

vCare (TeleConsult@AH) Blood Pressure Monitoring Service

Keep your health in check in the comfort of your home!

Monitoring Blood Pressure At Home

vCare (TeleConsult@AH) blood pressure monitoring service allows patients to test their blood pressure at home. Under this service, the patient will receive a blood pressure measurement device and an Android gateway device for use throughout the course of monitoring. The devices are able to automatically send blood pressure readings to the hospital. The patient will be informed when to stop the monitoring and when to return both devices.



- To monitor your blood pressure at home and reduce clinic visits; results are automatically recorded and transmitted to the hospital
- To help your doctor diagnose high or low blood pressure earlier
- To enable adjustments of medications in-between clinic visits
- To track treatment progress

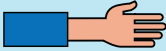
Important To Note

The measurements from the devices are not monitored in real time or on weekdays and public holidays. In case of an emergency, please proceed to the nearest GP or Emergency Department to seek help. You will only be contacted if the readings are abnormal or if there are no readings obtained anytime during the course of treatment. Please ensure that you are always contactable throughout the duration of this monitoring programme.

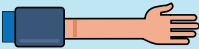
Steps for Blood Pressure Monitoring



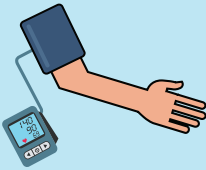
- 1 Turn ON the gateway device (Charge gateway device when necessary).



- 2 Straighten your elbow and expose your left* upper arm. Ensure that your sleeve is not constricting your arm. Place the blood pressure cuff around your left upper arm with the air tube and red artery marker pointing towards the palm of your hand.



- 3 Wrap the blood pressure cuff around your left upper arm. Ensure that it is tight enough to not slide around but loose enough so that you can fit one to two fingers under it.



- 4 The red artery marker should be 2 to 3 cm above your elbow. The edges of the blood pressure cuff should be parallel to each other.



- 5 Push the POWER button on the blood pressure meter and wait for the reading to appear.



- 6 Once reading is done, turn OFF the gateway device. Pack the gateway and blood pressure monitoring devices into the provided bag.

*It is best to measure blood pressure on the left arm, unless medically instructed otherwise.

Patient to seek immediate medical attention if illness or symptoms worsens.

Important Points For Accurate Use

Follow these notes to help ensure accuracy when you measure your blood pressure at home.



Measure your blood pressure twice a day (Monday - Friday excluding weekends and public holidays) or as per frequency instructed by your doctor. Once in the morning before you take any medications and once in the evening. Take your blood pressure at around the same time of the day.



Do not measure your blood pressure immediately after waking up. Measure your blood pressure before eating and before taking medications, and before exercising.



Avoid eating, drinking caffeine or alcohol, and smoking 30 minutes before measuring your blood pressure. Empty your bladder before measuring your blood pressure as a full bladder may increase the reading.



When you are ready to measure your blood pressure, sit quietly for three to five minutes in a comfortable position with your back supported. Do not cross your ankles or legs. Try to be calm and not think about stressful things. Do not talk while your blood pressure is being measured.



Raise your arm to the level of your heart by resting it on a desk, table, or arm of a chair. You may need to place cushions or pillows under your arm to raise it to the right height. Wrap the cuff around bare skin. Ensure that the sleeve of your clothing is not tight around your arm as this may affect the measurement. You may need to slip your arm out of the sleeve.



Ensure that the gateway device is turned on before measuring your blood pressure. The blood pressure monitor and gateway device will automatically upload the readings into the system for your nurse/doctor to review.



The blood pressure monitor and gateway devices are for your own use only. Use the devices as instructed. Do not share the devices.



Alexandra Hospital reserves the right to take appropriate action should any of the devices be lost or damaged.