 111 if you have a temperature or other symptoms, such as cough, muscle aches, tiredness and change in taste or smell. Paracetamol and regular fluids can help, and most people will get better within two or three weeks.

Please see the NHS website for information on self-isolation or how to access care <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/>

Emergency advice

If you feel more unwell or breathless, please take more pulse oximetry readings.

If, however, you are feeling very unwell or your oxygen level is 92% or less and you are not able to get through to the CO@Home team and it feels like an emergency: seek more urgent help by calling 999 or immediately attending A&E.

Explain you are suffering from symptoms of COVID-19, explain your symptoms and any oxygen levels so they can co-ordinate any urgent medical attention or advice for you.

What to do if you experience the following symptoms

Attend your nearest A&E or call 999 immediately if you have one or more of the following and tell the operator you may have coronavirus:

- You **are unable to complete short sentences when at rest** due to breathlessness
- Your **breathing suddenly worsens** within an hour
- Your blood oxygen level is 92% or less. Check your blood oxygen level again straight away – if it's still 92% or below, go to A&E immediately or call 999
- You are pregnant and your blood oxygen level is 94% or less. Check your blood oxygen level again straight away – if it's still 94% or below, **go to A&E immediately or call 999**

OR if these more general signs of serious illness develop:

- You are coughing up blood
- You feel cold and sweaty with pale or blotchy skin
- You develop a rash that does not fade when you roll a drinking glass over it
- You collapse or faint
- You become agitated, confused or very drowsy
- You have stopped peeing or are peeing much less than usual

If you have a pulse oximeter, please give the oxygen saturation reading to the 999 operator

IF YOU NORMALLY HAVE LOWER OXYGEN SATURATION LEVELS WHEN WELL, THE CO@HOME TEAM WILL ADVISE YOU OF THE LEVEL THAT RELATES TO YOU WHEN YOU NEED TO CONTACT HELP. PLEASE WRITE IT HERE:

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Ring your CO@Home Team, GP or 111 as soon as possible if you have one or more of the following and tell the operator you may have coronavirus:

- You slowly start feeling **more unwell or more breathless**
- You are having difficulty breathing when getting up to go to the toilet or similar
- If you use a pulse oximeter, your blood oxygen level is 94% or 93% when sitting or lying down, and remains at this level after being rechecked within an hour
- You sense that something is wrong (general weakness, extreme tiredness, loss of appetite, reduced urine output, unable to care for yourself – simple tasks like washing and dressing or making food)

IF YOU NORMALLY HAVE LOWER OXYGEN SATURATION LEVELS WHEN WELL, THE CO@HOME TEAM WILL ADVISE YOU OF THE LEVEL THAT RELATES TO YOU WHEN YOU NEED TO CONTACT THEM/YOUR GP/111. PLEASE WRITE IT HERE:

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Please see below for the contact details of the services within your area:

Area you live in	CO@Home service	Number
Mid Sussex, Crawley and Horsham	ABC	01737 448025
Adur, Worthing, Arun and Chichester	IPC	07542 230350
Brighton and Hove	HERE	0300 303 2155
East Sussex	SDHC	0330 1742975

Pulse oximeter

You will be provided with a pulse oximeter which is a medical device that, using a probe attached painlessly to a clean finger, measures your blood oxygen levels and your heart rate. An ideal blood oxygen level is between 95% and 99%. An ideal heart rate is between 50 and 90 beats per minute (bpm).



We would expect your oxygen saturations to be at 95% or above when sitting. If it is below 95%, check it again in 5 minutes. If it is still below 95%, please follow the emergency advice above.

The oxygen saturation may be lower in some people with chronic lung and other conditions even when they are well. If this applies to you, your doctor will

have given you some advice about this already.

If you already have a pulse oximeter you can use this as long as it has a CE mark. However, please do not use 'smartphones' as oximeters because these have not yet been fully proven as an accurate monitor.

If you have any problems using your pulse oximeter and it is within the CO@Home working hours (8am - 7pm Mon – Sun) please call the CO@Home Team to organise a replacement monitor. If the monitor is not working outside of the team's working hours and you feel unwell, please contact 111 for advice.

How to use a pulse oximeter

To make sure the pulse oximeter gives an accurate reading:

- Wash your hands prior to taking your pulse oximeter reading.
- Remove any nail polish or false nails and **warm your hand if it's cold.**
- Make sure you have been resting for at least five minutes before taking your measurement. Your hand should be resting on a flat surface such as a table or pillow at the level of your heart.
- Switch the pulse oximeter on and place it on your finger. It works best on your middle or index finger.
- Keep the pulse oximeter in place for at least a minute, or until the reading stops changing.
- Record the highest result once the reading has not changed for five seconds.
- Be careful to identify which reading is your heart rate and which is your oxygen level.
- Please take more readings if you feel unwell or more breathless.



Please refer to an example of a diary at the end of this document to assist with recording your readings.

Helpful links:

- You can also watch this [NHS YouTube video on how to use a pulse oximeter](https://www.youtube.com/watch?v=ifnYjD4IKus) or by typing <https://www.youtube.com/watch?v=ifnYjD4IKus> into a web browser

If you require a different language please use the following links:

- Polish: www.youtube.com/watch?v=Lkd-BNeMvLs
- Hindi: www.youtube.com/watch?v=e1ipiJY-zwk
- Punjabi: www.youtube.com/watch?v=wU5V6wVEHoM
- Urdu: [How to use pulse oximeter | urdu - YouTube](#)

Notes:

If you develop new symptoms after getting better, depending on the symptoms you are experiencing, you should follow the advice above and contact the CO@Home team or call NHS 111 or 999.

If a family or friend becomes unwell they should contact either their own GP or NHS 111 or 999 according to their symptoms.

Family and friends checking you are safe

It is important that someone checks on you regularly. If you are isolating from other people in the same house as you, talking on your phone or through a doorway could be better than sending text messages. It will help them hear if you are becoming more breathless or unwell. If you live alone, you should arrange to contact someone regularly. Ask them to ring you if you don't contact them as planned and ask them to seek help if you don't answer. If you are still unwell after three weeks, please contact your GP.

If you are pregnant or have recently given birth

If you have coronavirus and you are pregnant, you might get sick quicker. This could affect you or your baby. Please contact your GP and midwife/maternity team to inform them. Please follow instructions as above from the CO@Home Team for monitoring, if however your blood oxygen levels are 94% or less, you should contact your hospital immediately or call 999. This requires urgent medical attention.

If you are pregnant or have recently given birth and have any concerns about your or your baby's health, or if you have any questions about how self-isolation might affect any of your appointments, please do not hesitate to contact your midwife or maternity team. If you do not have a midwife or maternity team call a GP or call 111 if you cannot get help.

Call your midwife or maternity team immediately if:

- Your baby is moving less than usual
- You cannot feel your baby moving
- There is a change to your baby's usual pattern of movements
- You have any bleeding from your vagina
- You're feeling very anxious or worried
- You have a headache that does not go away
- You cannot cope with your COVID-19 symptoms at home
- You have a high temperature (37.3°C or above)
- You have severe tiredness
- You feel unsafe at any time.

Do not wait until the next day – call immediately, even if it's the middle of the night.

Call 999 if:

- You feel very unwell or think there's something seriously wrong
- You have severe chest pain
- You cough up blood
- You feel cold and sweaty with pale or blotchy skin
- You collapse or faint
- You develop a rash that doesn't fade when you roll a glass over it
- You become agitated, confused or very drowsy
- You stop passing urine or are passing urine much less than usual
- You are unable to complete short sentences when at rest due to breathlessness
- Your breathing gets worse suddenly

TRUST YOUR INSTINCTS

- If in doubt, get checked out!
- Voice your concerns
- Ensure your concerns are heard

Accessibility

If you require the COVID-19 diary in another language, please go to this website <https://www.england.nhs.uk/publication/pulse-oximetry-to-detect-early-deterioration-of-patients-with-covid-19-in-primary-and-community-care-settings-annex-2-covid-19-diary-translated-versions/>

If you require the COVID-19 diary in an easy to read format please go to this website <https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/06/Pulse-Oximeter-Easy-Read-final-online-v4.pdf>

Further information

<https://www.england.nhs.uk/nhs-at-home/covid-oximetry-at-home/>

[Stay at home: guidance for households with possible or confirmed coronavirus \(COVID-19\) infection - GOV.UK \(www.gov.uk\)](#)

[Mental wellbeing while staying at home - Every Mind Matters - NHS \(www.nhs.uk\)](#)

Diary

You will be submitting your results to our CO@Home team. There is a diary overleaf that you may wish to use.

- Your first measurement is your 'baseline' – please record this in the highlighted blue area.
- Then take recordings three times a day, at the same time each day – for example in the morning, at lunchtime and in the evening.
- Please take more readings if you feel unwell or more breathless.
- If you feel there has been a change in your health please also record changes in how you are feeling and your breathing.
- If you can, it is helpful to measure your temperature too.
- Be sure to check and record your oxygen saturation result and pulse results in the right boxes.

Remote monitoring COVID-19 Diary

First name: Surname:

Date of Birth: NHS Number:

Live alone: Carer at home:

Please record at least three times a day

Date of first COVID symptoms:		Pulse rate (bpm)	Oxygen level (SpO ₂ %)	Temperature if possible	Feeling: better/same/worse	Breathing: better/same/worse
Day*	Date					
	BASELINE					

Please record at least three times a day

Date of first COVID symptoms:		Pulse rate (bpm)	Oxygen level (SpO ₂ %)	Temperature if possible	Feeling: better/same/worse	Breathing: better/same/worse
Day*	Time					

Please record at least three times a day



Date of first COVID symptoms:		Pulse rate (bpm)	Oxygen level (SpO ₂ %)	Temperature if possible	Feeling: better/same/worse	Breathing: better/same/worse
Day*	Time					

- If your blood oxygen level is 92% or less. Check your blood oxygen level again straight away – if it's still 92% or below, go to A&E immediately or call 999.
- If your blood oxygen level is 94% or 93% when sitting or lying down, and remains at this level after being rechecked within an hour Ring your GP or 111 as soon as possible and tell the operator you may have coronavirus:
- If your blood oxygen level is usually below 95% but it drops below your normal level, call 111 or your GP surgery for advice.