

## Home Monitoring Device Instructions

Dear Patient:

You are receiving this package based on your consult with the St. Joseph's Urban Family Health Team as part of our COVIDCare@Home program, to begin monitoring your temperature and/or oxygen levels at home.

In this package, you will find the following materials:

- Program overview
- Instructions for when to go to the Emergency Department or Call the Clinic
- Oxygen saturation monitor (SpO2)
- 2 of the AAA batteries, for SpO2 monitor
- Guide for using the SpO2 monitor
- Patient log, to record your daily results
- 30 alcohol swabs, for cleaning devices
- Instructions and supplies for returning your SpO2 monitor, including a plastic bag, patient label and return envelope

Please arrange for a family member/support person to pick up the device at St. Joseph's Urban Family Health Team clinic at 30 The Queensway, Toronto, Ground Floor, East Wing. All persons attending the clinic in person must screen negative for COVID-19 like illness. After going through entrance screening, tell the front desk reception that you are here to pick up a COVIDCare@Home monitoring device. Reception will notify a member of our nursing team to meet you to hand off the package.

**Please contact the nursing team at the St. Joseph's Urban Family Health Team to notify us when you receive this package at: 416-530-6860.** You will then receive a call back to ensure you can use the device(s) successfully and understand the information provided in the patient education materials.

Please do not hesitate to contact us if you have any questions or concerns at any time.

COVIDCare@Home

**St. Joseph's Urban Family Health Team**

**(T) 416-530-6860** (Monday to Friday 9AM – 5PM)

*After Hours: please call 416-530-6860 and press '4' to be connected with the Telephone Health Advisory Service.*

## Overview of Device

### Pulse Oximeter

This is for measuring the oxygen levels in your blood. Place the batteries inside the device if they are not already installed. Place the clip on your finger with the screen facing up. You should not have any nail polish or artificial nails on. The screen will display your Pulse Rate (heart rate) and the SpO2 (oxygen measure). Provide the readings to the clinician during your virtual visits.

Clean the device with an alcohol swab after each use and store in a dry, cool location.

Please see enclosed materials for additional information on use.

## Return Process

When you and your clinical team determine that you no longer require the use of the pulse oximeter, we ask that you follow these steps to return them to the St. Joseph's Urban Family Health Team. **ONLY** return the device(s) once cleared to do so.

1. Wash hands with soap and water.
2. With clean hands, clean the device with alcohol wipes provided in the original package.
3. We have provided you with a plastic bag that already has your name labelled on it, along with a return envelope.
4. Place the device in the plastic bag, and then place the bag in the return envelope and seal.
5. If you or a family member / support person are able to return the device(s) back to the clinic in person, please bring this to the St. Joseph's Urban Family Health Team clinic at 30 The Queensway, Toronto, Ground Floor, East Wing. All persons attending the clinic in person must screen negative for COVID-19 like illness. After going through entrance screening, tell the front desk reception that you are returning a COVIDCare@Home monitoring device. Reception will notify a member of our nursing team to meet you to accept the package.
6. If you are not able to return the device(s) in person, please call us at 416-530-6860 and ask to speak with a nurse.

Thank you for your cooperation!