



Best Practice: Telemonitoring

Home Health Aide Track



This material was prepared by Quality Insights of Pennsylvania, the Medicare Quality Improvement Organization Support Center for Home Health, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. Publication number :8SOW-PA-HHQ07.554 App. 7.30.07



Home Health Aide Track

This Best Practice Intervention Package is designed to educate and reinforce to home health aides the value of telemonitoring in reducing avoidable acute care hospitalizations.

Objectives

After completing the activities included in the Home Health Aide Track of this **Best Practice Intervention Package –Telemonitoring**, the learner will be able to:

1. Define telemonitoring and how this intervention can be used effectively
2. Describe how telemonitoring may reduce avoidable acute care hospitalizations
3. Describe two home health aide actions that support telemonitoring

Complete the following:

	Activity	Location	Estimated Time
<input type="checkbox"/>	Read the Home Health Aide's Guide to Practical Application	Page 65	5 minutes
<input type="checkbox"/>	Listen to the telemonitoring podcast (audio recording) with discussion questions	Page 66	30 minutes
<input type="checkbox"/>	View the patient vignette video	Page 66	15 minutes
<input type="checkbox"/>	Complete the home health aide post-test and give it to your manager	Page 67	10 minutes
	Total Time		60 minutes



Home Health Aide's Guide to Practical Application Telemonitoring

Purpose: To assist home health aides with understanding their role in telemonitoring

Definition: Telemonitoring is the electronic collection of patient health information (vital signs, blood sugar, oxygen level, weight) and sending this information to a distant location.

Practical Application:

- Help identify patients that will benefit from telemonitoring; perhaps possible patients were not identified at start of care
- Understand the home health aide role in telemonitoring at your agency per your agency's protocol which may include:
 - Delivery
 - Set-up & removal
 - Cleaning
- Assist patient with self-monitoring activities, such as ambulating to the telemonitor, getting on the scale, etc.
- Reinforce patient/caregiver education:
 - Purpose of telemonitoring
 - A telemonitor is not an emergency response system
 - Equipment safety
- Know which of your patients have a telemonitor and when the telemonitor is removed from the home
- **Support patient/caregiver acceptance of telemonitoring; be positive!**





Telemonitoring Multi-Media Activities Podcast* (Audio Recordings)

Listen to the podcast (audio recording) to learn more about telemonitoring

Title	Description	Link
Telemonitoring for Home Health Aides	A 10-minute audio recording related to telemonitoring	The podcast (audio recording) link is located at www.homehealthquality.org/hh/ha/interventionpackages/telemonitoring.aspx

There are several ways to listen to the audio recording:

- Visit the link above and listen directly through the Web site.
- Download the podcast (audio recording) by right-clicking on the audio file and selecting "Save Target As...". This will save the file to your hard drive. Once you have saved the file, you can listen to it on your computer or you can burn the audio file to a CD to listen to in your car or stereo.

*A podcast is a digital media file, often an audio recording, placed on by the Internet and made available to the listener on their home computer or personal digital recording device for convenience. There is no change from previous references to "audio recordings" except the name. You may continue to download and listen to recordings as you have in previous months.

Discussion Questions

You may complete these discussion questions together in a group setting (monthly team meeting) or just think about them if you are doing this as a self-study.

- What can the home health aide do to help with telemonitoring?
- Can you think of a patient that **may have benefited** from telemonitoring?
- Can you think of a patient who you think **would benefit** from telemonitoring?
- What are some examples of things you can do to help a patient with a telemonitoring unit?
- What can you do to promote buy-in for telemonitoring with your patients?

Telemonitoring Patient Vignette

Title	Description	Link
Patient Vignette #3	This touching 10-minute video captures the essence and the value of telemonitoring through an interview with a patient.	www.homehealthquality.org Audio-Video page (in the blue box to the right)

Clinician name: _____

Date: _____



Home Health Aide Post-Test Telemonitoring

Directions: Choose the ONE BEST response to the following questions. Circle your answer that identifies the ONE BEST response.

1. Telemonitoring is the electronic collection of patient information and sending this information to a distant location.
 - A. True
 - B. False

2. Areas that Home Health Aides may be asked to assist with telemonitoring include:
 - A. Delivering, picking-up or cleaning agency monitors
 - B. Identifying patients who would benefit from telemonitoring
 - C. Reminding patients when it is time to connect to the monitor
 - D. All of the above

3. Telemonitoring encourages the patient/caregiver to actively participate in self-monitoring activities. Each patient's activities will be specific to the patient, but some examples of self-monitoring measurement include:
 - A. Vital signs – blood pressure, pulse, respirations, temperature
 - B. Weight
 - C. Pulse oximetry (check oxygen level)
 - D. Blood sugar
 - E. All of the above

4. Some patients may have a fear of getting an electric shock when using the equipment, but telemonitoring equipment **is safe** to use as instructed.
 - A. True
 - B. False

5. Home Health Aides can support telemonitoring by:
 - A. Reporting abnormal signs and symptoms or declines in patient status
 - B. Reporting non-adherence
 - C. Reinforcing patient/caregiver education
 - D. Assisting with self-management development activities
 - E. All of the above

Answers to Post-Test are located in the Leadership Section page 33.