

Finally.....

Please note, remote monitoring will cease and you will be deactivated from the Beaumont portal when you are discharged back to your primary care centre, however we encourage you to continue using the app and equipment provided.

NOTES....

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The Patient Advice Liaison Service (PALS) are happy to receive all feedback



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## Post-Transplant follow-up



National  
Kidney  
Transplant  
Service

## REMOTE MONITORING FOR KIDNEY TRANSPLANT PATIENTS



**Beaumont Hospital**  
Beaumont Road, Dublin 9  
(01) 809 3000

## Introduction

Beaumont Hospital now offers remote monitoring to all new transplant patients. All you need is a smartphone.

Remote monitoring greatly reduces the amount of time and visits to Beaumont hospital post-transplant by providing an app along BP monitor and scales. This allows you to record your blood pressure and weight daily.

Weekly bloods are facilitated in your primary care centre. This system of remote monitoring can reduce your visits to Beaumont from eight visits to three. A small minority of new transplants may not be suitable as they may require closer monitoring in our Renal Day Ward

## Getting started...

If you decide you would like to avail of remote monitoring.....

1. You will be emailed a link to download the patientMpower app
2. You will receive a BP monitor & scales before discharge, this equipment is connected to your account so no need to input any data manually.
3. You will Meet cANP/CNS on your 1st Visit

4. Weekly blood tests are arranged in your Primary Care or Beaumont Hospital.
5. If you had a stent inserted at time of surgery, this will be removed between 4-6 weeks post-transplant in Beaumont.
6. You will be discharged back to your Primary Care Centre @ week 6 post-transplant for long-term follow-up

## Daily Checklist

- Daily blood pressure



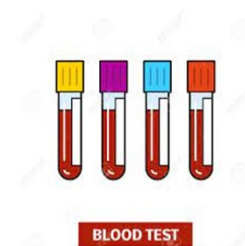
- Daily weight



- Daily wellness check



- Weekly Bloods



## Daily Checklist Cont.....

Blood pressure \_\_\_\_\_ per day

Weight \_\_\_\_\_ Every morning

Stent date \_\_\_\_\_

Final Visit \_\_\_\_\_

Bloods will be reviewed by your transplant team in Beaumont until you are between 4-6 weeks post-transplant at which point you will be formally discharged back to your primary Nephrologist.

Bloods results will be available on your app the same day and you will be emailed any changes to your care along with a clear plan for your next visit.

**If you have any queries, you can contact us via the app messaging service or call us on 01 7977969**

**The remote monitoring service is available between the hours of 8—4, Monday—Friday (excluding weekends and bank holidays), all other times, please contact switch and ask for the renal reg on call**