

## Guide to preparing for your Tele-rehabilitation (Telerehab) sessions

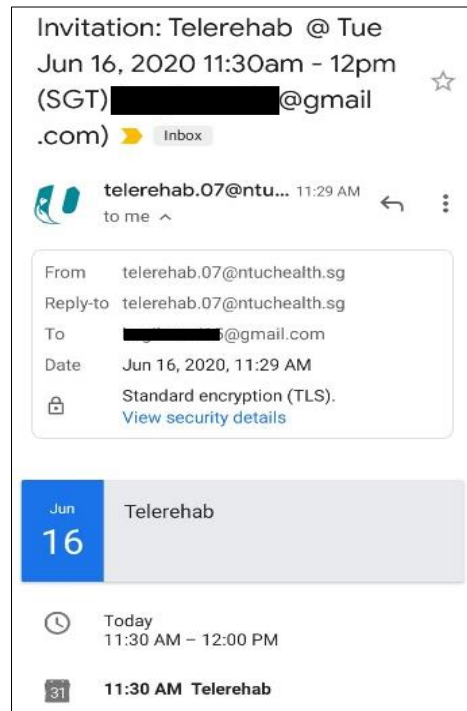
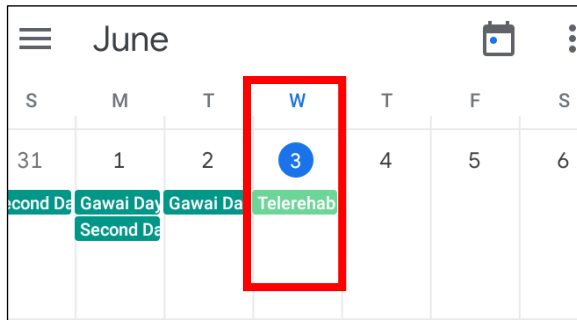
Welcome to our Telerehab service, where our therapist will be using video-conferencing to guide you in exercises at home.

Learn how to prepare for your Telerehab sessions in this guide:

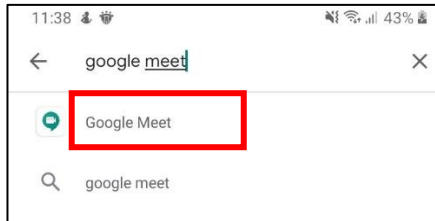
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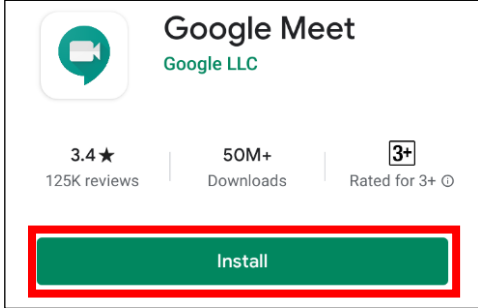
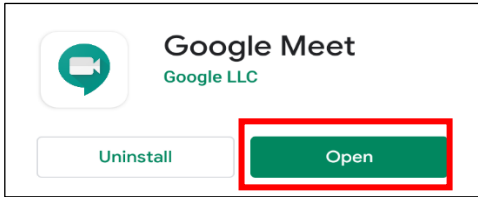
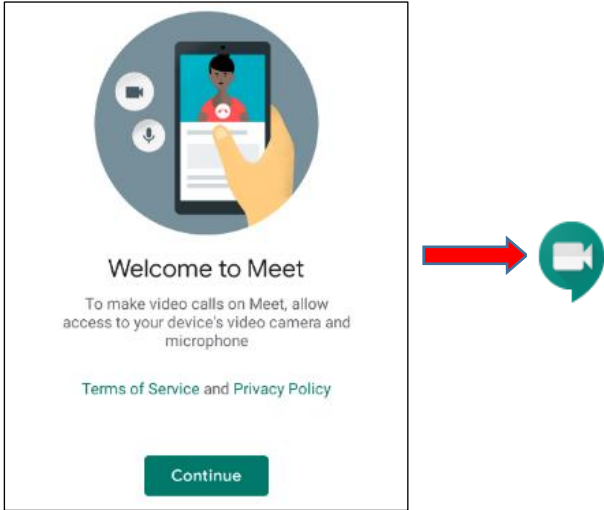
### 1. Take note of your Telerehab schedule

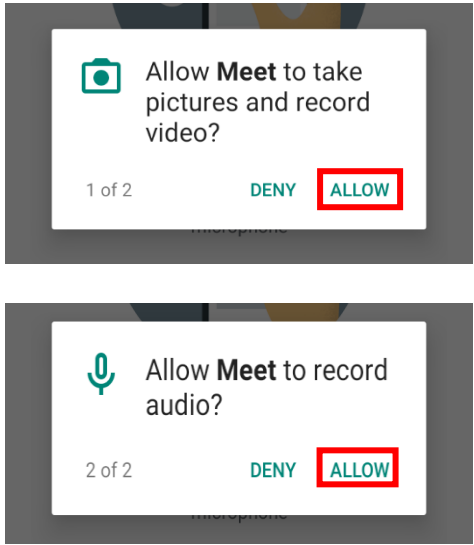
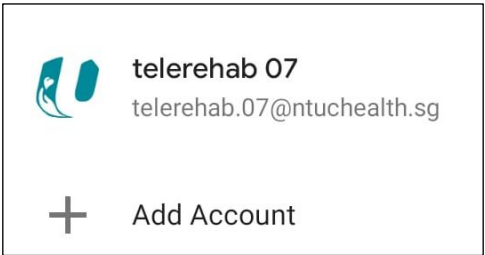
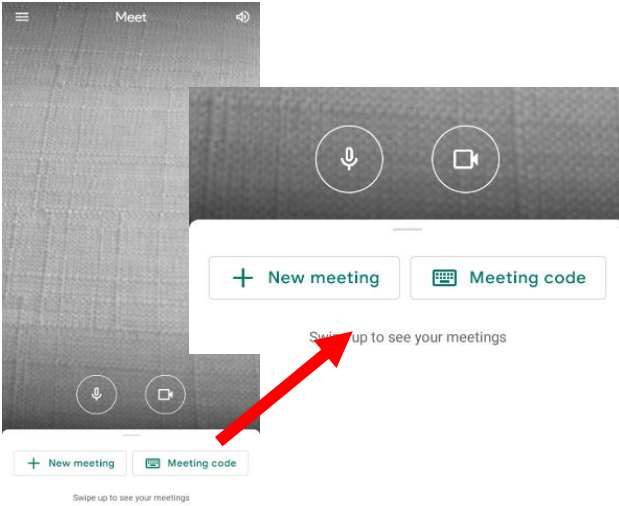
Your therapist will confirm your first Telerehab session during the initial assessment. A **google calendar invite** and **email** will also be sent to you.



### 2. Download Google Meet application on your smartphone/tablet if it has not been installed

1	Search for "Google Meet" in Google Play Store (Android phone) or App Store (iPhone).	
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2	Download it by clicking on “Install”. After downloading the app, click on “open”.	 
3	Click “continue”. Double check the Google Meet icon.	

<p>4</p>	<p>Click on “Allow” on the subsequent pop-up boxes.</p>	
<p>5</p>	<p>Select your existing Gmail account.</p> <p>Alternatively, you may create a new Gmail account by tapping on “Add Account”.</p>	
<p>6</p>	<p>The download has been completed.</p>	

### 3. Things to do before the start of each session *(Do allocate sufficient time of at least 15 minutes)*

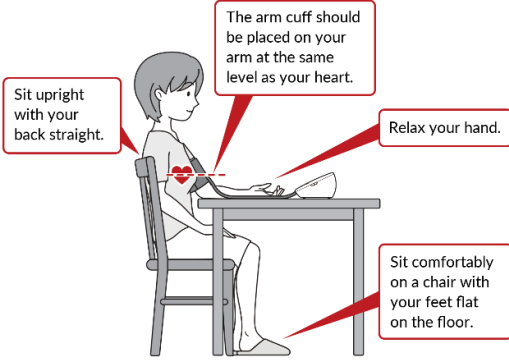

#### 3.1 Take your vital readings

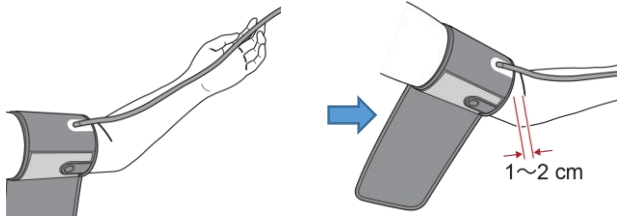
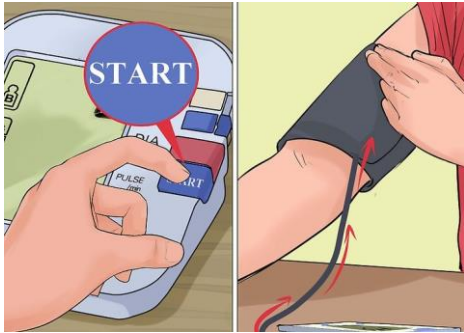
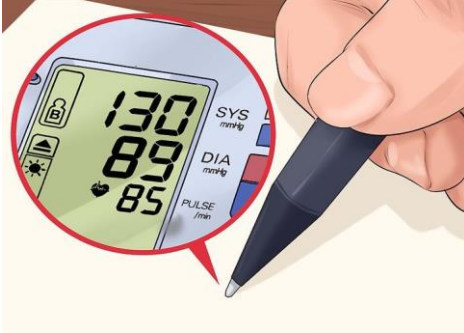
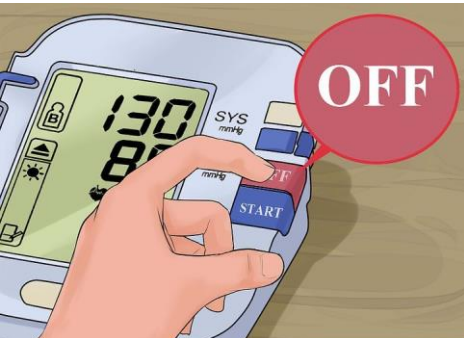
Take your blood pressure, either with an upper arm or wrist blood pressure monitor. You may also need to take other readings such as temperature and oxygen level, as instructed by your therapist.

Here are the steps to guide you in taking your vital readings:

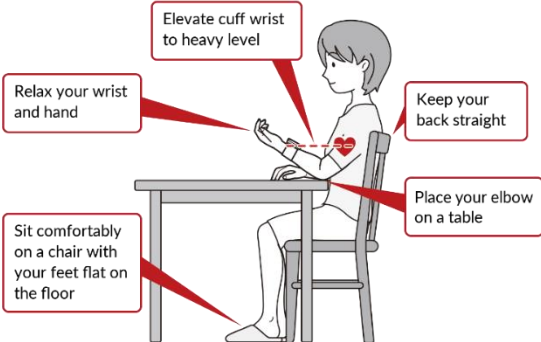

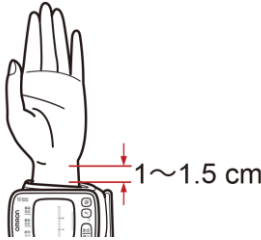
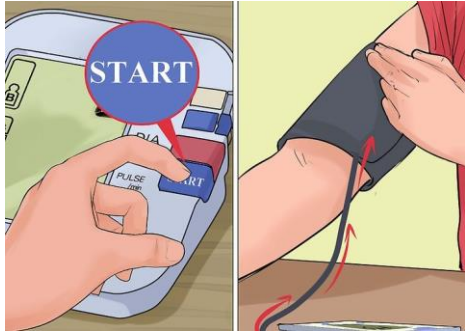
##### 3.1.1 Blood Pressure

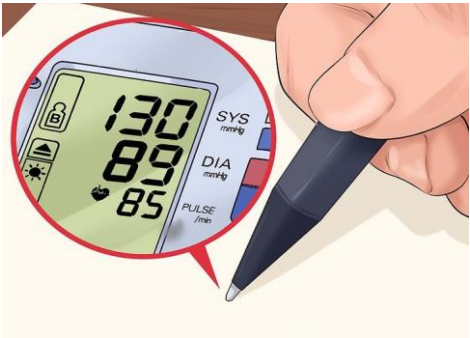
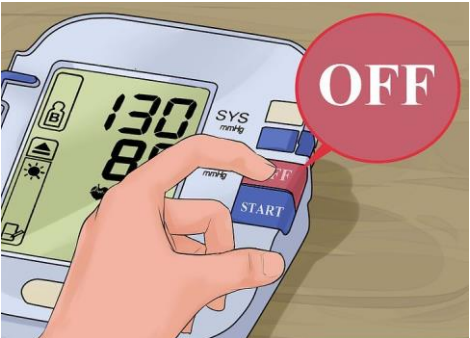
Before taking your blood pressure, go to the bathroom and empty your bladder. You should not smoke, drink alcohol or caffeinated beverages 30 minutes before measuring your blood pressure.

How to use an upper arm blood pressure monitor		
1	Rest for 3 to 5 minutes and do not talk. Sit upright on a chair with backrest. Your feet should be flat on the floor, and your legs and ankles should not be crossed. It is recommended to maintain room temperature in comfortable range.	
2	Rest your left arm at heart level by placing it on a table, and sit still.	
3	Wrap the cuff of the blood pressure monitor around the upper part of your left arm, on bare skin or light innerwear.  There should be enough room for you to slip one fingertip under the cuff.	
4	Adjust the position of the air tube such that it runs down your inner arm. Ensure that the position of the cuff is	

	<p>about 1-2 cm above the bend of your elbow.</p>	
<p>5</p>	<p>Turn on the blood pressure monitor.</p> <p>Push the activation button to automatically inflate the cuff to measure your blood pressure and heart rate.</p>	
<p>6</p>	<p>Note down your pressure and heart rate readings for your therapist's and your own reference.</p>	
<p>7</p>	<p>You may need to deflate the cuff by pushing another button (i.e. exhaust button).</p>	



*Note: If you need to retake your blood pressure, wait for 2 to 3 minutes before taking again.*

How to use a wrist blood pressure monitor		
1	Rest for 3 to 5 minutes and do not talk. Sit upright on a chair with backrest. Your feet should be flat on the floor, and your legs and ankles should not be crossed. It is recommended to maintain room temperature in comfortable range.	
2	Rest your left wrist at heart level by placing it on a table, and sit still.	
3	Wrap the cuff of the blood pressure monitor around the upper part of your bare left wrist. There should be enough room for you to slip one fingertip under the cuff.	
4	Ensure that the position of the cuff is about <b>1-1.5 cm above the bottom of your palm</b> and does not cover your wrist bone.  <i>Note: The readings on your left and right wrist may differ. For consistency, you should use the same wrist for measurement.</i>	
5	Turn on the blood pressure monitor.  Push the activation button to automatically inflate the cuff to measure your blood pressure and heart rate.	


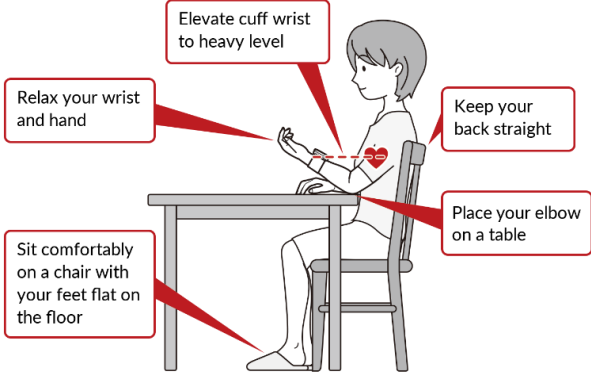


6	Note down your pressure and heart rate readings for your therapist's and your own reference.	
7	You may need to deflate the cuff by pushing another button (i.e. exhaust button).	

*Note: If you need to retake your blood pressure, wait for 2 to 3 minutes before taking again.*

### 3.1.2 Oxygen Level (If requested by your therapist)






How to use a pulse oximeter to measure your oxygen level		
1	Remove nail polish, fake nails, henna art, or anything that may absorb light and interfere with the reading.	
2	While taking the measurement, refrain from moving too much and do not expose the pulse oximeter to bright light.	







3	<p>Insert your finger (with the nail side up) in the oximeter. You should feel a small amount pressure on your finger but there should not be any pain. For other types of pulse oximeter (e.g. nose or earlobe), wear them accordingly.</p>	
4	<p>Make sure your wrist is around the same level as your heart. It is recommended to place your hand on your chest to help minimise movement.</p>	
5	<p>Turn on the pulse oximeter and wait for a few seconds until a reading is shown on the screen.</p>	
6	<p>Note down your oxygen saturation and heart rate readings for your therapist's and your own reference.</p>	
7	<p>Remove the probe and turn off the pulse oximeter.</p>	



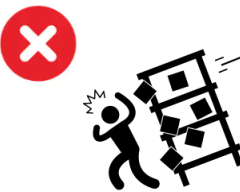


### 3.1.3 Temperature (If requested by your therapist)

If you have just exercised or got out of a shower, do rest for at least 20 minutes before taking your temperature.

How to use a thermometer (Oral)		
1	Clean the tip of the thermometer with alcohol, or with soap and warm water. Let it dry thoroughly.	
2	Turn on the thermometer and put it under your tongue.	
4	Wait for a few seconds until the thermometer beeps. Remove the thermometer.	
5	Note down your temperature right for your therapist's and your reference.	
6	Wash the tip of the thermometer again using alcohol, or soap and warm water.	

How to use a thermometer (Armpit)		
1	Turn on the thermometer and place under your armpit. The tip of the thermometer should touch the middle section of the armpit.	
2	Wait for a few seconds until the thermometer beeps. Remove the thermometer.	
3	Note down your temperature right for your therapist's and your reference.	
10	Wash the tip of the thermometer again using alcohol, or soap and warm water.	

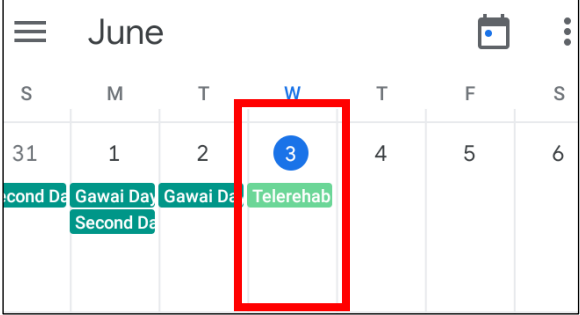
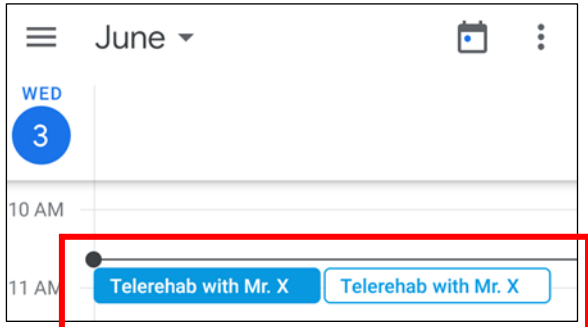
### 3.2 Ensure that your environment is safe and conducive for Telerehab

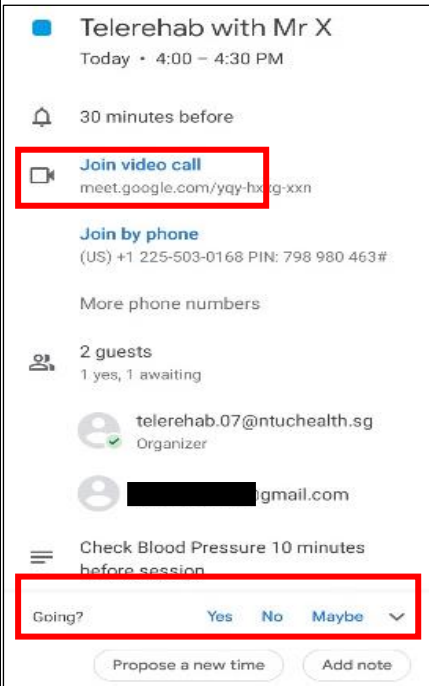
<p style="text-align: center;"><b>Things to Note</b></p> <p style="text-align: center;"><i>Your therapist may also request for a video room tour to help you assess your environment and recommend modifications.</i></p>		
1	Ensure that your caregiver/next-of-kin is present so that he/she can assist you during your exercises when necessary.	
2	Find a comfortable spot where there is good lighting and internet connectivity.	
3	Ensure that you have sufficient space around you with no fall hazards (e.g. falling object, slippery floor, uneven surface) to perform the exercises safely.	
4	There should be a clear pathway in and out of the room – remove any objects that may hinder evacuation during an emergency (closer to fall hazard).	
5	Prepare the necessary tools needed for therapy and personal medication/first aid kit, as instructed by your therapist.	

4. Log on to Google Meet using:

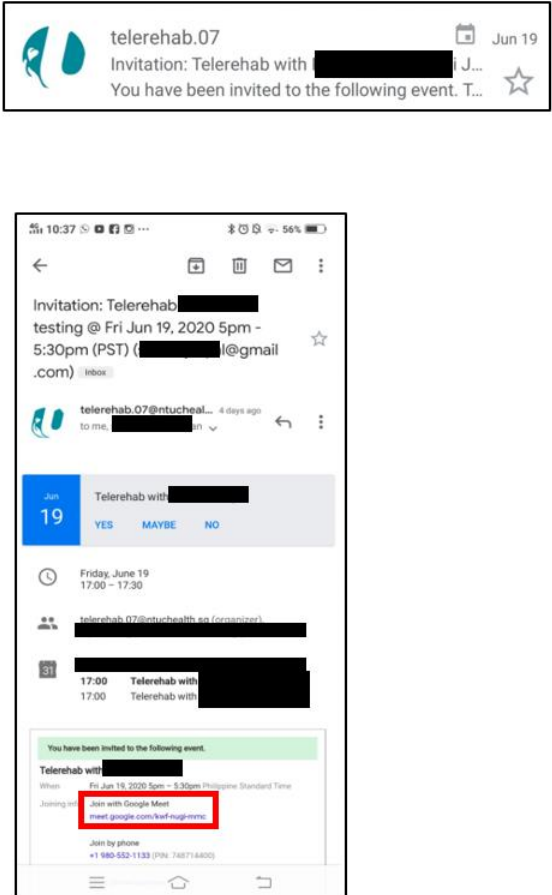
4.1 Smartphone/tablet

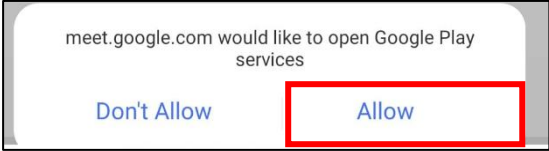
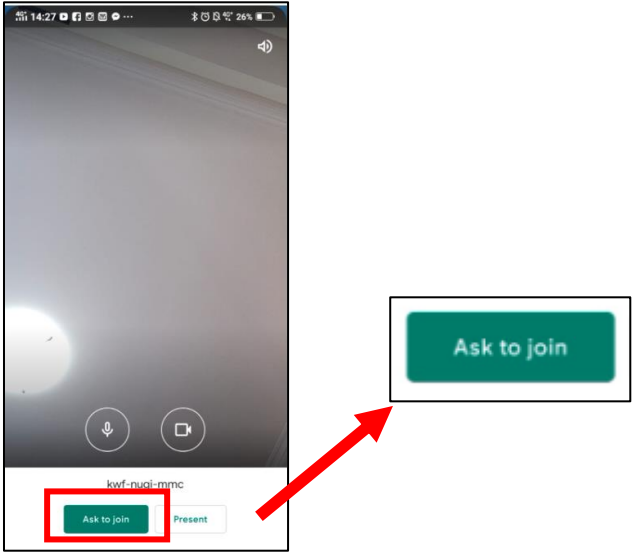

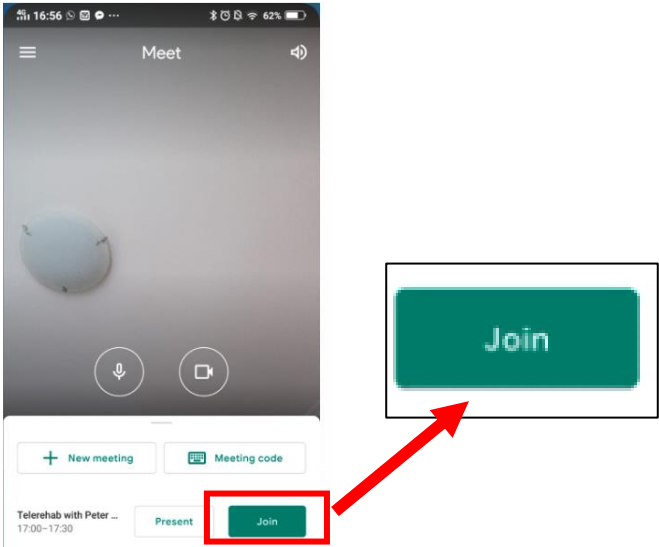
There are 3 ways to do so – you may click on the link from (a) Google Calendar, (b) Email, or (c) Google Meet. Pick the option that is most convenient for you.

a. Via Google Calendar		
1	Go to your <b>Google calendar</b> and look for the scheduled appointment.	
2	You should see this on your screen – click on the appointment.	

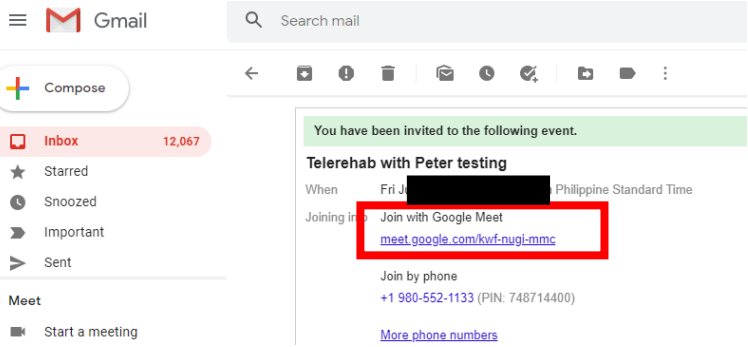
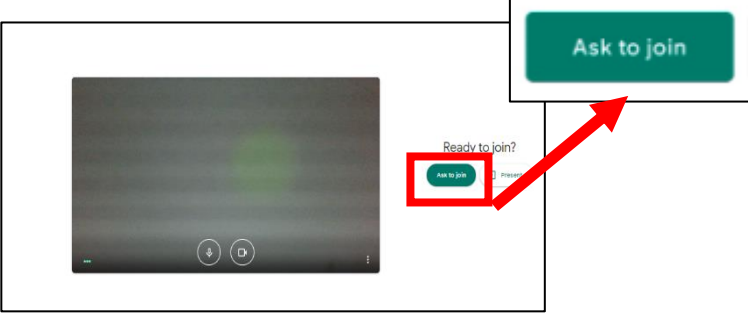
<p>3</p> <p>Click "Join video call".</p> <p>Check for any special instructions from your Therapist (e.g. taking blood pressure).</p>	
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**b. Via Email**

<p>1</p> <p>Go to your email inbox and look for the email invitation where you will see the Google Meet link. Click on the link.</p>	
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2	Click "Allow".	
3	Click "Ask to join".	
<b>c. Via Google Meet application</b>		
1	Launch your Google Meet application.	
2	You should see your appointment at the bottom. Click "Join".	

#### 4.2 Laptop:

1	Access the email invite from your inbox and click on the Google Meet link.	
2	You should see a new browser tab. Click "Ask to join".	

References:

- [1] <https://www.wikihow.com/Take-Blood-Pressure-Manually>
- [2] <https://www.healthcare.omron.co.jp/zeroevents/english/bloodpressuremonitor/howtouse.html>
- [3] <https://familydoctor.org/blood-pressure-monitoring-at-home/>
- [4] <https://www.cablesandsensors.com/pages/what-is-pulse-oximetry-the-definitive-guide-for-monitoring-oxygen-saturation-levels>
- [5] <https://www.wikihow.com/Measure-Oxygen-Saturation-Using-Pulse-Oximeter>
- [6] <https://www.wikihow.com/Take-a-Temperature>