

Care Routine Setup Template

One-time setup sheet for routine timing, ownership, thresholds, and escalation logic.

1. Measurements

(Add the time when readings are to be taken; mark with X if not used)

Code	Metric	Time 1	Time 2	Time 3	Freq	Low	High	On
M01	Blood Sugar							%i
M02	Blood Pressure							%i
M03	Pulse							%i
M04	SpO2							%i
M05	Weight							%i
M06	Temperature							%i

2. Medicines

Code	Medicine	Dose	AM	PM	Night	Critical	Owner
RX01							
RX02							
RX03							
RX04							
RX05							
RX06							

3. Neuro checks

Code	Check	Freq	Escalate if	Notify
N01				

Code	Check	Freq	Escalate if	Notify
N02				
N03				
N04				

4. Physio

Code	Activity	Freq	Duration	Stop if	Owner
P01					
P02					
P03					
P04					

5. Escalations

Code	Trigger	Action	Notify order	Channels
E01				
E02				
E03				
E04				

6. Care

Code	Care task	Frequency	Owner	Notes / dependencies
C01				
C02				
C03				
C04				

Code	Care task	Frequency	Owner	Notes / dependencies
C05				
C06				

Care plan review notes:

DISCLAIMER

This document is for personal care coordination and recordkeeping only. It is not medical advice, a diagnosis, treatment plan, or a substitute for care from a licensed clinician. In a medical emergency, contact your local emergency number immediately. HomeCare by fit-byte is not an emergency service and does not provide remote diagnosis or telemedicine.