

COVID REMOTE MONITORING AND MANAGEMENT AT HOME

WHAT ARE THE KEY POINTS?



CLINICIANS NEED TO BE WARY OF **ASYMPTOMATIC/SILENT HYPOXIA**, WHICH IS A POOR PROGNOSTIC MARKER.



ROUGHLY 4 OUT OF 5 PATIENTS WILL HAVE MILD DISEASE, AND ASYMPTOMATIC/MILDLY SYMPTOMATIC ADMISSIONS SHOULD BE AVOIDED.



WHEN MANAGING PATIENTS REMOTELY, **REMEMBER TO ENCOURAGE HYDRATION.**

SYMPTOMS LOOK OUT FOR:



SIGNIFICANT SHORTNESS OF BREATH



SATURATIONS CONSISTENTLY UNDER 92%



CHEST PAIN



SEVERE MYALGIA

HOW CAN THIS WORK ON THE GROUND?



A **ROBUST REMOTE MONITORING SYSTEM**, USING A COMBINATION OF REGULAR PATIENT OXIMETRY LOGS AND CLOSE TELEPHONE FOLLOW UP HAS BEEN SHOWN TO:

- IDENTIFY SICK PATIENTS EARLY
- KEEP ASYMPTOMATIC PATIENTS HOME
- PROMOTE EARLY DISCHARGE, FREEING UP HOSPITAL BEDS.

PATIENTS ON OXYGEN CAN GO HOME, BUT HAVE TO BE CAREFULLY SELECTED AND REGULARLY FOLLOWED UP FOR SATURATIONS AND RED FLAGS.



PATIENTS WILL NEED TO BE GIVEN **APPROPRIATE ADVICE ABOUT THEIR FUTURE HEALTH**, INCLUDING

- WHEN TO SEEK HOSPITAL ADMISSION
- WHEN THEY WILL HAVE FOLLOW UP

OTHER CONSIDERATIONS



PATIENT TRUST AND BELIEF IN THEIR REMOTE MONITORING SYSTEM IS KEY TO SUCCESS



ASYMPTOMATIC/MILDLY SYMPTOMATIC PATIENTS **DO NOT NEED** AGGRESSIVE IMAGING/MANAGEMENT



WIDESPREAD MISINFORMATION CAN WORSEN PATIENT AND CLINICIAN ANXIETY

