

## Telemonitoring Assessment and Care Plan Tip Sheet

### Assessment

- Telemonitoring Assessment is imbedded in the SOC/ROC/RECERT assessments and can be pulled into any visit as a form.
- Answering “yes” to “Patient referred to Telemonitoring program” creates a referral to the telemonitoring program.
- Send an email to the TH team at [telehealth@tuftsmedicine.org](mailto:telehealth@tuftsmedicine.org) to let them know you have ordered TH for the patient. Let them know if patient needs a bariatric scale or large/small cuff, include pt name,MRN, team, next clinician visit, dry weight (if you know it).
- The Referral will go to the TH team, and they will f/u with you/your team.

### Telemonitoring Assessment

Was the patient/caregiver assessed for the ability to perform telemonitoring?

Yes

Indicate reason patient/caregiver not assessed:

Was the patient's home assessed for telemonitoring equipment safety?

Yes

Indicate reason patient/caregiver not assessed:

Patient referred to Telemonitoring program?

Yes

Indicate reason patient/caregiver not referred:

### Care Plan

- Add Telemonitoring at Home to the Care plan and include all goals and interventions. This will include alert parameters for the TH team. It will look like this on the Care Plan:

#### Telemonitoring at Home

8/9/2022 LPN, MSW, OT, PT, SLP, SN

- Orders for the TH team will include the following:
  - Telehealth SN to perform the following: monitor vital signs and s/s of acute distress using telemonitoring equipment and patient specific alarms.
  - Notify MD if significant clinical findings based on patient response to disease-specific questions, if patient's vital signs are clinically significant or outside the following parameters for three consecutive readings: Systolic BP > 150 and < 85; Diastolic BP > 90 and < 50; Pulse > 100 and < 50; O2 < 92%; Weight gain > 2 lbs. in one day or > 5 lbs. in one week; Weight loss > 5 lbs. in one day or > 10lbs. in one week.