The Royal Wolverhampton
NHS Trust

Awaiting your Angiogram: Remote Patient Monitoring with the Ortus-iHealth App

The prevention of infection is a priority in all healthcare settings and everyone has a part to play.

- **Please decontaminate your hands frequently using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, a cough or other respiratory symptoms, a temperature or an unexplained rash which could be infectious please do not visit the hospital or any other care facility. If your visit is essential then phone ahead to the department that you are visiting**
- **If you are unwell seek advice from 111 or your GP if required**
- **Help us to keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

Care Colleagues
Collaboration Communities

Introduction

This leaflet is for patients who will wait at home for their angiogram and be managed remotely at New Cross Hospital As part of your care and treatment, you will use the Ortus-iHealth App (referred to as the 'Ortus App') during, and after your hospital stay.

What happens next?

1. You will be discharged with a date to come back to New Cross Hospital for your planned coronary angiogram
2. You will be sent home on medications in preparation for the angiogram including aspirin and another blood thinner
3. Please register on the App following the instructions
4. Fill in the Cardiac Symptoms Questionnaire Daily
5. Your answers will be reviewed daily by the New Cross team
6. We will message you through the App daily (Mon to Fri Nine am to Five pm) once we have reviewed
7. If we are concerned we will contact you
8. Please fill in the pre-assessment form in the questionnaire section of the App
9. Further information is provided in the documents section of the application

Using the Ortus App is important because:

1. Your Hospital Team can remotely monitor and support you throughout your care and treatment to keep you safe whilst managing you remotely
2. You will use the App to track and send us your questionnaire of symptoms (for example, chest pain)
3. You can see useful information provided to you from your Hospital Team for example, information about your health

This patient information sheet will help you to understand how to register with the Ortus App, to complete your registration with the Ortus App, how to answer questionnaires and provide your vital observations and symptoms, and what to do if you feel unwell.

It is important to update it often to so your Hospital Team can monitor you through your care and treatment with up-to-date data.

This service is provided by the Royal Wolverhampton NHS Trust.

Using the Ortus App will help you to give your Hospital Team up-to-date health data so they can monitor your condition accurately. They will use the App to:

1. Send you a pre-assessment form for your angiogram (called Angiogram Pre-assessment Form) to fill out before your angiogram
2. Send you a symptoms form called Cardiac Symptoms at Home Questionnaire to monitor your symptoms
3. Send you information about your treatment (videos / leaflets) and what to do before and after your treatment (videos / leaflets)
4. Send you forms to fill in before your appointments
5. Send you messages with updates about your treatment

Using the App, you can:

1. Update your Hospital Team about your vital observations (for example, blood pressure) and symptoms (for example, chest pain)
2. Look for information about your condition or treatment
3. Contact your Hospital Team

If you are unable to use Ortus:

If you are unable to use Ortus through the internet or through the app, then your Hospital Team will contact you by telephone or mobile phone at the appropriate time to discuss your care.

Getting started: Registration

If you have been registered by your Hospital Team

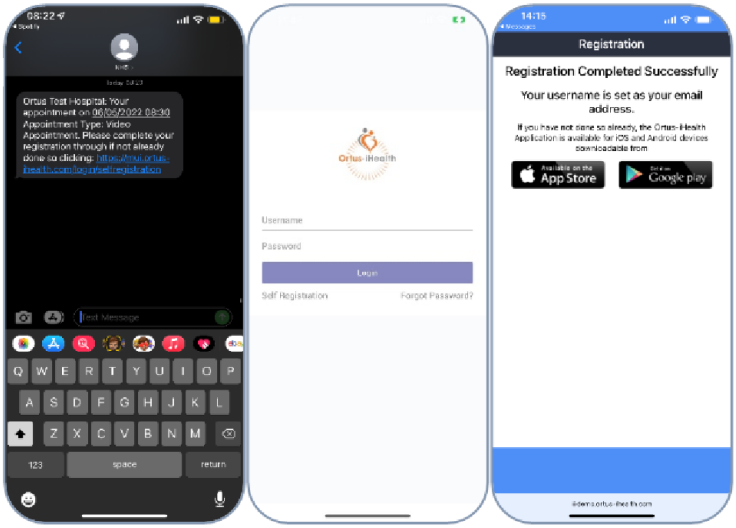
1. You will receive an SMS message to the mobile number you were registered with
2. You will be asked to confirm:
    a. Your name and date of birth
    b. Your address
    c. Your GP contact information
    d. Your email address (this will become your username)
    e. A password for your account
3. You will be told that you have completed your registration, and will be prompted to download the Ortus-iHealth App
    a. Whilst this is recommended, it is not necessary as Ortus can be accessed through a web browser for ezample, on a laptop
    b. If you are already registered, then please login or contact your Hospital Team if you are having issues with access

If you are registering yourself:

1. Head to https://mui.ortus-ihealth.com/login
2. Select 'Self-Registration'
3. Enter your mobile number or your NHS number
    a. You will be told if you are already, or if you need to complete a new registration
4. To complete your registration:
    a. Select 'Royal Wolverhampton NHS trust (there is a menu for you to choose from)
    b. Enter the required personal details
    c. Enter the required contact details
    d. Enter your email address and set your password for your account
    e. Enter your GP contact information

5. You will be told that you have completed your registration process and will be prompted to download the Ortus-iHealth App
    a. Whilst this is recommended, it is not necessary as Ortus can be accessed through a web browser for example, on a laptop
    b. If you are already registered, then please login or contact your Hospital Team if you are having issues with access

If you have any problems registering with the App, please contact the cardiac assessment team (Mon to Fri Nine am to Five pm) via hospital switch board 01902 307999.



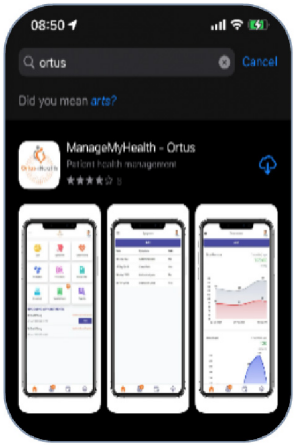
Accessing Ortus once you have registered

Web Browser

Go to https://www.ortus-ihealth.com click login then patient login.

App

1. Go to the App Store (Apple users) or the Google Play Store (Android users)
2. Search for ‘Ortus’
3. Install the application ‘ManageMyHealth – Ortus’
4. Please ensure that you allow access for the app to your microphone, camera, and notifications when prompted



Tell your Hospital Team about your symptoms

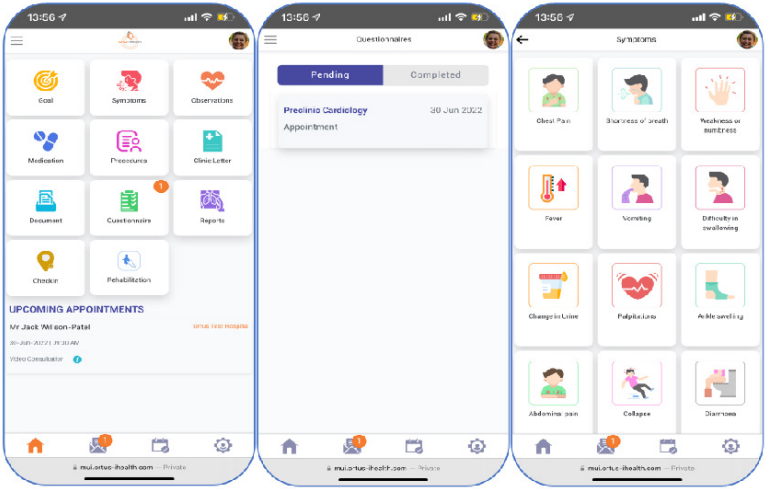
To keep you safe while managing your health remotely, please complete the 'Cardiac Symptoms at Home' questionnaire.

Please do this every day before 11am.

You will find the questionnaire to complete in the 'Questionnaire' tab on your Ortus home screen.

You can also report symptoms through the 'Symptoms' Tab.

A member of your Hospital Team will be monitoring your inputted symptoms and questionnaire answers on weekdays between Mon to Fri Nine am to Five pm. If your symptoms get worse, we will contact you by telephone or through the App's messaging system.



Additional app functionality – what else can you do in the app?

You can:

1. View information about your care and treatment from your Hospital Team
2. Send and receive messages from your Hospital Team
3. Enter health indicators and observations like your blood pressure, heart rate, weight, and blood sugars

To help you make the most of the app, we have created some short videos. Visit https://www.ortus-ihealth.com and select the 'patient videos' tab.

What to do if you feel unwell or experience these symptoms

If you feel capable, add your symptoms to Ortus to inform your hospital team. Ring 999 or seek urgent clinical attention if you experience the following.

You have chest pain:

1. You notice your chest pain is getting worse
2. You are having to use your Glyceryl trinitrate (GTN) spray daily

OR You are breathless and:

1. It is much worse compared than the week before
2. It is slowing you down and stopping you from activities
3. You can't walk more than 50 metres on a flat surface
4. You have to sit upright to sleep
5. Your ankles have swollen more than the previous week

OR You have experienced dizziness:

1. Made you faint or feel very faint
2. Feeling dizzy daily or more than four times a week
3. Your dizziness is getting much worse than last week

OR You have palpitations that cause:

1. Severe breathlessness, near fainting or fainting

Translation and interpreting services

- **BSL Services:** For emergency access to NHS 111, the SignVideo service is available
- **Relay UK:** The trust uses Relay UK to help deaf or speech-impaired people communicate over the phone. You can use the Relay UK app to make calls
- **Interpreters:** The trust can arrange for a BSL interpreter for appointments
- **Contact Information:** To request support or book an interpreter for an appointment, you can contact the trust at 01902 307999
- **Hearing Loops:** Offices at the trust are equipped with audio induction loops
- **Learning Disability Support:** Specialized assistance is available Monday to Friday from 8:30 am to 4:30 pm via the Learning Disability Service

Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services: rwh-tr.pals@nhs.net

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。

Designed & Produced by the Department of Clinical Illustration,
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Review Date 29.07.2029 Date Produced2026 MI_17152314_10.09.26_V_1