

# Virtual monitoring of Oxygen Levels via Oximetry @ Home Programme

## Patient Information

Community Oximetry @ Home Service-Respiratory Department



The Patient Information Leaflets page on the Trust website is available on the link:  
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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## What is Oximetry @ Home (O@H)?

You have been admitted onto the Wigan O@H virtual monitoring programme because you have tested positive for COVID-19 and referred for monitoring from your GP **or** the Ambulance Service **or** have been discharged from hospital following assessment and/or treatment for COVID-19.

COVID-19 is a viral illness, which for most people is mild, but for a few, it can become serious, sometimes quickly. This means that together, we need to keep a close eye on you – particularly your breathing, how fast your heart is beating and the level of oxygen in your blood. O@H involves providing you with an Oxygen monitoring device and monitoring you virtually. Keeping a record of these measurements will help us to decide which is the best treatment for you. Some patients start to feel unwell again after the first week of symptoms, which is why we will monitor you virtually for up to 14 days.

The helpline is available 7 days a week 8am until 7:30pm and is manned by staff experienced in looking after patients with COVID 19. It is very important to understand that although this is an additional layer of support for you, **if at any time you feel suddenly or seriously unwell, please phone 999 or make your own way to the Emergency Department.**

You will receive a phone call from the O@H team within 24 hours of being placed on home pulse oximeter monitoring. Please have your email address available if you wish to download an APP (when available) so you can upload your readings.

### Green Box Instructions

**Please call the Oximetry @ Home Team on 01942 773340 if one or more of the following occur between 8am-7:30pm:**

- Your oxygen saturation levels are **consistently 94% or 1-2% below given target oxygen saturation level or less** when sitting or at rest
- Your heart rate is greater than 100 bpm
- You are gradually feeling much more breathless or unwell for 2 or more hours
- You are having difficulty breathing when getting up to go to the toilet, or similar.

**From 7:30pm until 8am, please phone 111 or 119**

## Red Box Instructions

**Please call 999 or get yourself to hospital if one or more of the following occurs:**

- You are unable to complete short sentences at rest due to breathlessness
- Your breathing suddenly worsens within an hour
- Your oxygen level is **consistently less than 92% or 3-4% below the given target oxygen saturation level** (more than once within an hour).

**HELPLINE number: 01942 773340 8am until 7:30pm (7 days per week).**

## Taking the readings

Within the pack provided, there is an Oxygen Monitor called an Oximeter which is used to measure the oxygen levels in your blood as well as your heart rate. Please refer to the separate COVID Home Oximeter Monitoring Instruction Leaflet provided in this pack. Please keep a record of your readings on the chart found on page 6 below, so you can read them out when the O@H team member telephones you.

## Monitoring of your reading

- You enter your readings onto an APP when available (see paragraph below).

## What if my Pulse Oximeter is not working?

Please call the helpline on 01942 773340 and we will replace it asap.

## How long will I be monitored for?

You will be monitored for around 14 days, if you are showing signs of improvement. If you have not improved at the 14-day stage, the O@H monitoring team may arrange a face-to-face assessment with a doctor or nurse. If there are concerns from the monitoring team during the 14 days, you will be advised on what to do.

## What will I do with my Pulse Oximeter once I have been discharged from monitoring?

As you approach the end of your O@H monitoring period, the team will advise you about the arrangements for returning the Oximeter. It is important that you help us to get this back so that it can be cleaned and used by another patient.

## What will happen if I am readmitted to hospital, need to phone my GP, 111 or 999 whilst I am on the O@H monitoring programme?

Let the clinical staff know as soon as possible that you are being monitored on the O@H programme and have your Oximeter probe & pack available, as it may help them when assessing you over the phone.

**It would also be very helpful if the O@H monitoring team are made aware if you are admitted to hospital.**

If you would like to watch a short video on how to use the Oximeter, please use the links below:

Hindi	हिंदी	<a href="https://www.youtube.com/watch?v=e1ipiJY-zwk">https://www.youtube.com/watch?v=e1ipiJY-zwk</a>
English	English	<a href="https://www.youtube.com/watch?v=nx27Ck7xOgo">https://www.youtube.com/watch?v=nx27Ck7xOgo</a>
Polish	Polski	<a href="https://www.youtube.com/watch?v=Lkd-BNeMvLs">https://www.youtube.com/watch?v=Lkd-BNeMvLs</a>
Punjabi	ਪੰਜਾਬੀ ਪੰਜਾਬੀ	<a href="https://www.youtube.com/watch?v=wU5V6wVEHoM">https://www.youtube.com/watch?v=wU5V6wVEHoM</a>
Urdu	اُردُو اُردُو	<a href="https://www.youtube.com/watch?v=rkGRRllumW4">https://www.youtube.com/watch?v=rkGRRllumW4</a>




**Thank you for being part of the O@H virtual monitoring service. Your participation can help the NHS learn how best to help other patients with COVID.**

**Research for the Future** <https://www.researchforthefuture.org/>

'In Greater Manchester, we are leading on a number of COVID-19 research studies including the search for new tests, treatments and vaccines. If you would be interested in taking part, you can register with '**Research for the Future**'.

This is an NHS-supported campaign, and registering means we can inform you about research opportunities you may wish to take part in. You can then choose which one would interest you or suit you best.

If you wish to register your interest, all you have to do is **text** the word '**research**' and **your name** to **81400** & someone will then contact you to discuss this further".

Oximetry Diary									
	Readings (by 9 am)		Evening Readings (by 4pm)		Optional additional readings		How Are You Feeling?		
	Oxygen Levels	Pulse Rate	Oxygen Levels	Pulse Rate	Oxygen Levels	Pulse Rate	 Better	 Same	 Worse
Discharge day							-	-	-
Day 1									
Day 2									
Day 3									
Day 4									
Day 5									
Day 6									
Day 7									
Day 8									
Day 9									
Day 10									
Day 11									
Day 12									
Day 13									
Day 14									

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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust  
Royal Albert Edward Infirmary  
Wigan Lane  
Wigan  
WN1 2NN

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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



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## How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

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This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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**Call 111 first when it's less urgent than 999.**



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