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## **VIABLE - STUDY OVERVIEW SHEET**

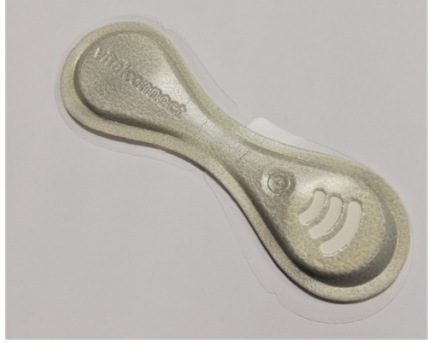

### **Remote monitoring in virtual wards for acutely unwell patients being managed and treated on an ambulatory care pathway: feasibility study**



For more study details please refer to the Participant Information Sheet or speak to a member of the research team.

#### **What will happen to me if I decide to take part?**

- To take part in this study we will ask you to wear/use some home monitoring devices. We will give these to you whilst you are at the hospital and ask you to take them home with you. These devices will monitor your health while you are being looked after by the NHS Hospital at Home team. Full details of each of these monitors is given in the table below.
- Readings from the vital-sign chest patch and the pulse oximeter will automatically be sent to the Hospital at Home NHS team via a tablet computer we will give you. We will also ask you to use a blood pressure monitor and a thermometer a couple of times a day and note down the results in a participant diary we will give you. Your health will usually be monitored for the duration of your care by the Hospital at Home team. This is usually less than a week, but we might monitor you for up to a maximum of 7 days if you have an extended stay.
- After the monitoring has ended we will contact you to arrange for the monitoring equipment to be collected from you. A member of our research team will phone you one to four weeks after the end of monitoring to ask you how you found the experience and what you thought of the monitoring devices.
- Six months after you joined the study, we will collect some information from your hospital records about whether you have been back to hospital in the last six months, whether you have seen your GP in that time and how your health was if you did return to hospital or speak with your GP. You will not need to do anything or be contacted for this; we will collect this information directly from the hospital.

### What you will be asked to use

Monitoring Device	What does this look like?	What does this measure?	What do I have to do?	How often do I have to use this?
<p>1. Vital-sign chest patch</p> <p>This is a small patch with an adhesive on it that allows it to be stuck to skin.</p>		<p>Heart rate, heart rate variability, respiration rate, ECG</p>	<p>Whilst you are in hospital a member of the research team will affix this to your chest. You need to keep this attached to your chest for the duration of the monitoring. You don't need to do anything with the patch once it has been affixed. The patch will <b>automatically send health data to a tablet computer</b> that will transfer this data on to your NHS care team. At the end of the monitoring, we will ask you to remove the patch using a wipe with adhesive remover to loosen the patch first.</p>	<p>Once the patch has been applied to your chest, you don't need to do anything further. You just need to <b>keep the patch on for the duration of the monitoring period.</b></p>
<p>2. Finger probe pulse oximeter</p> <p>This is a small wrist worn device with a pliable sensor that slots onto one of your fingers.</p>		<p>Blood oxygen, heart rate</p>	<p>This monitor is a small finger probe. To take a reading you simply put your finger into the probe and sit still for ~ 1 minute. The reading will start automatically when it senses your finger and all the <b>results will be sent automatically to a tablet computer</b> that will transfer this data on to your NHS care team.</p>	<p>You can wear this probe continually when you are resting but if moving about, we recommend aiming for <b>6 measurements a day</b> for example before and after each meal.</p>

<p>3. Blood pressure cuff and monitor</p> <p>This is an inflatable blood pressure cuff that you put around the top of your arm. A small machine attached has a screen and control buttons.</p>		<p>Blood pressure</p>	<p>To take a blood pressure reading you place the cuff around the top of your arm and position according to instructions. Once in position you tighten the cuff ensuring it is secure (but not painfully tight). You should check the tubing connected to the cuff is not tangled and that you are sitting comfortably with your arm supported. You can then initiate a reading by pressing the start button on the device which will cause the cuff to inflate with air and the reading to commence. It will stay inflated for up to a minute. Once complete you can then look at the small screen on the of the device for your result. We will ask you to write your blood pressure readings in a participant diary we will give you. The cuff will deflate once the reading is complete.</p>	<p>We recommend you aim to take <b>two readings per day</b>; once in the morning and once in the evening. You are welcome to take as many readings as you like.</p>
<p>4. In-ear thermometer</p> <p>This is a small handheld device with a screen on one side and a probe on the other. To take a reading the probe goes in your ear and the temperature is given on the screen.</p>		<p>Temperature</p>	<p>To take a reading you place the short metal probe at the top of the device gently into your ear. You must hold the device here for a few seconds to allow the device to take a reading. Once complete you can then look at the small screen on the back of the device for your result. We will ask you to write your temperature readings in a participant diary we will give you.</p>	<p>We recommend you aim to take <b>two readings per day</b>; once in the morning and once in the evening. You are welcome to take as many readings as you like.</p>