

# Using a pulmonary artery pressure monitor to manage heart failure

## Cardiology

Information for Patients

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### Introduction

Heart failure is common condition.

Patients often have symptoms of

- breathless,
- leg swelling
- fatigue

Heart failure patients are at risk of dying, as well as their health getting worse quickly. This can lead to urgent clinic visits or even going to hospital.

### What is a pulmonary artery (PA) pressure monitor?

PA monitors let your doctors and nurses know of changes in your heart failure status. It can alert them weeks before symptoms even start to show. Pressure increasing is often an early sign your heart that is starting to struggle to meet the demands of your body.

We put the device in one of the arteries in the lungs which feeds information about your heart pressures to your health care professional.

The device is activated by another device. You need to use it every day.

The information is transmitted directly to your heart failure team in the hospital. They are alerted to any changes in your heart pressures. We can then contact you to alter your medication to reduce the pressures.

The PA monitor can help you live your best life. It lets you do your day-to-day activities with confidence knowing your care team is monitoring your heart failure.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## What will happen?

### The procedure

- We make an appointment to insert the PA Sensor.
- It is done in the hospital catheter laboratory.
- The device is the size of a paper clip. We put it in your body through a tube inserted from your groin. We use local anaesthetic.
- The procedure takes about 60 to 90minutes.
- You will not feel the sensor. It has no batteries or wires. It will not interfere with other devices, such as mobile phones, microwave ovens, pacemakers etc.
- Patients often go home the same day it is inserted.



### Remote daily readings

- You use the pillow device to take daily measurements. It only takes a few minutes.
- Use it at home, on holiday or wherever you are. It is simple. The readings are sent to a secure website. Your care team can access them. We show you how to do it on the day of the procedure.
- It is very important that you give us readings regularly!



### Treatment

Your care team checks the information. We will call you by phone if we need change your medications or treatment plan.



to

## Your heart failure team

- The heart failure team will be monitoring your pressures regularly.
- We will contact you if we need to make any changes to your treatment plan.
- We need continuous regular reading. This lets the team review your baseline.
- We will only be in touch if we have concerns about your readings.
- Please make the heart failure team aware of any expected gaps in reading.
- You can take the pillow abroad. We can give you a medical equipment letter.

**Contact details for the heart failure team:**

Heart Failure Team

0116 250 2973

Monday to Friday 9.00am to 5.00pm

Leave a message on the answerphone.

Do not contact us in an emergency situations.

**Technical Support**

If you have any issues with your machine please contact the technical team on

UK/Ireland: +44 121 306 0550

Please make the Heart Failure team aware so we know not to expect any reading.

**Your machine and sensor**

Sensor number .....

Pillow number: .....

Procedure date .....

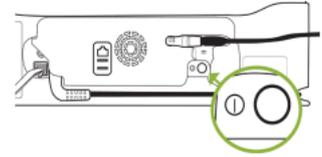
Consultant .....

HF Nurse .....

## How to take a daily reading

- Put the electronics unit onto a surface. You need to be comfortable taking a daily reading.  
**Note:** Make sure this surface is free of objects that could affect your sensor signal such as an electric heating blanket.

- Press the clear power button on the back of the unit to turn it on.  
The button will light up blue



- Remove the handheld unit from the storage area on the side of the pillow. Unwind the cable fully from its groove. Lie down with your head at the thickest part of the pillow.



- Move slightly left or right so that your sensor is centred over the lower section of the pillow. This is where the antenna is.



- Once ready, press the round green button. It is below the touchscreen on the handheld unit to start your reading. **Note:** Do not put the handheld unit directly on your chest during a reading.



- Lie still. The system will guide you with voice prompts.

If your position is good you will hear, "Good position on pillow. Stay still."

If you hear, "Shift slightly on pillow," move your body. Make slight movements towards the shoulder opposite to where your sensor is located. Or, make sure that there are no metal objects near you or the electronics unit, for example, jewellery, other devices.

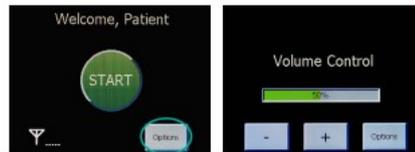
- After the Measuring message appears, stay still while the music plays.
- When the reading is finished, you will hear, "Reading completed, you may get up." The system will power off after the reading has been sent.

**Note:** Do not push the power button or unplug the unit

## Frequently asked questions

### How do I change the volume on my unit?

Once your unit is set up and powered on, click the Options button on the Start screen. Select the Volume button and then toggle up or down to raise or lower.



### Every time that I lie on the pillow, I hear a message telling me to shift position. How do I stop this from happening?

Your system has a positioning ball. You can put that on the that on the pillow. It will help you remember the best position to read your sensor. If you are not able to remember that position, use the ball to mark the right spot. People often position the ball where the neck meets the shoulder on the side where the sensor is located.



### What does the colour of the signal strength bar mean?

A green signal strength bar means that you have a strong connection to your sensor. The unit will take a reading. There needs to be at least a signal strength of 70% or higher to get a reading.



A white signal strength bar means that you do not have a strong connection to your sensor. Try shifting slightly on the pillow. Make sure that the area around your unit is free of metal objects.



A yellow signal strength means you do not have a strong connection to your sensor. It is linked to your position. Try moving slightly on the pillow.



A blue signal strength bar means that your unit is picking up interference from something other than your sensor. Make sure that the area around your unit is free of metal objects.

### What happens with my readings?

Every time you take a reading, it is transmitted to a secure website. Your medical team can access it. Your doctor or nurse check your information. They will contact you if they need to change your medications or treatment plan. If you do not hear from your heart failure team, it means they are happy with your readings.

**I am getting a warning on the screen, what do I do?**

If you have any issues with your patient electronics system, please see the Troubleshooting the Patient Electronics System section in the Patient System Guide. If problems persist, please contact your heart failure team for advice.

**What do I need to set up my Wi-Fi™ network?**

The pillow uses mobile network. It can be connected to Wi-Fi if connection problems occur. Wi-Fi options are within the option box on the main screen. It will give direction.

**Can I travel with my Patient Electronics System?**

Yes, you can travel with your system. If you are flying, the travel case is the right size for carry-on baggage. If you choose to check the travel case, tell the airline that you are carrying medical equipment. They will check it for free. We can give you a letter if the airline asks for one.

**Who should I contact if I am still having problems with my patient electronics system?**

If you have difficulty getting a good position or cannot finish a reading after following the steps above, see to the Troubleshooting the Patient Electronics System section of the Patient System Guide. Contact the heart failure team.

**Contact details:**

Heart Failure Team: 0116 250 2973

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)