

TeleClinical Care - Cardiac

Guide for patients enrolled in the TCC-Cardiac remote monitoring solution

This guide has been developed to help patients enrolled in the TeleClinical Care Cardiac (TCC-Cardiac) program.

This guide covers the following:

1. What is TCC-Cardiac?
2. Using the TCC-Cardiac App
3. How to use the blood pressure monitor
4. How to use the weight scales
5. How to use the pulse oximeter

1. What is TCC - Cardiac?

The TCC-Cardiac app allows you to monitor your blood pressure, weight, blood oxygen levels and pulse rate at home while you are recovering after having a heart event.

The data will also be monitored by the Remote Monitoring Solution (RMS) team which is comprised of specialist physicians and experienced nurses based at Prince of Wales Hospital.

Along with this guide you would have received a blood pressure monitor, weight scales and depending on your condition, a pulse oximeter (a device used to measure how well the lungs are delivering oxygen to your bloodstream). A tailored exercise program will be provided for you through the TCC-Cardiac application.

A member of the hospital staff would have shown you how to download the TCC-Cardiac smartphone application. You would have received your peripheral devices and shown how to can check your readings and enter them into the smartphone app.

Our staff may also call you occasionally to check in on you and see how you are feeling. If your condition changes, they may ask you for more information or refer you to your doctor for an early check-up.



Using the TCC-Cardiac App

2. How to get started

The TCC-Cardiac app helps you and your doctors to monitor your progress at home.

With this guide you should have received:

- A blood pressure monitor
- Weight scales
- Pulse oximeter (optional)
- Your Log in details including a unique Device ID and Pin

The app will remind you to complete assessments once a day.

The app will send you notifications with reminders on when to do the daily measurements and tips on staying healthy.

Step 1: Download the app “TCC-Cardiac” from the Apple app store or Google app store.



Step 2: Open the app and complete your given Device ID and PIN to sign in.



Device ID:

PIN:

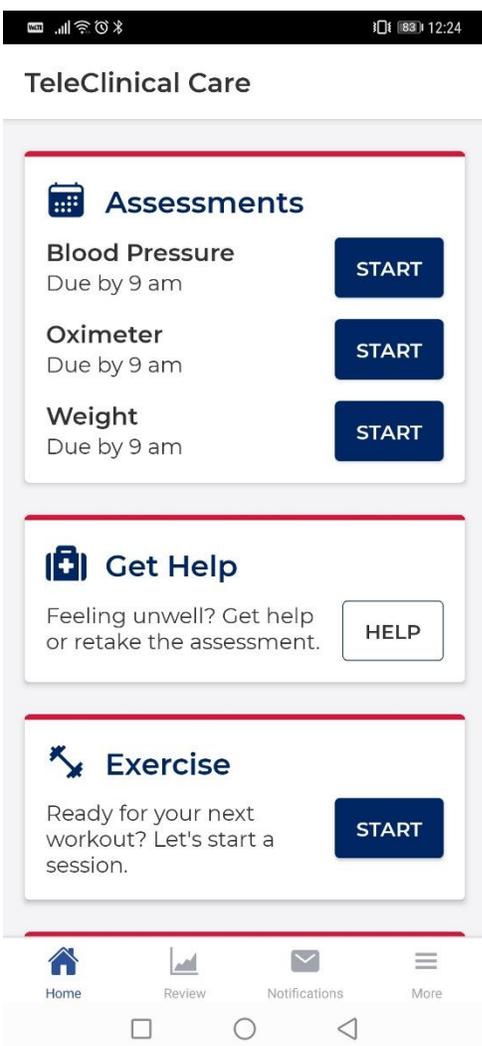
SIGN IN

Version: 1.0.1

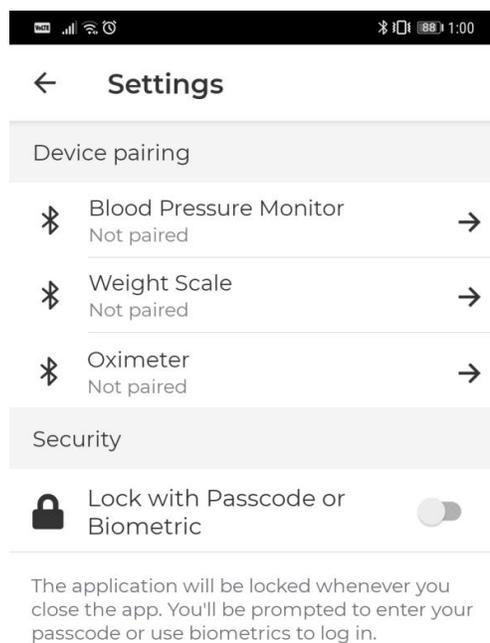


Using the TCC-Cardiac App

Step 3: Once you sign in, you will see the following screen.

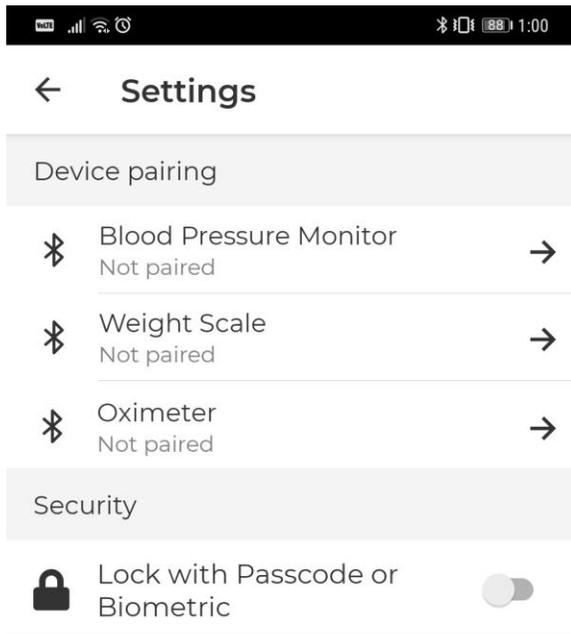


Step 4: Press the “More” button (on the bottom right) and select Settings.



Using the TCC-Cardiac App

Step 5: Select the device you want to pair (you will need to pair each of the devices given to you)



The application will be locked whenever you close the app. You'll be prompted to enter your passcode or use biometrics to log in.

Step 6: Follow the instructions displayed on your screen to pair the selected device.



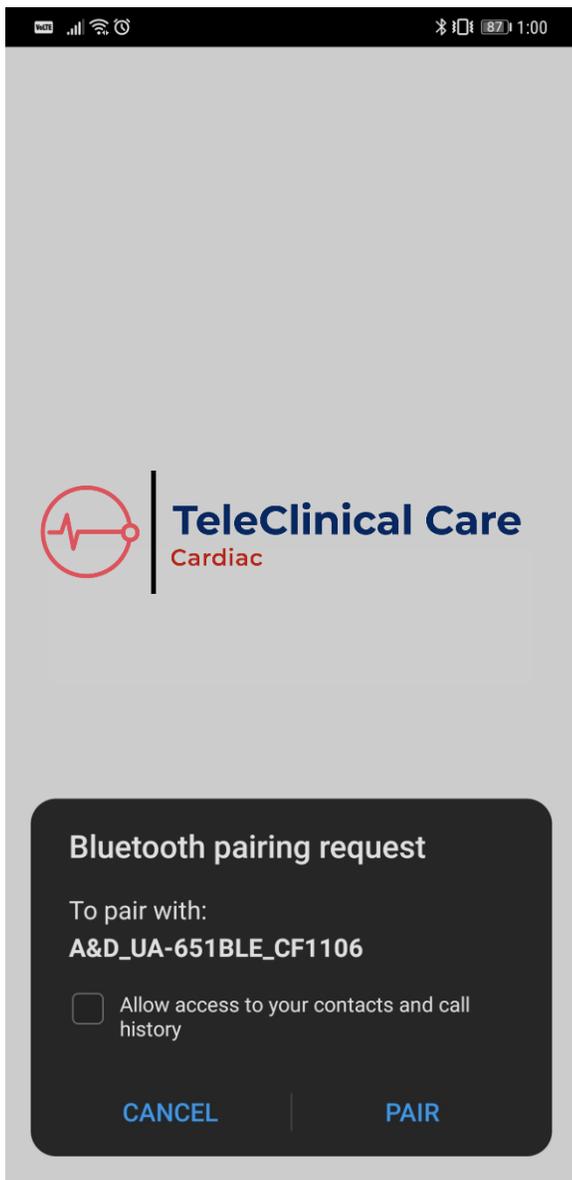
Press (and hold) the start button on your blood pressure monitor until you see "Pr" displayed on the screen.

Shortly after, you will be prompted with a "Pairing Request". Tap on "Pair & Connect", then accept the pairing by selecting "Pair".

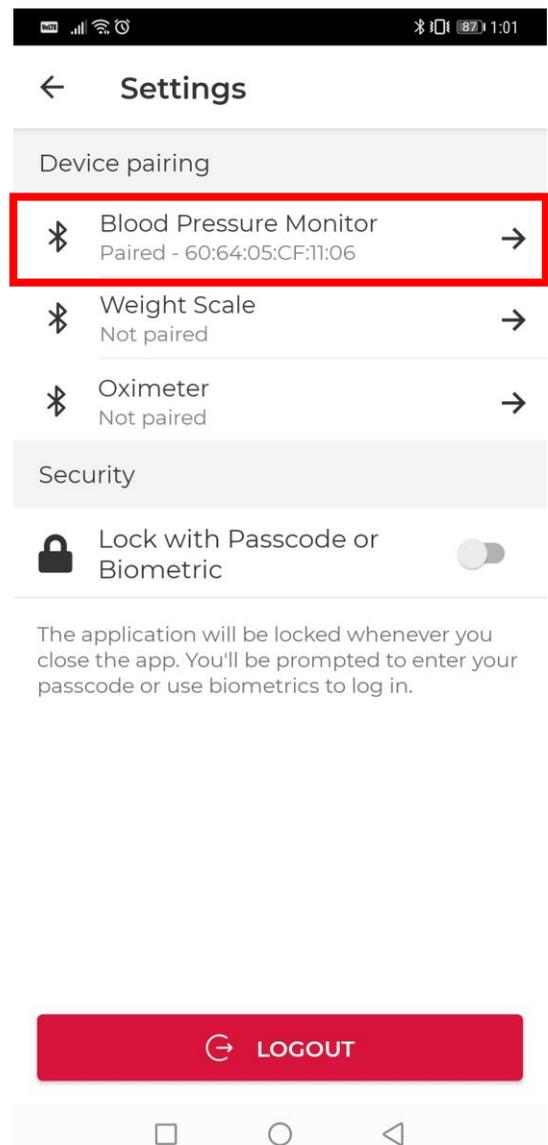


Using the TCC-Cardiac App

Step 7: After you follow the steps, a notification will prompt you to pair with the device. Select pair.



Step 8: Once it is successfully paired, the device will be shown as "Paired"



How to use the blood pressure monitor?

Step 1: Attach the cuff to the machine. The connection port is located on the left hand side.



Step 2: Make sure the TCC app is open on your phone and press “Start” on the Blood Pressure section of the app.

Step 3: Insert your arm into the cuff and make sure the beginning of the cable is facing you, and it is positioned in the middle of your arm.



Step 4: Sit down, relax and try to minimise all movement. Press the START button in the middle of the machine. You will feel the cuff tightening around your arm, this is normal. Once the measurement is completed you will see your readings on the screen.



How to use the blood pressure monitor?

Step 5: The top reading is the systolic pressure, middle reading is the diastolic pressure and bottom is your pulse per minute. The readings will be automatically sent to your phone app if the device is paired. Press accept readings.

Troubleshooting

If the blood pressure monitor won't turn on, try replacing the battery. Turn the blood pressure monitor over and slide the cover in the direction as shown by the small arrow. Remove the chamber cover and place the four AA batteries provided inside and replace the cover. Make sure the battery polarity is correct as otherwise the monitor will not work.



How to use the weight scale?

Step 1: Make sure the phone app is open and press “Start” on Weight section.

Step 2: Step onto the scale. You will hear a beep as it lets you know it is now turned on and it will start measuring your weight automatically.

Step 3: When the scale finishes measuring your weight, the screen on the scale will tell you to step off. Once you do, your weight will be shown on the screen.



Step 4: Readings will be automatically sent to your phone app if device is paired. The scale will turn itself off after 1 minute of no activity.

Troubleshooting

If the weight scale won't turn on, try replacing the battery. Turn the weight scale over and pull the battery cover clip in the direction as shown by the small arrow. Remove the chambercover and place the four AAA batteries provided inside and replace the cover. Make sure the battery polarity is correct as otherwise the scale will not work



How to use the pulse oximeter?

Step 1: Make sure the phone app is open and press “Start” on Oximeter section.

Step 2: Press down on the hinge to open the space for your finger.



Step 4: Rest your hand on a steady surface and try not to move it. Allow 30-60 seconds for the device to detect your pulse. Do not press down on the device. If you are finding the results hard to read, or if they are upside down, press the silver button to change the way the result is displayed (see examples below).

Step 3: Insert your finger as far inside as possible (nail-side up). The photo gives you an idea of how far you should try to insert your finger. Press the long silver button to start the measurement.



How to use the pulse oximeter?

Step 5: Readings will be automatically sent to your phone app if device is paired

Step 6: Remove your finger and the pulse oximeter will turn off automatically. Enter your data into the app.

Trouble Shooting

If the Oximeter won't turn on, try replacing the battery. Turn the pulse oximeter over, press the small silver button and slide the case in the direction as shown by the small arrow. Remove the chamber cover and place the two AAA batteries provided inside and replace the cover. Make sure the battery polarity is correct as otherwise the pulse oximeter will not work.

If you are having trouble with the pulse oximeter, please check the following:

- Do you have anything on your nails e.g. nail polish? If so, please remove from at least one finger if possible. Use that finger to take the measurement
- If your hands are cold, warm them up by wrapping them in a warm towel or running them under hot water.
- Avoid shining bright lights directly onto the pulse oximeter.
- If you have an irregular pulse rate (e.g. Atrial Fibrillation), leave the device on for a longer period, or try different fingers.

