**B|BRAUN**
SHARING EXPERTISE

In partnership
with 270 Vision

# BPMpathway

## User guide and troubleshooting

# Privacy Notice for BPMpathway™ patient application

Data protection is important to us, we take it very seriously. We count on trusting cooperation with all users of the ("BPMapp") and make every effort to ensure that you are confident with our management of your data.

To secure this confidence and eliminate any risk to your personal data the BPMapp does not have access to or make requests for user input of any personal identification information. The BPMapp operates without need for name, address, post code, email, phone number or any other identifying information.

To support you in your post-operative recovery as prescribed by your hospital, the BPMapp collects your Range of Motion data, using the sensor provided by the hospital, and transfers this 'Anonymous data' to the hospital, via the cloud to the hospital for remote review.

OUR VISION

We PROTECT and IMPROVE the HEALTH of people around the world.

# The Orthopaedic Pathway



**Attach sensor**

0°

**Perform test**

**Review results**
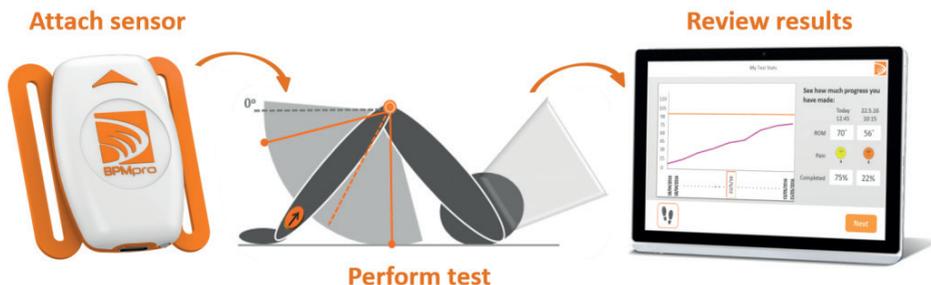
## What is BPMpathway?

BPMpathway is a digital rehabilitation system that provides you with personalised pre and post-operative support; patients are monitored remotely in the comfort of their own home; clinicians can see their patient's range of motion, pain scores, steps and messages after discharge.

Through the BPMpathway you can be actively involved in your treatment pathway and see your improvements each day throughout your recovery.

## How does it work?

You will be asked to download an app on your smart device and complete recommended exercises daily. As part of your exercise regime, you will wear a sensor and perform a test. After the test is complete, you can log your pain score and send a message to a physiotherapist. All the test information recorded on the device is transferred to the clinician's dashboard where they will track your progress and keep in contact with you using the messaging function.

## How will my care be enhanced?

The technology will provide a digital platform to your rehabilitation. You will be able to see how you are progressing daily and have a communication channel with the physiotherapists. Using the technology will help motivate you to do your exercises and assist the physiotherapist with monitoring your progress.

# The Orthopaedic Pathway

## BPMpathway sensor kit contents

- BPMpro Sensor
- Medium Strap
- Quick Start Guide
- USBC Charger Lead
- Instructions For Use

The first time you use BPMpathway, charge the sensor by plugging it into a suitable USB socket for at least one hour. With subsequent use, always check it is blinking green before first using it.

## To download BPMpathway to your smart device

1. On your smart device please open either the Apple App Store or the Android Play Store.
2. Search for 'BPMpathway'.
3. Download the BPMpathway application as directed.
4. The BPMpathway icon (shown right) will appear on the home screen of your smart device.

If you cannot find the App Store or Play Store logo or cannot download BPMpathway, please go to: www.bpmpathway.com/downloads.

## To download BPMpathway to your laptop

1. Go to www.bpmpathway.com/downloads.
2. Click on the BPMpathway download for your device.
3. Download the BPMpathway application as directed.

To start the BPMpathway software, click on the BPMpathway icon and follow the instructions on the screen.
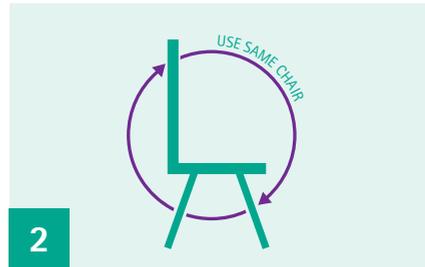
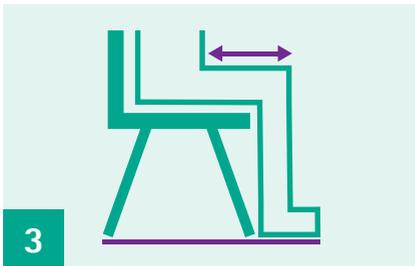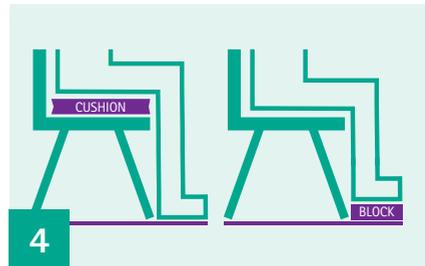A detailed user guide can be found at: **www.bpmpathway.com/downloads**

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# Setting up for your test

**1**

Please sit on a dining chair or something similar.

**2**

USE SAME CHAIR

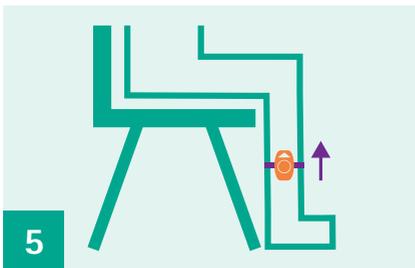Always use the same chair for your test.

**3**

Sit upright & ensure your thigh is horizontal, with your feet flat on the floor.

**4**

CUSHION

BLOCK

If your chair height doesn't allow this, sit on a cushion or put a block under your feet.

**5**

Attach the sensor on the outside of your leg between your knee and ankle, with the arrow pointing towards your knee.

**6**

You are now ready to start your test, follow the instructions within the app.

# BPMpathway Patient Application

## Troubleshooting

☐   Has the sensor been charged for at least 20 minutes?

☐   Is your device connected to the internet by either 4G or WiFi?

Below are the most common connection issues reported by patients.

| ISSUE | No Cloud Data Found |
|---|---|

If you see this message *"Cannot find your details on the cloud"*, please check that you are connected to the internet and restart the application.
(see image).



### STEP BY STEP GUIDE

1.   Check that your device is connected to the internet via 4G or WiFi.

2.   If your device is connected to the internet and the app is still displaying this message, contact support.

If the problem has not been resolved this may be due to historical data on your device. Complete the following steps:

a.   Go to *Settings* then *Apps/Applications*

b.   Locate and select *BPMpathway* from the list and select *Storage*

c.   Under the storage there should be an option *Clear Data.* Select this item. You will need to agree to the deletion of the data

d.   Close the settings screens

e.   Restart the application ensuring the sensor is awake prior to starting the app

a.   Uninstall the application

b.   Restart the device

c.   Reinstall the application

d.   Restart the application ensuring the sensor is awake prior to starting the app

If, after clearing the data, the sensor connects but then the application closes, this is 'known' behaviour; please reopen the application and reconnect to the sensor. The application should then perform as expected.

# BPMpathway Patient Application

**Sensor not found**

If the screen displays the message "Sensor not found. Trying again..." (see image), this could be due to the sensor not being charged or 'shaken awake' before starting the Application, or Bluetooth not being turned on.



Please ensure the sensor has been charged. Once the sensor has been confirmed as charged, please try the software again.

If the problem still persists, please try shutting down your device and then restart the device and try again.

## STEP ONE: CLOSE THE APP DOWN

### Apple Device

From your home screen swipe up from the bottom of the display and pause near the middle of the screen, then lift your finger up from the screen.



Swipe left and right to browse the apps, when you find the BPMapp swipe it up towards the top of the screen.

### Android Device

Click the three lines or square in the bottom left or right side of the screen.



Press menu and click the cross at the top right hand corner.

Click "Close All" or swipe up on the app

## STEP TWO: CONNECTING TO BLUETOOTH

### Apple Device



1. Swipe down to access settings.

### Android Device



1. Swipe down to access settings.

2. Click on the Bluetooth icon to turn Bluetooth off. The button should turn white.

3. Click on the Bluetooth icon again to turn Bluetooth on.

## IF THE ABOVE DOES NOT WORK, UNINSTALL THE APP AND REINSTALL
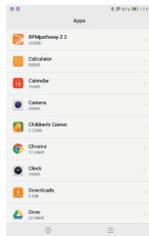
### For Apple and Android Devices



Shake the sensor to activate blue light.


BPMpathway 2.2

Open the app to connect.

| Go to settings | Go to applications | Select BPMpathway | Select "Clear Data & Cache" |
|---|---|---|---|

# Further Support Available

Using the camera on your smart phone, scan the QR codes below to watch the video online.



How to Unbox the BPMpro Sensor

Connecting the BPMpro Sensor to the BPMpathway App





Performing a Range of Motion Test with BPMpathway

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If any of the issues mentioned are not resolved from the information given, please contact:

**Lynsey Cumberland**
B. Braun Medical Ltd
07808 716 093

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