



Our Lady
of Peace

HOSPICE & HOME HEALTH CARE



HOME HEALTH CARE SUPPORTS SURGICAL RECOVERY

Our Lady of Peace Education Series

About 50% of people over 65 will require surgery at some point. These procedures can sometimes result in temporary weakness and reduced mobility, putting patients at risk for falls. Pain management is another common concern, without the help of medical professionals who know how to stay a step ahead of it. Home health care nurses can play a vital role in recognizing and preventing post-operative complications.

Even when a patient is in good health going into surgery, post-operative complications can occur. With hospitals discharging patients earlier and the prevalence of same-day surgeries, pneumonia and other respiratory complications have become a bigger risk because symptoms may not appear for 48-72 hours. Normal physiological changes that occur with aging can also play a role.

Recovering at home is beneficial

When possible, people choose home recovery over transitional care in a rehabilitation facility because going home feels good. People sleep better in their own bed with uninterrupted sleep, and they recover faster in a familiar environment, surrounded by those they love.

Aging bodies can present greater challenges, post-surgery. Here is a sampling of 6 of them:

1. Poor wound healing due to reduced circulation and cardiac output
2. Shallow breathing that increases the risk of pneumonia
3. Dehydration caused by difficulty drinking fluids
4. Malnutrition due to decreased intestinal absorption of nutrients
5. Increased risk of infection from a declining immune system
6. Short-term memory impairment and confusion from anesthesia

Technology has improved and equipment is smaller, making it possible for skilled home care nurses to do everything that can be done in the hospital, including blood draws, and wound care. Nurses are also a good resource for connecting patients with social workers who can help direct them to additional services, like meal preparation, and 24-hour care providers. Physical therapy, occupational therapy, and speech therapy is also accessible through our home health care program.

Home health care is available and affordable

A lot of people don't realize that home health care is available, and it's covered by Medicare, Medicaid, and most private insurance, including Blue Cross Blue Shield and HealthPartners.

Home health care is a good choice for older people coming home from the hospital. It offers greater independence, safety, comfort, and convenience. And according to Medicare, it is usually less expensive, and just as effective as the care you get in a hospital or skilled nursing facility.



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

