

CHF/COPD Services

CHF/Chronic Obstructive Pulmonary Disease

Too often, acute attacks mean repeat emergency hospital visits for patients with CHF or COPD. Making time to teach behavioral modifications and encouraging physical rehabilitation can help patients better manage their disease and prevent rehospitalization.

VNA professionals are trained to care for patients with a variety of medical needs, including CHF and COPD. VNA can teach patients to:

- Use inhaler properly
- Use pursed-lip exhalation
- Use diaphragmatic (abdominal) breathing
- Pace daily exercise
- Identify and avoid triggers
- Recognize early signs of exacerbation
- Effectively use inhalers, nebulizers, humidifiers or dehumidifiers
- Understand their disease and how to improve their quality of life
- Become an active participant in their care through in-home telemonitoring

Congestive Heart Failure

Following hospitalization, the VNA can:

- Monitor respiratory and cardiac status
- Assess and monitor for edema
- Draw labs, as needed
- Monitor and assess dietary needs/provide dietary teaching
- Perform an in-home safety assessment
- Coordinate community services
- In-home monitoring and CHF symptom data collection
- Educate patients about their medications and improve compliance
- Reconcile medications
- Provide weekly reports to physicians
- Teach a proactive vs. reactive approach for patient disease management



Comprehensive Healthcare. We're There.