

Remote Monitoring Programme Patient Information Sheet

Please read this information carefully before deciding whether you would like to take part.

What is remote monitoring?

Remote monitoring is a way for your healthcare team to support you while you are at home.

It involves using simple digital equipment, such as a tablet or smartphone, to record health information. This may include things like blood pressure, oxygen levels, temperature, or answers to short health and wellbeing questions.

The information you provide is securely shared with your healthcare team, who review it and contact you if needed.

Why am I being offered remote monitoring?

You have been offered remote monitoring because your healthcare team feels it may help to:

- Keep a closer eye on your health
- Spot early signs of change
- Reduce the risk of your condition worsening
- Support you to stay well at home
- Reduce the need for unnecessary appointments or hospital visits

Remote monitoring does not replace your usual care. It is an additional way of supporting you.

About this programme

This remote monitoring programme is part of a **Digital Jersey-funded project**. The purpose of the project is to understand whether remote monitoring can work well for people in Jersey and whether it helps individuals feel better supported while living at home.

The project supports the introduction of **new and innovative ways of providing care**, while maintaining the same professional standards, safety checks, and confidentiality requirements as other healthcare services. Remote monitoring is already used successfully in many health services elsewhere.

People taking part in this programme will be among the first patients in Jersey to use this type of monitoring, and what we learn will help decide whether it should be offered more widely in the future.

Taking part does **not** mean your care is experimental.

What does taking part involve?

If you decide to take part:

- You will use a simple app on a tablet or smartphone
- You will be given monitoring equipment if needed
- You will be asked to record readings or answer questions on set days
- Your healthcare team will review the information you submit

You will receive clear instructions and support to help you use the equipment and app. There is no cost to you for taking part.

Common questions about remote monitoring

Do I need to be confident with technology?

No. The system is designed to be easy to use, even if you have little or no experience with technology. Training, written instructions, and support are provided.

If you do not have Wi-Fi or a suitable device, one can be provided during the monitoring period. If you have difficulty using the equipment due to memory, concentration, or physical dexterity, additional support can be provided, and carers or family members can be involved if appropriate.

What happens if something changes?

Your information is reviewed by trained healthcare professionals.

If something is outside the expected range:

- A clinician will review the information
- You may be contacted by phone to check how you are feeling
- Further advice or support may be arranged if needed

Remote monitoring helps identify changes early, but it does not replace emergency care. If you feel very unwell or need urgent help, you should seek help in the usual way.

How often is my information reviewed?

Your healthcare team will explain:

- Which days your information is reviewed
- When you should expect to hear from them
- What to do if you have concerns outside these times

Monitoring takes place during planned working hours.

Is taking part compulsory?

No. Taking part is completely voluntary.

- You can choose not to take part or stop at any time without giving a reason
- Your usual care will not be affected

What information is collected about me?

Only information needed to support your care is collected, such as:

- Your name and contact details
- Health readings (for example blood pressure or oxygen levels)
- Answers to health and wellbeing questions

How is my information kept safe?

Your information is handled in line with Jersey data protection law and healthcare confidentiality standards.

- Data is stored securely
- Only authorised staff involved in your care can access it
- Information is used only for your care and service improvement

You can request further information about how your data is used at any time.

Will my information be shared?

Your information is shared only with:

- Healthcare professionals involved in your care
- Trusted technology providers who support the remote monitoring system

These organisations are required to keep your information secure and confidential.

Your information is not sold and is not used for marketing purposes.

What happens to the equipment?

If you are provided with equipment:

- It remains the property of the service
- You will be told how and when it will be collected or returned
- All devices are cleaned and securely wiped before being reused

What if I change my mind?

You can stop taking part at any time.

Just let your healthcare team know and arrangements will be made to end monitoring and return any equipment.

Who can I contact for more information?

If you have questions or need support, please contact:

Remote Monitoring Team

Telephone: (01534) 497600

Email: enquiries@fnhc.org.je

You can also discuss any questions during your follow-up phone call.

Making your decision

Please take time to consider whether remote monitoring is right for you.

You will have the opportunity to ask questions before making a final decision.