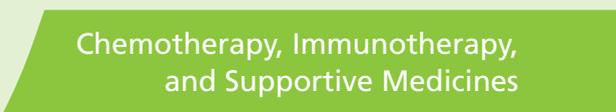


Three large, thick, green curved lines on the left side of the page, resembling a stylized 'C' or a series of arcs.

Immunotherapy Telehealth Monitoring Service How To Guide

A horizontal green bar with a white, curved cutout on the left side.

Chemotherapy, Immunotherapy,
and Supportive Medicines

A horizontal green bar with rounded ends.

A guide for patients and carers



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Thank you for agreeing to take part in the Immunotherapy Telehealth Monitoring Service. This service is delivered in partnership with Mersey Care NHS Foundation Trust to help you monitor your condition in the comfort of your own home.

You have been diagnosed with a side effect related to your immunotherapy and have consented to take part in the pilot phase of this new service.

The Telehealth team will call you to check your contact details; ensure you are happy to proceed and understand what you need to do. If you haven't received that telephone call, please contact 0151 285 4651.

Telehealth monitoring will help us to assess your immunotherapy related side effect; treatment for your side effect and whether any further help might be required.

You will be required to submit readings and answers to a health questionnaire twice a week for up to three months, or until your side effect resolves (whichever occurs first). This needs to be completed between the hours of 00:01 (midnight) and 1pm every Monday and Thursday. The telehealth nurses will contact you if there are any concerns during the afternoon on the same day that you completed the questionnaire. It is important to follow any advice that is given to you.

As part of your telehealth assessment you will be required to take the following readings using the equipment given to you.

- Blood Pressure – using a blood pressure machine
- Heart Rate – using a pulse oximeter (finger probe)
- Oxygen levels – using a pulse oximeter (finger probe)
- Temperature – using a thermometer
- Blood Sugar (BM) – using the BM machine and test strips
- Vital Capacity – using a spirometer

Full details on how to use this equipment can be found from page 11.

If you are unsure what to do, have any questions, or require any further advice, please contact the Telehealth Team on 0151 285 4651 Monday to Friday 9.00am-5.00pm. (Answer-phone service only at weekends).

Actions to take outside of Telehealth Monitoring hours

Telehealth is not an emergency service

If you experience any symptoms, feel unwell or notice any changes from your norm, you should report these as soon as possible to The Clatterbridge Cancer Centre Hotline on 0800 169 5555, or dial 999 in the case of an emergency.



Monitoring Options

Monitoring options will have been discussed with you during registration and you will have agreed to the most suitable option to suit your requirements.

The three options available are:

1. Web application option.
2. Downloading the DocoboApp. on your own smart device (phone/tablet).
3. Using a Docobo smart device (phone/tablet) which contains the DocoboApp.

1. Web Application Option

To use this option you will need an email address that you have access to.

You will receive a registration email message containing a link and a PIN code like below:

Dear Telehealth Patient

Your clinician has requested that you be able to record information that will assist them with your care using the telehealth web server interface. need it if you wish to use the telehealth server to make "Anytime" (unscheduled) recordings of clinical information.

Anytime Question(s) and Measurement(s)

You can access the telehealth web site to make "anytime" recordings using the following link:

<https://uk-4.docobo.net/DocoboWeb/Question/AnytimeLink/?agr=6073852584>

You will need to enter the following PIN in order to verify your identity before making "anytime" recordings.

6205

When you click on the link you will see the page below with the agreement number already completed, and will be asked to enter the pin code and click 'Login'.

DOCOBO-WEB™

Agreement Number 6073852584

Pin Code ****

Language English (United Kingdom)

Login Send new PIN

You will then be taken to a home screen and asked to complete your readings and questions. Press OK to start.

DOCOBO-WEB™ Mr Alexander Hamilton Logged

Good Afternoon Mr Alexander Hamilton

Your Questions/Tests are due now.

Please complete your questions before 0000. To start answering questions please press OK.

Ok

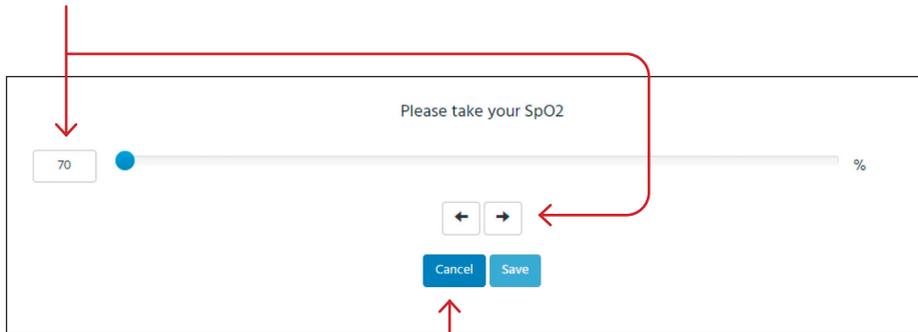
Exercises Tools Help Guide Message Settings

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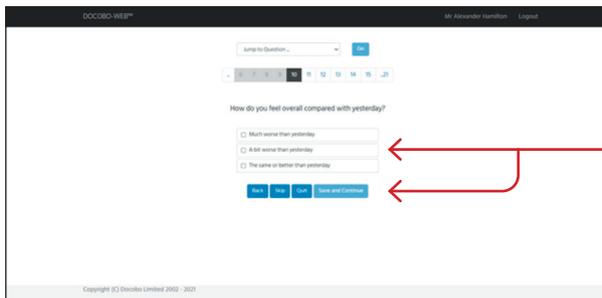
You will be asked to enter your readings and answer some questions.

Click on the right hand arrow until the correct reading appears in the number box on the left.



The screenshot shows a digital scale for SpO2 readings. At the top, it says "Please take your SpO2". Below this is a horizontal slider bar with a blue dot and a percentage sign at the end. To the left of the slider is a white box containing the number "70". Below the slider are two arrows, a left arrow and a right arrow, and two buttons labeled "Cancel" and "Save". Red arrows point from the text above to the number box, the right arrow, and the "Save" button.

Click 'save'.



The screenshot shows a questionnaire interface. At the top, it says "Jump to Question...". Below this is a calendar icon and a question: "How do you feel overall compared with yesterday?". There are three radio button options: "Much worse than yesterday", "A bit worse than yesterday", and "The same or better than yesterday". Below the options are four buttons: "Back", "Next", "Quit", and "Save and Continue". Red arrows point from the text on the right to the "Save and Continue" button and the radio button options.

Click on the appropriate answers and click on save and continue to work your way through the questions.

You will be emailed in the morning on the day your assessment is due, and asked to click on the link to the Telehealth website. You will need to enter your pin code each time.

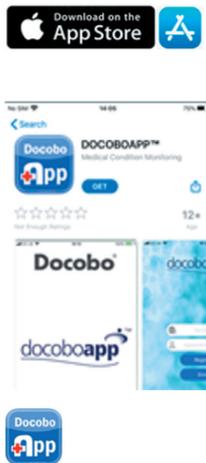
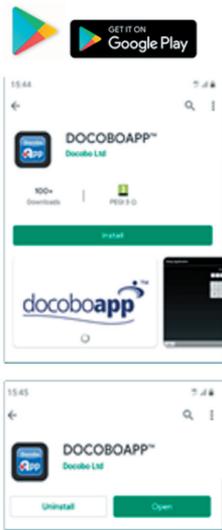
2. Downloading DocoboApp on your own device

Application Setup Guide

Step 1. Downloading DocoboAPP™

Please follow these steps to download DocoboAPP™ onto your Android or Apple/iOS smartphone.

- 1) Search the store (Google Play or the App Store) for DocoboAPP™.



- 2) Select Install (Android) or Get (Apple/iOS) to download DocoboAPP™.

- 3) Once downloaded and installed, open DocoboAPP™ by tapping open or tapping on the app icon on your home screen.

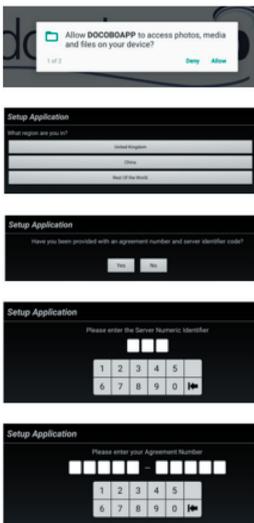


Step 2. Patient Registration

1) Android users will need to allow permissions and confirm region (UK).

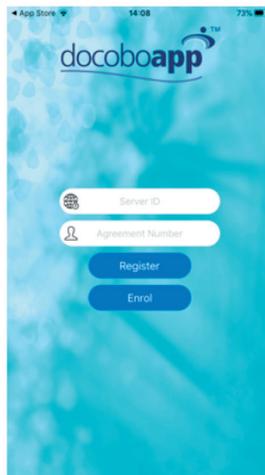
Apple/iOS users will be taken directly to patient registration.

2) You then need to enter a Server Code/ID and a 10-digit Agreement Number into DocoboAPP™.



DOCOBO PRIVACY STATEMENT V01

Testing updating the Docobo PRIVACY STATEMENT to version 6 Your privacy is very important to Docobo and we understand how important it is to you. This page describes the Docobo Privacy Policy and how it applies to all information gathered by Docobo when you use a Docobo device or our any services – as provided to Docobo using mobile communication technology. This page cannot be provided as such any information which you can be identified. This page describes how your information will be used in accordance with this Privacy Policy. This privacy statement only covers: 1. Docobo website 2. Docobo App 3. Docobo user all data that can be accessed from Docobo device and any data on all Docobo devices or Docobo App or any other device you use and read the privacy statement on that site. Please review this Privacy Policy carefully. Your use of this website, mobile site or device constitutes your agreement to this Privacy Policy. If you prefer please write with



(Your Server Code/ID and Agreement Number will be provided to you by Telehealth).

3) Confirm both Docobo Privacy Statement and User Licence Agreement to proceed.



Step 3. App Navigation

Once you have entered your Server Code/ID and Agreement Number, your device will register this to DocoboAPP™ and present the application home screen. Below are both the Android and Apple/iOS home screens:



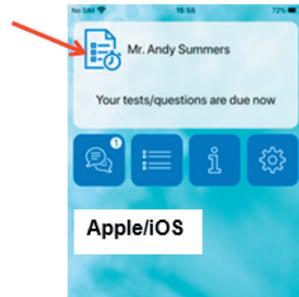
There are useful details and advice within the Self-Help section under the information icons (see above). As you will be required to enter readings and answer questions daily, please keep your smartphone or charged up.

DocoboAPP™ may need to be updated from time to time. Please ensure that your device can receive the normal routine updates from either Google Play or the App Store as is required for a functioning smartphone.



Entering your readings and answering questions using DocoboApp

To start entering readings and answering your scheduled questions, press the on-screen OK button (Android) or click on the Questions icon (Apple/iOS). This will take you through to your questions and readings for the day.



To enter a reading on your app, please follow:

Tap the left and right arrows, selecting the right one increases the value whereas selecting the left will decrease the value.

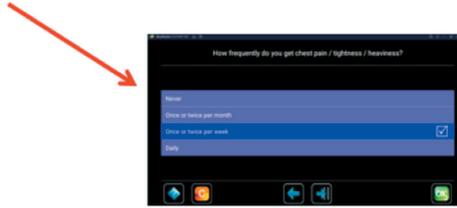
Press the OK button when you have finished.

Or slide the scale bar from left to right. Sliding to the right increases the value whereas sliding to the left decreases the value.

Press the OK button when you have finished.



You will also be asked a set of weekly questions, please click on the answers that apply to you.



3. Using a Docobo smart device (phone/tablet) +/- Bluetooth Device

If you have chosen this option at registration a member of the Docobo team will be in touch with you to arrange set-up and training on the device and the equipment supplied to you.

Choosing this option will use Bluetooth enabled equipment to upload your reading to the app automatically. A member of the Docobo team will show you how to do this.

If you have any issues or questions whilst using these devices, please contact the Docobo team directly. (Docobo will provide contact information during your training).



How to monitor your oxygen levels and pulse

An oximeter monitors your blood oxygen levels and pulse (heart rate).

To use the monitor:

1. Rest for at least five minutes before.
2. Make sure your hands are warm.
3. Remove dark nail varnish.
4. Place the oximeter device on your middle / index finger.
5. Press the power button to switch the oximeter on.
6. Keep the oximeter in place for at least a minute.
7. Your pulse reading is the number at the top right.
8. Your oxygen reading is the number on the bottom.

Please note: If you have been prescribed oxygen to be worn for at least 16 hours per day, please make sure that you are wearing your oxygen when you are taking your reading.

If you only use oxygen when exercising please make sure that your oxygen is removed at least 30 minutes before measuring your oxygen levels.



How to monitor your temperature

1. Press 'ON/OFF' button on the thermometer.
2. When 'Lo' and flashing '°C' is shown on the display it is ready to use.
3. Take your temperature either under your tongue or in your arm pit.
4. Flashing '°C' indicates that measurement is in progress. There will be a beep sound and the '°C' will stop flashing when measurement is completed.
5. Enter the reading onto the device by either sliding the scale bar right and left or by tapping the left and right arrows. Press OK to confirm.
6. Press the 'ON/OFF' button to turn off the thermometer.
7. Record the result on the DocoboAPP™.

How to monitor your blood pressure

1. Rest for at least 15 minutes before.
2. Place the blood pressure cuff onto your upper arm with the grey tube pointing downwards on the inside of your arm.
3. Rest your arm on a table or on a cushion on your lap with the cuff at the same height as your heart.
4. Remain still by not talking or coughing; relax and breathe normally keeping your legs uncrossed.



5. Press the 'Start' button on the monitor and sit still until your readings are displayed on the blood pressure device.
6. Remove the cuff and turn the device off.
7. Record the result on the DocoboAPP™.

How to measure your vital capacity

To measure your vital capacity:

1. Find a comfortable position, either sitting or standing (do this the same way every time you measure).
2. Push the pointer back to the first line of the scale nearest the mouthpiece.
3. Hold the peak flow meter so it's horizontal and make sure that your fingers are not obstructing the measurement scale.
4. Breathe in as deeply as you can and place your lips tightly around the mouthpiece.
5. Breathe out as quickly and as hard as you can.
6. When you've finished breathing out, make a note of your reading.
7. This should be repeated three times, and the highest of the three measurements should be recorded as your peak flow score.
8. Record the result on the DocoboAPP™.



How to measure your blood glucose (BM's)

To measure blood glucose you need the blood glucose meter, a test strip and a lancing device (finger pricker).



1. Prepare the the blood glucose meter, a test strip and a lancing device ready for testing. Don't forget to include cotton wool/plasters (if you are not allergic) to clean up any blood after pricking your finger.
2. Wash your hands thoroughly for 20 seconds and dry them. This ensures there are no sugars on your fingers that may affect the result. Using warm water will help to obtain blood more easily as this will warm your fingers up (be careful not to burn yourself.)
3. Place a test strip into your blood glucose meter.
4. Prick your finger with the lancing device at the sides of the finger as there are less nerve ending here than at the tips or the 'pads'. It is recommended to us the middle or ring finger.
5. When blood appears, check the meter is ready and then transfer the blood onto the test strip and wait a few seconds – most meters provide a result within 10 seconds and often sooner. Some devices may bleep when the result is ready.
6. If the test is unsuccessful, repeat from step 4.



7. If the test is successful, clean any blood off your finger with the cotton wool/plaster if necessary.
8. Record the result on the DocoboAPP™.

Returning your equipment

You will be contacted to discuss your discharge from the Telehealth service, how to return the equipment and the next steps. You should carefully wipe over the equipment with a soft, clean, dry cloth. Please do not share the equipment. Depending on your location you will either be provided with a pre-paid return envelope for you to package the equipment in, or Docobo will contact you directly to arrange a date and time for collection.

Contact details for any queries:

**0151 285 4651 Monday to Friday 9.00am-5.00pm.
(Answer-phone service only at weekends).**

In collaboration with



Mersey Care

NHS Foundation Trust

Community and Mental Health Services

How we produce our information

All of our leaflets are produced by staff at The Clatterbridge Cancer Centre and this information is not sponsored or influenced in any way. Every effort is made to ensure that the information included in this leaflet is accurate and complete and we hope that it will add to any professional advice you have had. All our leaflets are evidence based where appropriate and they are regularly reviewed and updated. If you are concerned about your health in any way, you should consult your healthcare team.

We rely on a number of sources to gather evidence for our information. All of our information is in line with accepted national or international guidelines where possible. Where no guidelines exist, we rely on other reliable sources such as systematic reviews, published clinical trials data or a consensus review of experts. We also use medical textbooks, journals and government publications.

References for this leaflet can be obtained by telephoning 0151 556 5570.

If you need this leaflet in large print, Braille, audio or different language, please call 0151 556 5570.

If you have a comment, concern, compliment or complaint, please call 0151 556 5203.

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