



Home Medical Equipment and Devices

Taking control of your health is important and we are here to help guide you. One of the things that we all can do is to utilize medical monitoring tools that are increasingly available for home use. Here is a list of items that are very useful to have at home.

And if you are working with me, I will ask you to have many of these at home and in good working order.

- 1.) [Blood Pressure Cuff](#). I ask everyone to have one of these. Please get a digital one that is easy for you to use. These do wear out or get out of balance and therefore become less accurate over time. Please replace every 3 years.
- 2.) [Digital Scale](#) – To be used as needed for health maintenance.
- 3.) [Thermometer](#) – There are many new ones out there. Find what works best for you. Find your baseline before you are sick to help you and me monitor.
- 4.) [Pulse Oximeter](#)- This has become even more important during this Covid-19 pandemic. This is always good to have on the shelf, especially if you have allergies, lung conditions or cardiac conditions. Again, find your baseline when you are not symptomatic. This will also give a pulse rate.
- 5.) [Easy small bright light](#) so that if I need to see your throat or a specific spot on your skin, it can light up easier.

Optional depending upon your health concerns.

- 6.) Smart Watches – Or ecg/ekg monitors. These are helpful for many things. At this time, the ecg/ekg is helpful for detecting atrial fibrillation and not as accurate for other conditions. [Apple Watches](#) and [Kardia](#) one lead are well respected options.
- 7.) Other smart watches or monitors that track sleep, heart rate variability and more. These are lovely to have, but not necessary.
- 8.) [Glucometers](#) (either individual or continuous glucose monitoring) this is helpful if you have any blood sugar issues including low or high blood sugars. Or if you get hangry or other symptoms around food. These are prescriptions, so if you are a patient and need one, this would be something I can order.
- 9.) [Urinalysis dipsticks](#) that you can purchase at a local drugstore. For those with more urinary symptoms.

Other things that will help us with any exam that may need to happen during a telehealth/telemedicine appointment.

- a.) Cotton balls or soft q-tips. This would be to get sense of touch sensation.
- b.) Metal paperclip that can be bent.
- c.) A Smart phone so you can take pictures of any sore or bump or swelling and send to me.