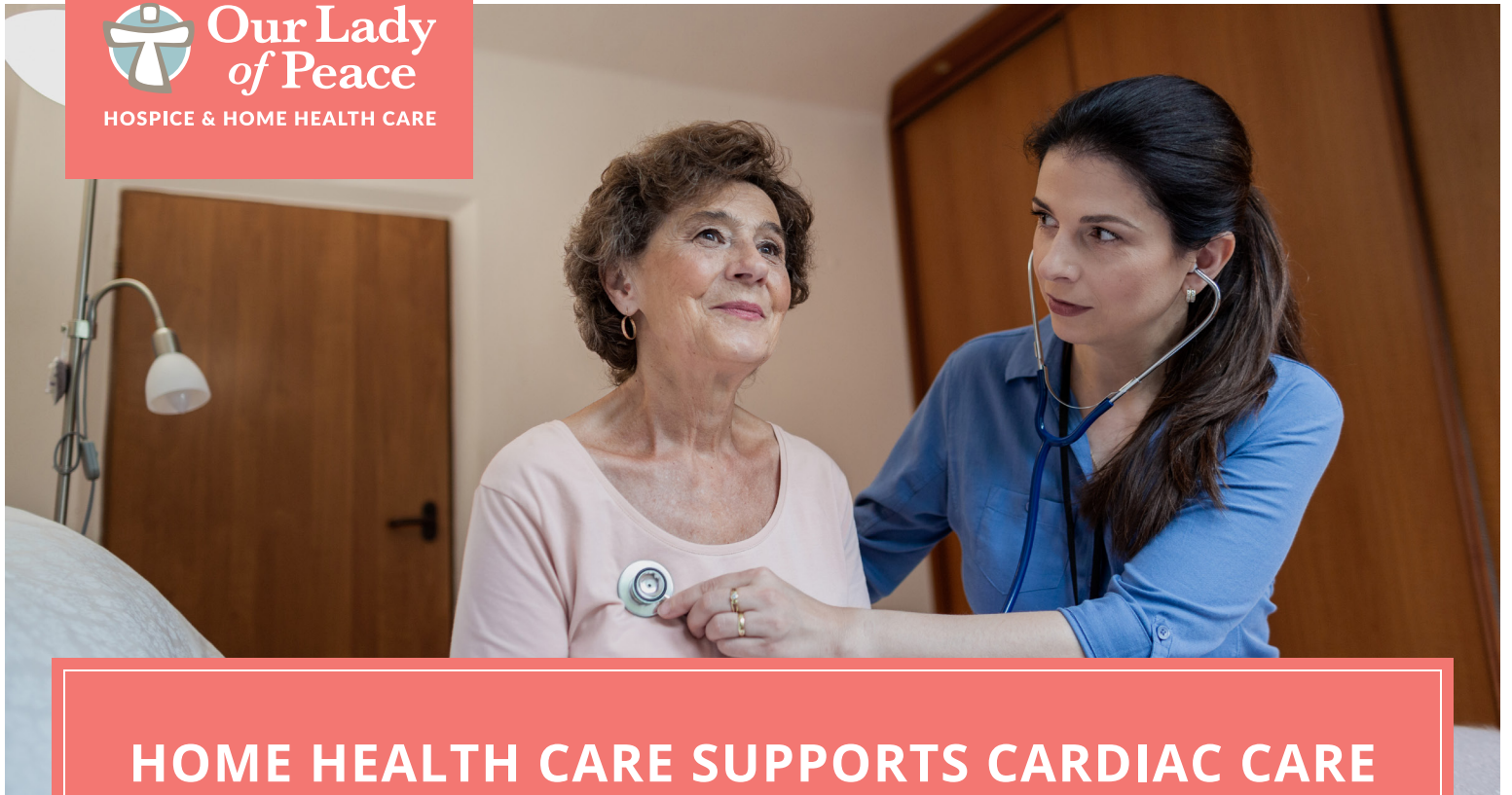




**Our Lady
of Peace**

HOSPICE & HOME HEALTH CARE



HOME HEALTH CARE SUPPORTS CARDIAC CARE

Our Lady of Peace Education Series

Congestive heart failure (CHF) is the leading cause of hospitalization in people over 65. Almost six million Americans have heart failure, and more than 870,000 people are diagnosed with it each year. Often caused by hypertension, diabetes, or coronary heart disease, CHF is a serious long-term condition that gets worse over time.

Due to the chronic nature of congestive heart failure, in-home health care and monitoring is an effective and convenient way to manage the disease, especially when transportation barriers, mobility issues, and other obstacles keep you from getting the care you need. Home health care also gives your care team greater access to family members who are participating in your on-going care and support, providing education and referrals to other community services.

Receiving care in the comfort and safety of your own home can reduce associated stress and worry for patients and caregivers. Technology has improved and equipment is smaller, making it possible for skilled home care nurses to do things that can be done in a hospital or clinic, including blood draws.

Here are 8 benefits of home health care for congestive heart failure patients:

1. Track weights, blood pressure, and heart rate
2. Watch for heightened symptoms and warning signs
3. Monitor nutrition and intake of fluids
4. Operate necessary equipment
5. Education of medications
6. Manage pain
7. Assist with therapeutic exercise and provide physical therapy and occupational therapy
8. Provide emotional support and encouragement

There are other cardiovascular diseases that affect the heart or blood vessels, and can cause heart attacks, stroke, heart failure, and peripheral artery disease. These diseases are also better managed with continuous care from medical professionals inside your home, rather than on your own.

A personalized approach

One of the greatest benefits of cardiac care at home is a personalized approach. Your health history is unique to you, and you have your own needs and limitations. Home health care providers meet your needs and address new ones as they develop. As they consider the entirety of your situation, they can make a more comprehensive and effective care plan to help you maintain your health.

Professional communication between a skilled nurse and your primary physician is also a big advantage of home health care. Accurate reporting is essential for care management, and results in fewer hospital visits. A skilled nurse will work with you and your physician to provide optimal care results in your home, giving you a higher quality of life.



We're here for you.

We are passionate about community outreach.
We would love to meet you and discuss how
Our Lady of Peace can be a resource for you.

651-789-5030

