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Remote monitoring of oxygen saturation in individuals with COVID-19 pneumonia

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Remote monitoring of oxygen saturation in cases of COVID-19 pneumonia may facilitate discharge, relieving burden on bed demand and allowing safe follow-up for this disease in which the sequelae are unknown <https://bit.ly/3cTXnZU>

Cite this article as: O'Carroll O, MacCann R, O'Reilly A, *et al.* Remote monitoring of oxygen saturation in individuals with COVID-19 pneumonia. *Eur Respir J* 2020; 56: 2001492 [<https://doi.org/10.1183/13993003.01492-2020>].

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To the Editor:

Coronavirus disease 2019 (COVID-19), an illness caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) infection, has spread rapidly worldwide, resulting in significant mortality and placing major strain on healthcare systems. Although the clinical course is variable, one in five patients will require hospitalisation for management, with older age and the presence of comorbidities increasing the risk of more severe disease [1–3]. The median time from first onset of symptoms to development of acute respiratory distress syndrome in those who progress to severe disease is estimated to be 8.0 days [4]. Currently, there is an increased pressure on acute hospital-based care and a corresponding demand for novel solutions to address this. One approach is to utilise telemedicine to facilitate efficient and safe discharge from acute hospitals. Due to the highly contagious nature of SARS-CoV-2, routine or urgent clinical follow-up is difficult within the primary care or community settings. Hence, the ability to remotely monitor symptoms and vital signs in mild-to-moderate cases may be one mechanism to alleviate the pressures on healthcare systems, and we present here some initial data on one such approach.