

Remote Patient Monitoring Patient Diary



Tips and Tools for Managing Heart Failure and/or COPD

Name _____

Health PEI
One Island Health System

This booklet is for you to record your daily vital signs.

Tips for taking your blood pressure:

- be in a sitting position with your back supported
- the middle of the cuff should be at your heart level
- the lower edge of the cuff should be an inch above the crease in your elbow
- your arm should be resting comfortably on a table top
- your legs should not be cross and your feet should be flat on the floor
- don't talk or move while the machine is measuring your blood pressure
- take your blood pressure in a quiet place with no distractions.



Tips to control your Blood Pressure:

- Reduce salt intake
- Follow Eating Well with Canada's Food Guide *
- Participate in regular physical activity *
- Achieve and maintain a healthy weight
- Avoid or limit alcohol use
- Be tobacco free
- Find healthy ways to manage stress
- Take medications as prescribed by your Health Care Provider
- Have your blood pressure checked regularly

Your blood pressure target: _____





Tips to Healthy Eating:

- Reduce salt (sodium) intake
 - Cut down on packaged and processed foods
 - Take the salt shaker off the table
 - Avoid adding salt when cooking
 - Use herbs, spices, or lemon juice
 - Avoid fast foods
- Choose foods low in saturated and trans fats
 - Trim visible fat; remove skin on poultry
 - Use cooking methods such as roasting, baking, and poaching
- Enjoy a variety of foods from all four food groups according to Eating Well with Canada's Food Guide *
- Avoid or limit alcohol use
- Limit pop and other high sugar drinks



Date/Time	Blood Pressure	Pulse	Oxygen Level	Weight

Daily Vital Signs Record

Date/Time	Blood Pressure	Pulse	Oxygen Level	Weight

Daily Vital Signs Record

Date/Time	Blood Pressure	Pulse	Oxygen Level	Weight

Daily Vital Signs Record

Tips to increase your physical activity:

- Choose an activity you enjoy
- Exercise with a partner
- Build physical activity into your daily routine, walk whenever you can, use the stairs instead of the elevator
- Start slowly and gradually increase over time
- Do the activities you are doing now, more often



Tips to maintain a health weight:

- Participate in regular physical activity *
- Identify your temptations and barriers for change
- Set realistic goals and make a plan
- Find healthy ways to manage stress

****If you have special health needs, your Health Care Provider may work with you to modify your goals.***

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March 2017

RPM Contact Information

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