

COPD

HealthLine 811 Home Health Monitoring Program

COPD = Chronic Obstructive Pulmonary Disease



CS-PIER-0171

JULY 2024



saskhealthauthority.ca

Who can be part of COPD Home Health Monitoring (HHM)?

In order to be part of the COPD Home Health Monitoring (HHM) Program, you must:

Contact:
1-844-HHM-SASK
(1-844-446-7275)

*** Voicemail only—
please leave a
message**

- Have COPD, or are in the process of getting tested for COPD
- A valid email address
- A cell phone, tablet, or home computer
- Consent to being part of the program
- Be referred to the program by your Healthcare Provider or team
- Have a support person, if you need assistance with using technology (the Telus app)

NOTE: You can withdraw from the program at any time

How do people enroll in the program?

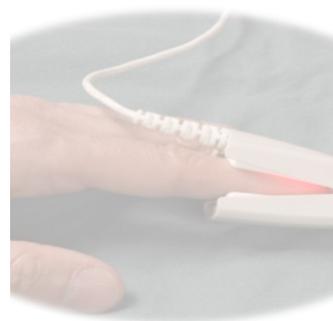
- Once your referral is complete, it is sent to the Home Health Monitoring (HHM) Team. This team is located at HealthLine 811.
- They will process your referral and send you an email invitation with a link to create your account with the Telus HHM platform. There is an app for your phone if you would prefer that option.
- The **link is only active for 24 hours**, so it is important to activate your account as soon as possible. If your link expires, you need to contact the HHM team to request a new link.
- If you have any struggles with technology, it is helpful to have someone assist you as you enroll, and throughout the program.

The Home Health Monitoring team is not emergency care.

**If you require emergent health assistance,
dial 911 or go to your nearest Emergency Department.**

What do you need to do while in the program?

- Learn how to use a oxygen saturation/SpO₂ device. This equipment will help monitor the oxygen levels in your blood and your pulse (heartbeat rate). This device is provided for you to take home when you are discharged.
- Use this device once a day to get a reading of your SpO₂ and your pulse.
- Go to the Telus app or onto the website to enter this information every day. You are asked questions about if you are short of breath or have sputum changes.
- Enter your information between 6:00 a.m. to 2:00 p.m. It is best that you enter your information at the same time each day. Once you enter your information, the session will end.
- Answer extra questions at different times in the program that will help us to better understand you and your COPD journey. You will be contacted at set times to discuss your health information.
- Tell your Home Health Monitoring (HHM) team if you will be away, if you go to the hospital, or if you have a situation where you cannot enter your information.
- Have a support person to assist you if you have trouble with entering your data.
- Review education modules as part of this program. You will need to review these and complete them on your own. If you have concerns, or need help, we can assist you with this.



Home Health Monitoring (HHM) is a program designed to help you to learn to manage your COPD. This program is meant to help you to learn to recognize when you may need assistance so that you can ask for help and treatment earlier, and hopefully lessen the amount of times you have a flare up.

By signing up for this program, you are agreeing to be a partner with the HHM team, so that we can work together to try to maintain your stability through your COPD journey.

The HHM team is comprised of a number of Registered Nurses, and your care may be provided by multiple members of the team.

What does the Home Health Monitoring (HHM) Team do with your information?

- When you enter your information, it transmits the data to a monitor that the HHM team reviews. Please note that entries will be addressed in order of priority.
- If your health information provided is within normal limits, you are not contacted on a routine basis.
- If your health information provided is outside of normal limits, the HHM team phones you to discuss your status. They will either help you to find options to improve your health at home, or will direct you to the most appropriate care. This could include health care teams in the community that come to you, or it could require going to the Emergency Department.
- The HHM team contacts you at set times to discuss your health through information gained from scheduled surveys. Questions are asked in addition to your daily monitoring.

CONTACT INFORMATION:

1-844-HHM-SASK (1-844-446-7275)

(Please note, this line is a voicemail only line. Please leave a message and your call will be returned in order of priority.)



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Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

PIER—Patient Information and Education Resource

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