



Quick start
Guide

Hello!

We are pleased that you
became a StethoMe® user.

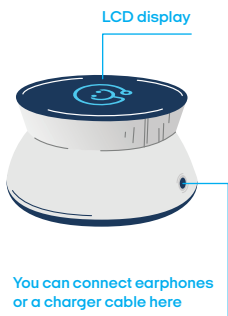


Stethoscope design

StethoMe® is a smart stethoscope which works directly with an app. It enables you to easily check your lungs and control asthma.



StethoMe® is fully safe, and meets the highest standards confirmed by numerous academic publications and medical certification [CE 2274].



Membrane - place the stethoscope with this side to the body



? Disinfecting the stethoscope

For disinfection, it is advisable to use tissues or swabs moistened with alcohol-free disinfectant. Do not submerge the stethoscope in water or any other cleaning liquid.

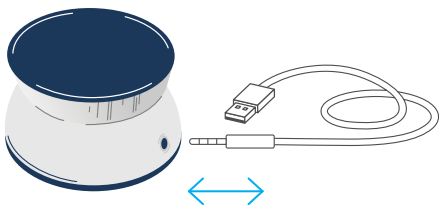
1. Download and start the StethoMe® app



- ? For the application to work you need **internet** access. Communication between the app and the stethoscope is possible after activating the **Bluetooth** function in the device with the installed app. During the first connection, you should allow the app to access device location and file system. This is necessary only for Android phones in order to save the recording from the stethoscope.

2. Activate the stethoscope

You should first activate the stethoscope by putting the mini jack plug in the socket and removing it (then the USB plug does not have to be connected to a power source). Remember to disconnect the cable before starting the examination.



- ? **From this moment on, you do not have to turn the stethoscope off.** When the stethoscope is not being used, it will switch itself to sleep mode. You can wake it up by moving it vigorously up and down.



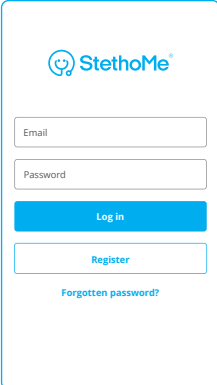
3. Log in or register an account

If you already have a StethoMe® account, log in using the data provided during registration.

If you do not have a StethoMe® account yet, select the **'Register'** option and proceed in accordance with the directions indicated.

? To finish registering you have to confirm your email address. Click the confirmation link sent to the email specified during the registration process.

? If you cannot find the message in your email inbox, check the **spam** folder as well.



The screenshot shows the StethoMe login and registration page. At the top is the StethoMe logo. Below it are two input fields: 'Email' and 'Password'. There are two buttons: a blue 'Log in' button and a white 'Register' button with a blue border. Below the buttons is a link for 'Forgotten password?'.

4. Choose or add a patient

Before commencing the examination, select a patient from a list, or add a new one, clicking on the icon below:

? If you use StethoMe® to monitor the health of multiple patients, add them so that for each one, appropriate parameters are selected and a separate medical history is created.



! PATIENT AGE




Make sure that the patient's data are correctly entered. The course of the examination and the analysis of recordings [standard ranges] depend on the patient's age.

5. Select the type of examination

In order to commence an examination, choose the type of examination and proceed in accordance with the instructions displayed on the screen.

[Go back](#) [Edit](#)

Alice

-  **Asthma control**
-  **Full examination of the lungs**
-  **History**

User data

Date of birth
1 October 2019

Weight
12 kg

Height
86 cm



Asthma control

Quick examination performed in one location. You can use it to measure the respiratory rate, inhalation/exhalation ratio, heart rate and the intensity of rhonchis and wheezes.



Full examination of the lungs

Examination performed in 6-8 locations on the chest (depending on the patient's age). Detects abnormal auscultation sounds: wheezes, rhonchis, fine and coarse crackles. The respiration rate is also measured.



History

You can review the results of all your examinations here. You can select the ones which you want to present to the doctor.

? Earphones during the examination

During the examination, it is not necessary to use earphones. If you want to have better control over the audibility of the breath during the examination, you may connect earphones to the mini jack socket in the stethoscope.



! LICENCE ACTIVATION

To commence examination in the app, you require an active StethoMe® licence, which you purchased with the device. A message with instructions on how to activate the licence should be in your email folder [check the **spam** folder too].

! RESPIRATORY SOUNDS

StethoMe® analyses the sounds generated by the air flowing through the respiratory tract. If possible, try to encourage the patient to breathe deeply and in a natural rhythm.



REMEMBER!

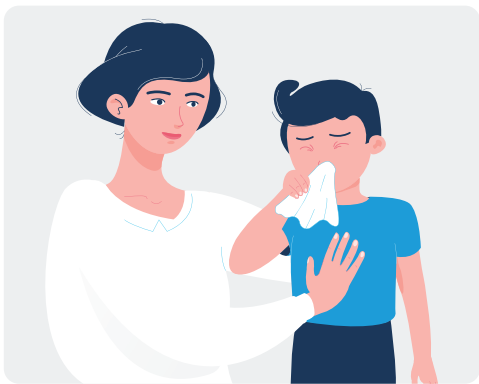
- Maintain silence in the room during the examination. Additional noises, e.g. a turned on TV set, radio or conversations may disturb or even make the examination impossible.
- Try to keep the stethoscope in one position during the examination and do not tap on its enclosure.





Before you commence the examination:

- Blow the child's nose and ask the child to cough up the residual respiratory secretion.
- During the examination, the patient should breathe as deeply as possible.



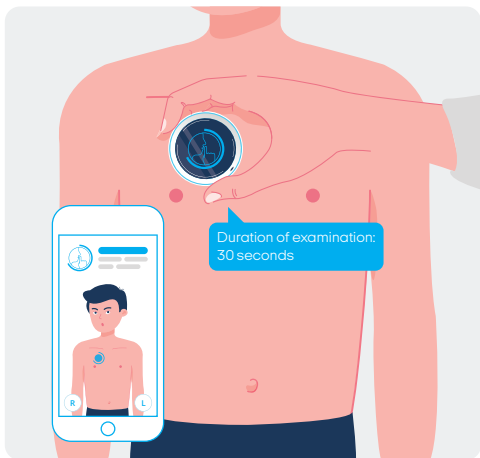
Patient's position

Ask the patient to sit down or lie on his/her back. During the examination, the patient should not be wearing any upper clothing. Please make sure that the examined person looks straight ahead and does not press the chin to the chest.

1. Perform the examination

Proceed in accordance with the tips displayed in the application. Make sure that the stethoscope is turned on.

- ❓ Place the stethoscope at the indicated point, on the right side of the chest.
- ❓ Hold the stethoscope, pressing it lightly against the body - the recording will start and stop automatically.
- ❓ The app may ask you to record an additional point for more accurate measurement of the heart rate. The additional measurement will take 15 seconds. If possible, during the examination, the patient should hold their breath or breathe as shallowly as possible, so that the sounds of the heart can be heard better.



- ? StethoMe® automatically detects excessively loud sounds and stethoscope movements. If the noises are too loud, a red icon will be displayed [see opposite].







2. Read the result of the examination

Once the examination is finished, you will receive a result of the analysis conducted by certified StethoMe® AI algorithms.

- ? If a result could not be obtained, repeat the examination. The most frequent cause of failure is inaudible breath or external interference, e.g. noises or stethoscope movements.

Possible indications

-  No abnormal auscultation sounds were detected
 -  A small number of abnormal auscultation sounds were detected
 -  Abnormal auscultation sounds were detected
 -  The examination result could not be established
During the examination the breath was not audible enough to establish the result of the examination.
- ↑ Too high value of the parameter
- ↑ Elevated value of the parameter
- ↓ Reduced value of the parameter

Scale which presents the intensity of recorded wheezes and rhonchis.

Wheezes (0-100)

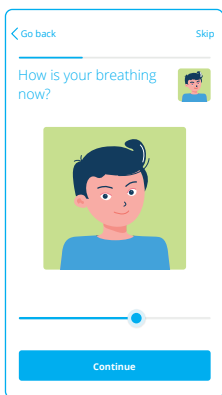
↑ 63

Rhonchis (0-100)

20

- i** Clicking on the 'i' icon will display additional information about the interpretation of the results and how to proceed.

3. Answers to additional questions



Once the examination is finished, a few additional questions about the current health of the patient will appear. Answer the questions. The answers will be recorded in the history of examinations. This will also be additional information for the doctor when the examination results are shared.

4. Share the result with the doctor

You can share the link to the examination using the 'Share' button. The link will be valid for 48 hours. The doctor will have access to the sounds and analyses. The link will not contain the patient's personal data..



Full examination of the lungs

Before you commence the examination:

- Blow the child's nose and ask him/her to cough up the residual respiratory secretion.
- During the examination the patient should breathe naturally and deeply, preferably through the mouth.

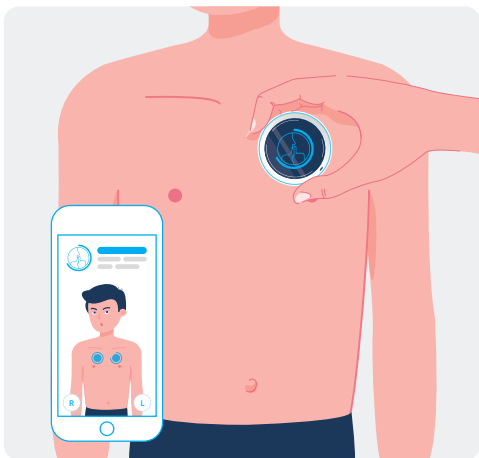
Patient's position

A sitting or standing position is recommended. During the examination, the patient should not be wearing any upper clothing. Please make sure that the examined person looks straight ahead and does not press the chin to the chest.

1. Perform the examination

Proceed in accordance with the tips displayed in the application. Make sure that the stethoscope is turned on.

- ? The examination will commence automatically after the stethoscope is placed directly on the patient's skin.
- ? Place the stethoscope precisely on the locations shown on the app's screen.
- ? The sequence of the examined points can be changed. You just have to select another point on the silhouette in the app, or vigorously move the stethoscope right or left.



- ? StethoMe® automatically detects excessively loud sounds and stethoscope movements. If the noises are too loud, a red icon will be displayed [see opposite].



- ? After all the points are recorded, the recording quality is verified. If not all the points were recorded or some of them were of low quality, you will be notified and will be able to make corrections.

The quality of recorded sounds can be improved:

Verification of recording quality

4 ✓ Points recorded correctly.

2 ✗ Points not recorded.

2 1 Points recorded in low quality. No breath detected or excessive noise in the room.

Improve the recording

Display the result

- by avoiding any noise during the recording, moving the stethoscope, sliding fingers over the stethoscope,
- encouraging the patient to breathe deeply, preferably through the mouth, while maintaining a natural breathing rate.

2. Read the result of the examination


Once the examination is finished, you will receive a result of the analysis conducted by certified StethoMe® AI algorithms.

Possible indications

 No abnormal auscultation sounds were detected

 A small number of abnormal auscultation sounds were detected

 Abnormal auscultation sounds were detected

 The examination result could not be established
To determine the general result of the examination, a greater number of points recorded in high quality is required.

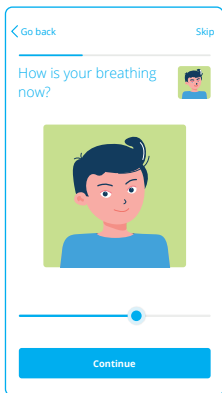
↑ Too high value of the parameter

↑ Elevated value of the parameter

↓ Reduced value of the parameter

- i** Clicking on the 'i' icon will display additional information about the interpretation of the results and how to proceed.

3. Answers to additional questions



Once the examination is finished, a few additional questions about the current health of the patient will appear. Answer the questions. The answers will be recorded in the history of examinations. This will also be additional information for the doctor when the examination results are shared.

4. Share the result with the doctor

You can share the link to the examination using the **'Share'** button. The link will be valid for 48 hours. The doctor will have access to the sounds and analyses. The link will not contain the patient's personal data.

Detailed result of the examination

After clicking the **'Detailed result of the examination'** button on the examination results screen, a web browser will be opened with a detailed analysis of the result and the possibility of listening to the recorded sounds.

Abnormal auscultation sounds were detected

Remaining parameters

Respiration rate 25/min

Inhalation/exhalation ratio 1/3

Analysis of the points

Front/Back

Analysis of point 1

! IMPORTANT!

The detailed result of the examination should be interpreted by a doctor for a diagnosis. Instructions for reading the result are available only after clicking the **'Help'** button in the upper right corner of the screen.

REMEMBER!

- Only a doctor may diagnose and prescribe treatment of respiratory tract diseases.
- Never diagnose the patient on your own, based only on the results obtained with the device.
- The device should not be used in the event of an acute asthma attack or respiratory failure.

**Thank you for taking
care of health
with StethoMe®!**





For any questions, please
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