



Precision Recovery Remote Patient Monitoring Information Packet

What is Precision Recovery: Remote Patient Monitoring

For stroke survivors, the greatest risk of a recurrent stroke is a history of a stroke. Hypertension, or high blood pressure is one of the leading causes of recurrent bleed in stroke survivors. Currently, there is a disconnect from health monitoring between hospital and clinic visits during which recurrent problems or new problems may go undetected.

The goal of the Precision Recovery program is to allow healthcare providers to closely monitor stroke survivors' blood pressure, physical ability, and cognitive status in order to bridge the gap between hospital based care and clinic visits.

Participants in the Precision Recovery Program will participate in a three fold program to closely monitor their progress and health upon discharge from the hospital. First, you will complete an initial evaluation with your neurosurgeon and healthcare provider to gain a baseline of your status. Once deemed appropriate you will be enrolled in the program.

Next, you will receive a blood pressure cuff and be asked to take your blood pressure on a ***daily basis***. You will record your blood pressure readings in your personal database online via a Smart Device application. Your healthcare provider will monitor your database closely for any abnormalities and you will be contacted immediately with recommendation for further follow up if need be.

On a ***weekly basis***, you will virtually meet with your healthcare provider (physical therapist, nurse, etc.) for approximately ten to fifteen minutes. Here, you will be asked to perform a series of tasks including arm and leg movements, word recall, sitting and standing, and orientation questions. The therapist will complete their assessment and log your performance information.

You will continue meeting with your doctor for regularly scheduled follow up appointments in the office.

My Precision Recovery Schedule

Daily: Blood Pressure Recording

- Using your blood pressure machine, you will take your blood pressure daily.
- You will enter your blood pressure into the Smartphone application database downloaded on your device at initial evaluation.
- Your healthcare provider will remotely be monitoring your blood pressure entries for any changes

Weekly: Zoom Meeting with My Precision Recovery Healthcare Provider

- Using the Zoom Application you downloaded on your phone, you will virtually meet with your physical therapist
- She/He/They will ask you to complete a number of different physical and cognitive tasks to assess your progress and current status.

Monthly: Follow-up Visits with my Medical Doctor

- You will meet with your doctor for regularly scheduled visits as instructed.

The device is meant to collect Blood Pressure Readings and transfer those readings to an online website. It is NOT AN EMERGENCY RESPONSE UNIT AND IS NOT MONITORED 24/7. Call 911 for immediate medical emergencies.

Taking My Blood Pressure

On a daily basis, you will be asked to take your blood pressure with the blood pressure cuff provided. You will begin by placing the cuff on your arm. You may slide your arm into the rounded cuff for ease of application. Be sure that the tube/wire is laying flat against the inside of your arm.



Keep your arm rest and keep your arm relaxed throughout the blood pressure assessment.

Press the [BLUE](#) start button once. You will feel the cuff inflate. Wait for the cuff to deflate.

Three numbers will appear on the screen. The top number is the **systolic** and the bottom number is the **diastolic**. These are the values you will enter into the survey database.

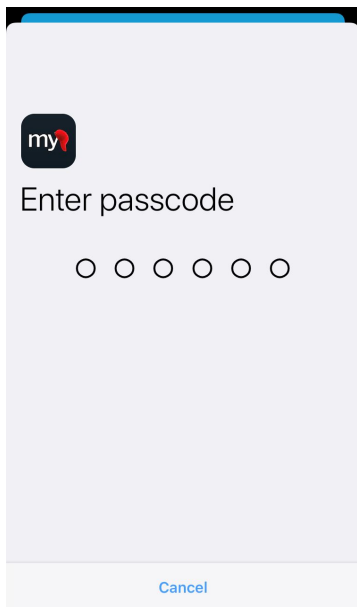
A link to the survey will be emailed to you daily.

IV. MyCap Patient Registration

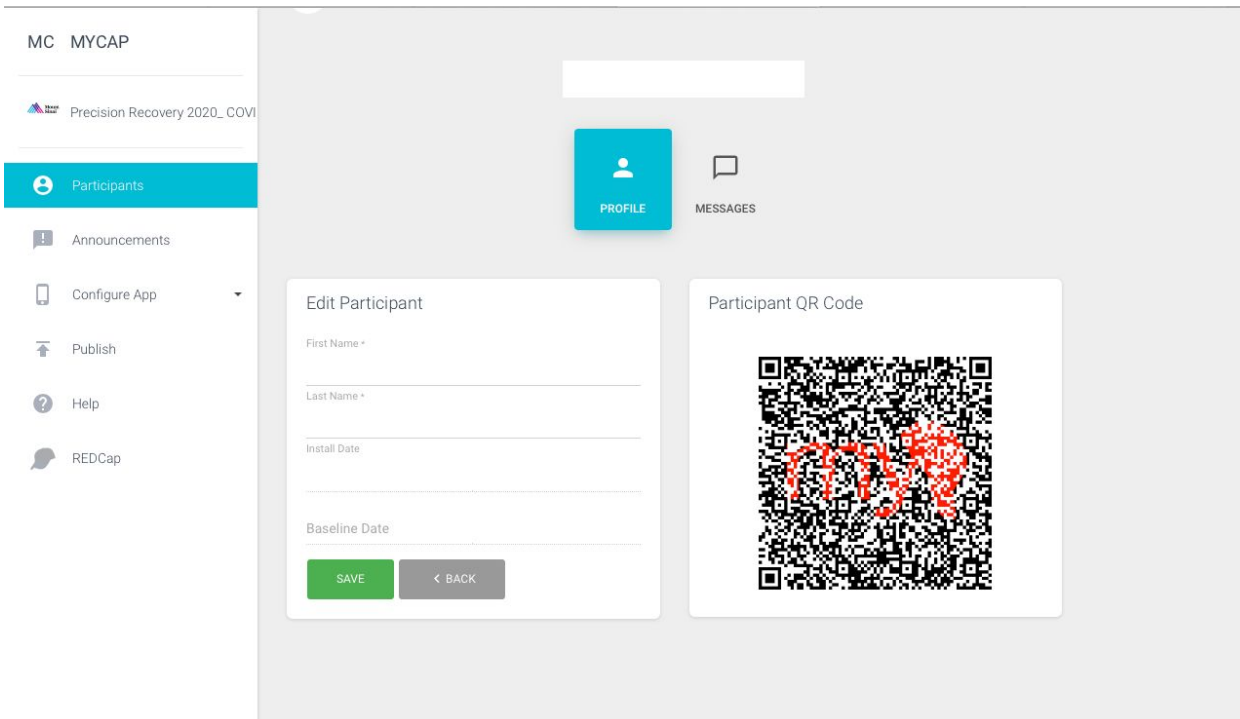
1. For Daily Symptom tracking, go to the application store and download the MyCap application



2. Create a password. You will be required to enter your **passcode**



3. Once prompted to **“Join a New Project”**, scan the **QR** provided to you from your provided via email



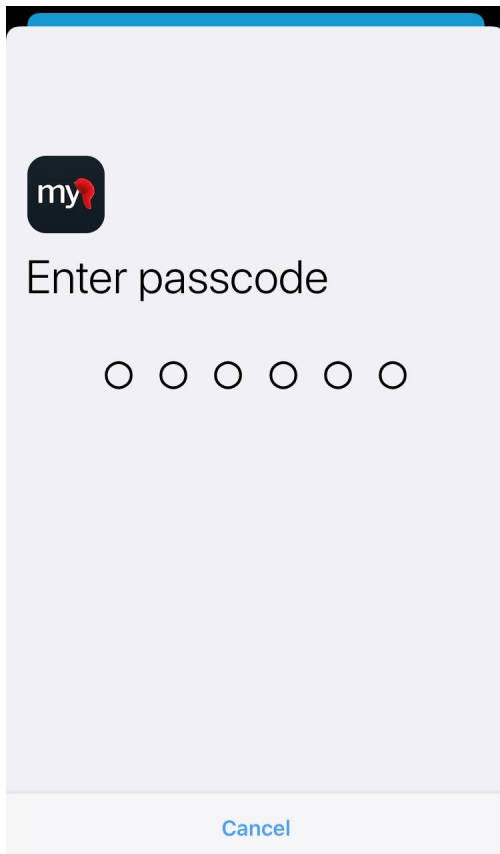
The screenshot displays the MYCAP app interface. On the left is a navigation menu with the following items: MC MYCAP, Precision Recovery 2020_COVI, Participants (highlighted in blue), Announcements, Configure App, Publish, Help, and REDCap. The main content area features a header with a white search bar, a blue 'PROFILE' button with a person icon, and a 'MESSAGES' button with a speech bubble icon. Below these are two white panels. The 'Edit Participant' panel contains input fields for First Name, Last Name, Install Date, and Baseline Date, along with 'SAVE' and '< BACK' buttons. The 'Participant QR Code' panel displays a QR code with a red heart graphic overlaid on it.

Entering My Blood Pressure

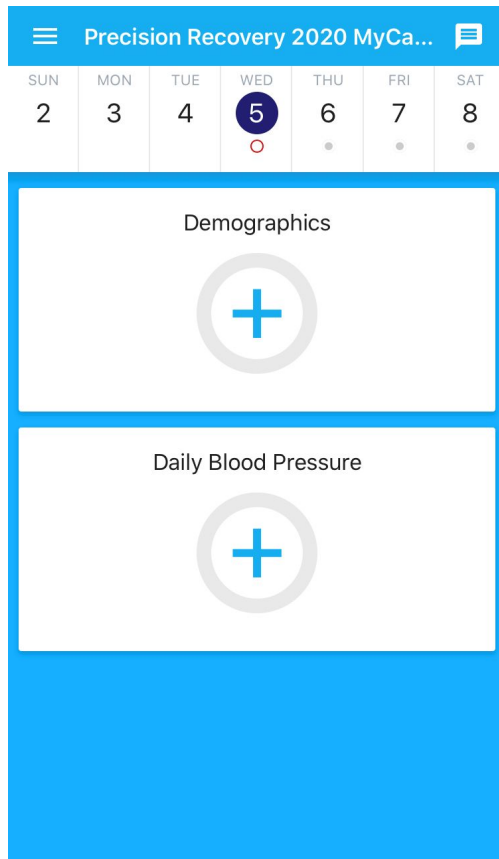
1. To enter your blood pressure open the **My Cap Application**



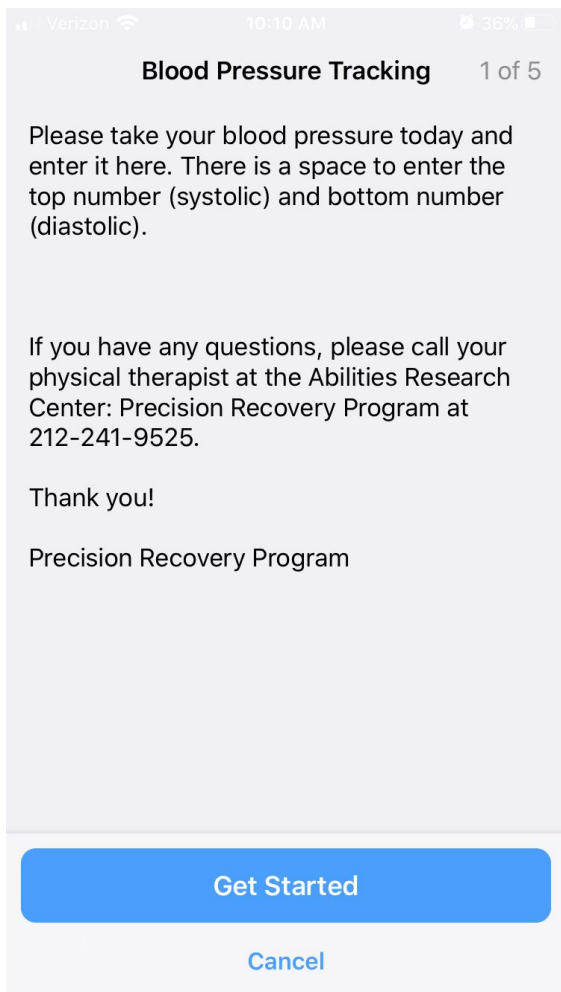
2. Enter your **passcode**



3. Click Daily Blood Pressure and Follow Prompts for Blood Pressure Entry



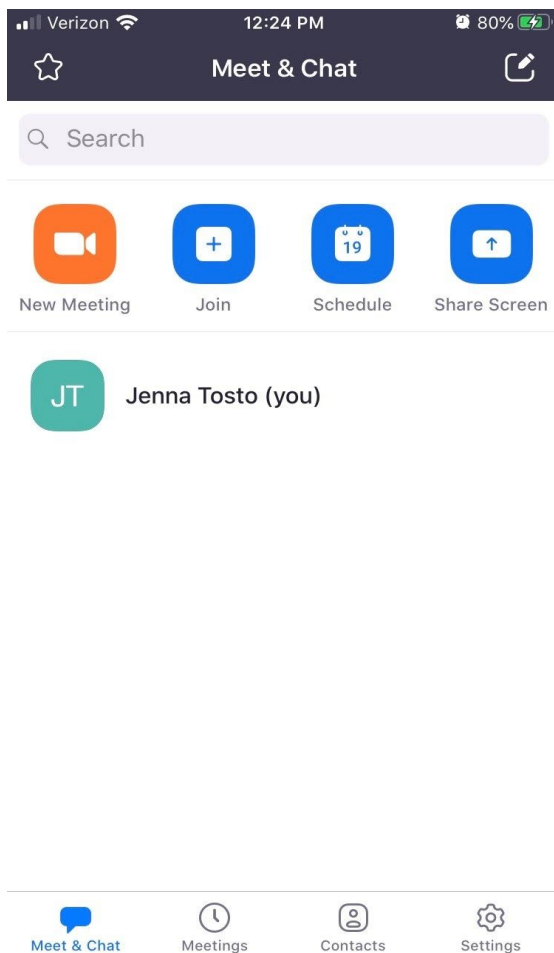
4. Once you have entered information, you will be brought to a completion screen.



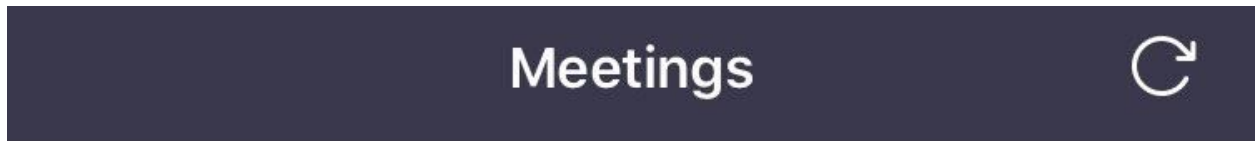
5. You may now close the application.

Accessing Zoom Video to Conference With My Provider

1. Open the **Zoom** application downloaded to your Smart Device at initial evaluation.
2. Enter your passcode (determined when you downloaded the application at your initial evaluation)
3. Select JOIN on the Meet and Chat Screen



4. Enter Meeting ID



Personal Meeting ID

429 187 9615

Start

Send Invitation

Edit

[Add a calendar](#)

This will connect you to your healthcare provider. The video conference will take approximately 10-15 minutes.

Troubleshooting Tips for Optimal Use

1. Is your device connected to WiFi if accessible?
2. Is your Smart device charged?
3. Is your volume raised on your Smart device?
4. Have you entered the meeting ID correctly?

For all immediate questions with device setup, please contact:

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