

Registering with the NHS Ayrshire and Arran Remote Health Service can help you manage your health and symptoms and help your GP Practice to know if you need any help or support.

## How do I register?

**Step 1** - You will receive a text or an email explaining how to for the service. A second text/email will explain how to use the web link in the text/email taking you to a secure website. *(If you do not have access to a device your practice will offer other ways to conduct your health review).*



**Step 2** - You will be asked to complete the questionnaire on the secure website, and send a peak flow reading if you have a device.

**Step 3** - We ask that you complete the questions within 14 days but will send you a reminder if you don't. Your answers will be recorded in the remote health system and you will have access to links to help you manage your condition.

## What will I need?

In order to use the asthma service, you will need access to:



A telephone, mobile, smartphone, laptop or tablet device (depending on your chosen method of submitting your readings)



Peak flow meter (if required)

Your practice will discuss with you what items you may already have at home and what items you need to be provided with.

## What questions will the service ask?

- When using the Asthma service, you will be asked to answer simple questions about your general health and to record your height, weight, and smoking status.
- You will also be asked to submit your peak flow reading if you have a meter, this will let the practice know how your breathing is.
- You will be asked about your inhaler use and be shown a video on the correct inhaler technique.
- Please try to answer all the questions.



## What does my GP do with my results?

- The Asthma remote health service will review the answers and measurements that you have entered. The service will highlight any answers that require your GP or Practice Nurse to look at.
- The measurements and responses to questions will be available to your GP/Practice Nurse who can then check your results and decide whether they need to get in touch with you to arrange follow up.
- Follow up may be by telephone, by video consultation or an appointment in Practice, or the results may be such that the clinicians are happy with the way you are managing your condition and therefore you will be contacted the following year for the same review.

## Please Note

- The remote health service is not an emergency service.
- Your readings may not be viewed by a clinician straight away.
- If you need medical assistance, you should phone your family doctor (GP) or call NHS 24 on 111.
- In case of an emergency, dial 999.