

PATIENT EDUCATION

Remote Patient Monitoring with a **Pulse Oximeter**

What is RPM?

Remote Patient Monitoring (RPM) is a way for your provider to help monitor any chronic conditions, like diabetes, or any acute conditions, like COVID-19.



RPM Helps Monitor Your Healing Progress

RPM can allow providers to provide you with more support than you would receive by going into a routine office visit. RPM lets your provider see the full picture of your day-to-day health, rather than just one particularly bad or good day.



What can a Pulse Ox tell us about COVID-19?

RPM can be especially helpful when you have COVID-19 and help alert you and your provider if your condition may need extra attention.

Pulse oximeters are an easy way for patients to track their oxygen levels at home. Oxygen levels indicate how well a patient may be fighting the COVID-19 virus. Even when COVID-19 patients feel fine, they may have low oxygen levels in their blood.¹ These low oxygen levels can be an early warning sign, which allows the patient to reach out to their provider when needed.

Having these devices at home can be comforting, as you know you are in control and informed about your health status.

A normal oxygen level is around 95%. People with chronic respiratory diseases may have normal levels around 90%. If your reading is below 95% and you do not have a chronic condition known to lower oxygen levels you should call your healthcare provider.¹

**PULSE
OXIMETER
EXAMPLE**



Disclaimer: A pulse ox is not a way to tell if someone is infected with COVID-19 and it should not be used as the only indicator to determine if additional medical attention is needed.¹ Oxygen levels don't always correlate with severity of COVID-19. Some people that experience severe symptoms will have good oxygen levels. Some people with no symptoms will have poor oxygen levels.¹ Always listen to your body and seek care whenever you feel it is necessary.

Social Determinants of Health & RPM

Social Determinants of Health (SDOH) are the conditions where people are born, live, work, play and worship that affect their health.³ Race can be one big SDOH because of the nation's history of medical and social mistreatment of black and brown people. RPM is helping providers see that black and brown people are affected more by conditions, such as COVID-19, diabetes and high blood pressure. This allows providers to come up with solutions that specifically help these communities get healthier. Talk to your doctor today about RPM and take back control of your health.



An Important Note: Pulse oximetry readings may not always be 100% accurate for black and brown individuals. The pulse ox may show higher oxygen levels for people with darker skin than what they really are.¹ Research has shown that inaccurate oxygen level readings from pulse oximeters were associated with greater rates of hypoxemia, which means low oxygen in the blood.² This was found in Asian, Black, and non-Black Hispanic patients with COVID-19.² As a result, these populations often received delayed acceptance into COVID-19 therapy programs.² Mention this to your provider if you don't feel as though the seriousness of your condition is being taken into account, or if you're still short of breath, despite a normal reading.¹

Information Sources:

¹ "Oxygen Levels, Pulse Oximeters, and COVID-19." Minnesota Department of Health, 5 Oct. 2022, www.health.state.mn.us/diseases/coronavirus/pulseoximeter.html.

² Fawzy, Ahsraf, MD, et al. "Racial and Ethnic Discrepancy in Pulse Oximetry and Delayed Identification of Treatment Eligibility Among Patients With COVID-19." *Jama Internal Medicine*, 31 May 2022, jamanetwork.com/journals/jamainternalmedicine/fullarticle/2792653.

³ "Social Determinants of Health - Healthy People 2030." U.S. Department of Health And Human Services, Office of Disease Prevention And Health Promotion, health.gov/healthypeople/priority-areas/social-determinants-health. Accessed 29 Nov. 2022.

