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Remote patient monitoring, explained simply.

What RPM is, what the nurse actually does, and whether this could be a fit for you.

Three questions for today

If you have never worked in telehealth or remote care, that is completely fine. Most nurses were never taught RPM in nursing school.

1. **What is RPM?**
   The concept, in plain language.

2. **What does the nurse do?**
   The real day-to-day work.

3. **Could this be a fit for me?**
   The skills it takes, and where it can lead.

What is RPM, in plain language?

Remote patient monitoring (RPM) lets the care team follow certain health measurements while the patient is at home, instead of only at an office visit.

1

Patient setup

A patient with high blood pressure gets a connected monitor

2

Home measurement

They take their blood pressure at home

3

Data transmission

The reading goes to a secure platform

4

Clinical review

The RPM team reviews it and spots trends

5

Early action

A problem is caught early, not months later

> RPM isn't just watching numbers. A reading is what starts the call, the questions, and the decision about what happens next.

What RPM can monitor

The measurements depend on the patient's condition and the specific RPM program.

Blood pressure

Systolic and diastolic trends

Heart rate

Pulse stability and irregular rhythms

Weight

Fluid gain that happens fast

Blood glucose

Highs and lows

Oxygen saturation

Breathing status, such as COPD

> These five are the most common. RPM programs are built around whatever measurement matters most for that patient's condition.

What does the RPM nurse actually do?

This is probably the part you are most curious about.

Review readings and trends

Spot abnormal or missing values from home devices.

Contact patients

Reach out when readings look off.

Assess symptoms

Ask targeted questions to understand the full picture.

Check medications

Ask about changes and how they are being taken.

Provide education

Guide patients on blood pressure, weight, diet, diabetes, CKD and CHF.

Encourage engagement

Follow up with patients who use devices inconsistently.

Escalate when needed

Loop in the physician or provider for critical events.

Document and follow up

Record each interaction and keep patients engaged monthly.

A realistic example

EXAMPLE PATIENT, SYSTOLIC BP

BASELINE

130/75

RECENT TREND, OVER SEVERAL DAYS

160-170

Instead of waiting for the next appointment, the RPM team sees the trend as it happens.

WHAT THE NURSE DOES

1. Sees the upward trend, not just one reading
2. Contacts the patient directly
3. Assesses symptoms
4. Asks whether medications are being taken
5. Reviews anything that may have changed
6. Documents the full interaction
7. Escalates to the provider when appropriate

A made-up example for teaching. It is not a real patient.

What's different about remote nursing?

At the bedside, you can see the patient. In remote nursing, your assessment comes from:

Data + **Conversation** + **Documentation** + **Clinical judgment**

INSTEAD OF SEEING THAT A PATIENT IS SHORT OF BREATH, YOU ASK:

- Are you short of breath right now?
- Do you have any swelling?
- Are you having chest pain?
- Is it worse when you lie down?
- Have you gained weight recently?
- Did you take your medications today?

> You become very skilled at asking the right questions.

Skills you're already bringing

RPM nursing isn't sitting at home watching numbers. It leans hard on skills you already use at the bedside.

- **Telephone assessment**
- **Critical thinking**
- **Documentation**
- **Time management**
- **Patient education**
- **Technology comfort**
- **Knowing when to escalate**
- **Communication under stress**

Communication matters especially here. Patients may be elderly, anxious or frustrated with the technology. You already have the foundation.

Where this can take you

Remote care work can open doors outside traditional bedside roles, such as:

- **Remote patient monitoring**
- **Chronic care management**
- **Care coordination**
- **Telehealth**
- **Chronic disease management**
- **Patient education**
- **Virtual nursing**

> Many remote RPM and CCM roles hire LPNs as well as RNs.

What do LPNs earn?

A starting point, from the U.S. Bureau of Labor Statistics.

LICENSED PRACTICAL NURSES, U.S.

MEDIAN PAY PER YEAR

$64,400

MEDIAN PAY PER HOUR

$30.96

HOW TO READ THIS

- This is the median for all LPNs, not only remote roles.
- Pay varies by employer, state, experience, and whether the job is staff or contract.
- Remote RPM and CCM pay is set by each employer. Ask before you apply.

Source: U.S. Bureau of Labor Statistics, Occupational Outlook Handbook, Licensed Practical and Licensed Vocational Nurses, May 2025 data.

What happens next

Thank you for watching. Here is where to go from here.

Share it with a nurse friend

Know someone curious about remote work? Send them to the free webinar page, where they can sign up to watch.

pauladlpn.com/free-webinar

Training details are coming by email

I will send the details about my upcoming RPM and CCM cohort training in a separate email.

Questions? info@pauladlpn.com



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36 years of nursing, including six in remote patient monitoring and chronic care management.