USER MANUAL (IN)FORMAL_CAREGIVERS

HELMA (EN)

Roessingh
Research and Development

@inLIFE

Introduction

The Health Monitoring Application (Helma) aims at remote monitoring the health of the client on the long-term. This is realized by means of questionnaires for both the client and the caregivers. Based on the results of these questionnaires, informal and formal caregivers are regularly updated on the health status of the client. Changes in the health of the client can be detected and responded to appropriately.

This manual provides a short explanation of all functions within Helma.

Starting the program

1	Open your browser and go to: **portal.rrdweb.nl/inlife-healthmonitoring/**
2	In your browser you will find the login screen of Helma. Gebruikersnaam: [	] Wachtwoord: [ ] Inloggen **Log in with your credentials.**
3	You are now logged in and ready to get started.

Filling in the questionnaire

1	Select in the client overview the client you want to fill in a questionnaire about.
TIP	Selected the wrong client? You can return to the home page by clicking on: **Cliëntenoverzicht**
2	To fill in the questionnaire, click on: **Vul de vragenlijst in**

3	Answer the question by selecting the most appropriate answer. The questions are about the physical, mental and social health of the client, and their environment.
TIP	When you answer the question on small wounds and bruises confirmative, you will be given the opportunity to indicate the location of these wounds and bruises. When you click on the wrong location, you can correct this by clicking on: Verwijder alle rode stippen
4	At the end of the questionnaire there is space for comments. **Opmerkingen** << vorige vraag OK voortgang: vraag 25 van 25
5	Once the questionnaire is completed, click on **OK** and you will be guided back to the home page.

Viewing a previous answer, or making adjustments, can simply be done by clicking on: << vorige vraag

Adjusting questions after completing the questionnaire is not possible.

Viewing the results

1	You can view the results from your client by clicking on the tab **View answers.** There you can click on the buttons which look like the following one: Bekijk resultaten van Jasmin Bakker
2	You will get to see the following overview:

		zo 09 okt	ma 10 okt	di 11 okt	wo 12 okt	do 13 okt	vr 14 okt	za 15 okt	zo 16 okt
▼	**Algemene gezondheid**	🙂	☹️	☹️	😐	○	○	○	○
	Medicijninname	○	🙂	😐	🙂	○	○	○	○
▼	**Fysiek**	○	🙂	😐	🙂	○	○	○	○
▼ ⚠️	**Mentaal**	○	☹️	😐	☹️	○	○	○	○
▼	**Sociaal**	○	☹️	🙂	🙂	○	○	○	○
▼ ⚠️	**Omgeving**	○	☹️	😐	☹️	○	○	○	○

🙂 = goed   😐 = matig   ☹️ = niet goed   ○ = niet ingevuld

⚠️ = dhr./mevr. lijkt wat achteruit te gaan of voelt zich niet prettig in zijn/haar eigen omgeving

Maandoverzicht

Here you can find the answers the client has given in the previous weeks, represented through smileys. It is important to pay extra attention to the health domains with exclamation marks, because the client scores poorly in these domains and action may be required.

3

The main domains can be expanded to view the sub-domains. You can do this by clicking on the **arrow** left of a main domain.

▼	**Omgeving**	○	○	○	○	○	○	○	○
	Persoonlijke verzorging	○	○	○	○	○	○	○	○
	Koud in huis	○	○	○	○	○	○	○	○
	Opgeruimd huis	○	○	○	○	○	○	○	○

4

You will receive a more elaborative overview of the completed answers of the previous month if you click on: **Maandoverzicht**

In both the weekly and monthly overview you can **click on a smiley** to view all the completed answers of that day.

Antwoorden op dinsdagochtend 11 oktober

Hoe voelt u zich?	Minder goed
Heeft u uw medicijnen ingenomen?	Ja
Voelt u zich lichamelijk fit vandaag?	Nee
Heeft u goed geslapen?	Ja

Comparing results

Comparing your completed answers with those of a client can be done by clicking on **Both** in the monthly overview.

| Cliënt | Zorgverlener / Mantelzorger | Beide |

In this overview are the deviating answers between client and formal/informal caregiver shown with the following icon: ❌

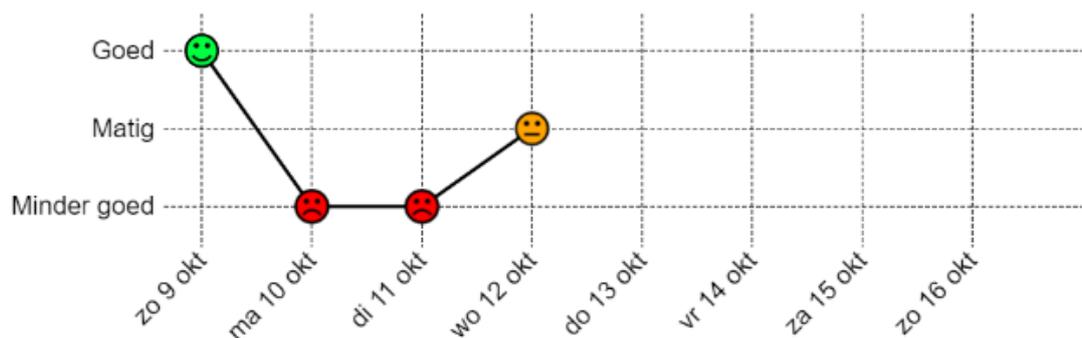In case of repetitive deviations the following icon will be shown: ⚠️

Viewing the progression

| Vragenlijst invullen | Bekijk antwoorden | Progressie Algemene Gezondheid |

The general health of the client is presented in a different progression graph. This graph can be found in the **third tab**. Here the question on how the client feels, is answered. The option to switch between a weekly and monthly overview is also present.

🙂 = goed 😐 = matig 🙁 = niet goed ◯ = niet ingevuld

Maandoverzicht