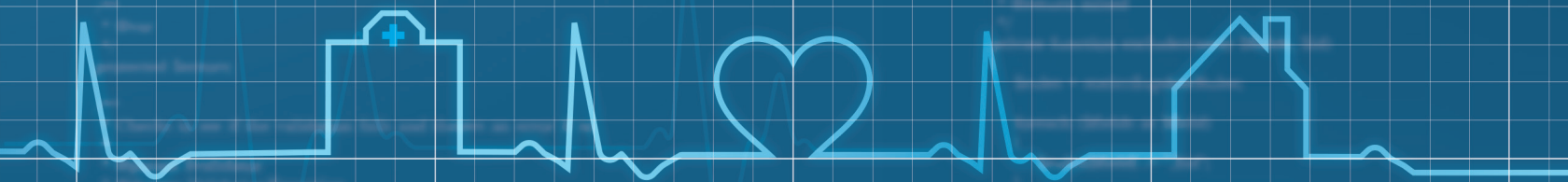




**BARNES**  
HEALTHCARE SERVICES



**Healthy at Home<sup>®</sup>**

Connecting HEARTS at Home  
*Transition - Teach - Triage*





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## IMPORTANT NAMES AND PHONE NUMBERS

Barnes Healthcare Services IV Pharmacy	_____
Healthy at Home® Office	_____
Usual Retail Pharmacy	_____
Physician	_____
Home Health Agency	_____
Nurse for Home Health Agency	_____



**Mission Statement**

Barnes Healthcare Services is your post-acute provider of choice. Our patient-centered experience is created by professional staff, which results in improved quality of life and optimum customer satisfaction.

**Promise**

Barnes Healthcare Services, a trusted health partner in our communities, places you on the path to the best post-acute care. Our innovative approach, through partnerships with ACOs, payors, physicians and home health agencies, results in convenient, dependable and compassionate post-acute care evidenced by measurable outcomes. We will always act in your best interest by integrating complex care clinical services and ensuring a seamless transition to home.

**Vision Statement**

Barnes Healthcare Services will create a culture of excellence in health care; lead in shaping the future of patient health care and wellness; be the employer of choice by inspiring employees to be their best; and build on mutual loyalty with all stakeholders. We will be recognized as the industry leader in delivering exceptional outcomes to the patients and communities we serve.



ACHC  
ACCREDITED

**Barnes Healthcare Services has earned approval from the  
Accreditation Commission for Health Care**

*To report a complaint regarding the services you receive, please call ACHC toll-free 1.855.937.2242*



“We Take Care of People® by Keeping Them Healthy at Home®” is our company motto and one we take very seriously. My name is Charlie Barnes, III and I am the Chairman of the Board and owner of Barnes Healthcare Services. I am very fortunate to be a third generation owner of a company founded by my grandfather in 1909 in Valdosta, GA. It is a tremendous pleasure and honor to be in the business of providing quality health care to medically fragile individuals. As a pharmacist (also third generation), I have always placed the needs of the patient as a priority, and I expect all employees of Barnes Healthcare Services, who have the privilege of serving our patients, to do the same. We have grown from a retail pharmacy opened over 100 years ago to today providing comprehensive home healthcare products and services in multiple locations servicing North and South Georgia; the Panhandle, North and Central Florida; North and South Alabama; and Tennessee. Our services include home infusion, respiratory, nutrition, and retail pharmacy.

Barnes Healthcare Services has always been a family-oriented company. At the same time, we are committed to provide a world class customer experience utilizing cutting edge technology available for patients being treated in the home or alternate care setting. We are excited about the opportunity to provide services to our patients. From the early days when my grandfather opened Barnes Drug Store, we have focused our attention on providing the best care to our customers. People trust us and we want to keep it that way. That is my solemn promise.

Thanks again for the opportunity to serve you!

A handwritten signature in black ink that reads "Charlie W. Barnes, III, RPh". The signature is stylized and fluid.

Charlie W. Barnes, III, RPh



## Connecting HEARTS at Home Program

Our Connecting HEARTS at Home telehealth program is designed to help you understand your disease process and to help you learn the symptoms of your disease. If you understand your disease, you can recognize the symptoms of the disease and help prevent an emergency room visit or hospitalization due to your illness.

This telehealth program will be set up in your home for the duration of your inotropic therapy. A nurse will monitor your vital signs daily and contact you if there are any problems. You will also have daily surveys to educate you and your family about your disease process.

Expectations of you and your caregivers:

\*Each morning you will need to weigh yourself. You need to do your weight after you have emptied your bladder and before you eat.

\*Answer the survey questions that have come over the tablet.

**Contact your Connecting HEARTS at Home nurse at Barnes Healthcare Services, if possible prior to going to ER or hospital: 229-245-6039, ext: 805-105**

## Connecting HEARTS at Home Program

**THE EQUIPMENT LEFT IN YOUR HOME IS ONLY TO BE USED BY YOU! OTHER PEOPLE ARE NOT TO USE THE EQUIPMENT!**

### **Connecting HEARTS at Home Goals:**

Blood Pressure: top number less than 150  
bottom number less than 95

Pulse/Heart Rate: less than 120

Weight: no greater than 2 pound gain in one day,  
no greater than 5 pound gain in one week

Oxygen (finger probe): 88 or above

### **Connecting HEARTS at Home Reminders:**

\*Weigh after emptying bladder and  
before you eat or drink anything

\*Retake blood pressure if it is greater than  
150/95 or oxygen level if lower than 88

\*Complete your vial sign measurements and health check  
questions by 11am

## Connecting HEARTS at Home Team

Our goal at Barnes Healthcare Services is to increase the quality of life for our patients with heart failure and to provide you with a winning alternative. We strive to minimize your symptoms and reduce or eliminate hospital admissions. We have a dedicated team of healthcare professionals that are now part of your care giving team. The **Barnes Healthcare Services Innovative Center of Excellence** consists of Pharmacists, Registered Nurses, Licensed Practical Nurses, Registered Dietitians, Respiratory Therapists and many others who will assist in managing your disease so you can live a high quality life despite living with heart failure.

### PHARMACISTS

Our Pharmacists are knowledgeable in the proactive management of cardiac failure. They are trained to identify the symptoms of an exacerbation (worsening of condition) and tolerance to therapy. Effective CARE planning involves all members of the CARE team who address ongoing symptoms management, risks, compliance and effectiveness. Pharmacists perform, at a minimum, weekly follow up calls with the patient. Additionally, progress notes of home inotropic therapy monitoring are sent to your physician weekly for review.

### NURSES

Nursing coordination for the patient is an integral part of a successful program. The nurse facilitates communication for all aspects of the patient's clinical status. Home health nurses are highly trained to assess and identify symptoms in order to communicate observations to the physician and provide excellent clinical management of heart failure patients. Barnes Healthcare Services works with the nurses from many home health agencies including some that are already familiar to you. We additionally have Barnes Healthcare Services nursing staff that provides the nursing care for many of our patients.



### **DIETITIANS**

Registered Dietitians advise the Connecting HEARTS at Home patients by making dietary recommendations that limit sodium and fluid intake. Patients learn which foods to avoid, which foods to choose and learn to understand labels in order to know the difference. Eating right and weighing in daily are very important in managing heart failure as is balancing low-level exercise and rest.

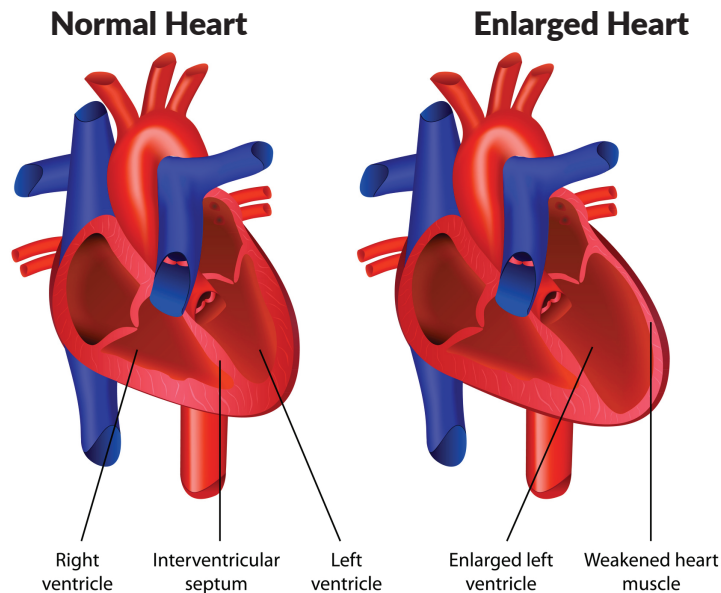
### **RESPIRATORY CARE PRACTITIONERS**

Our qualified and experienced team of Certified and Registered Respiratory Therapists are specialists when it comes to shortness of breath. We can provide home oxygen therapy, non-invasive ventilation and any other respiratory services your physician may order. Smoking cessation is encouraged.

### **CLINICAL LIAISONS**

Barnes Healthcare Services offers face to face pre-discharge training with you and your family to relieve the anxiety associated with discharge. We provide educational materials, one on one teaching and repeat demonstration training prior to discharge. By initiating the therapy in the hospital the patient and caregiver not only become familiar with infusion therapy, but it allows us to provide continuity of care without an interruption of medication or service. An important component of the Connecting HEARTS at Home program is that you and your family feel comfortable with your therapy. We want you to understand heart failure, the medications involved in your care plan, but most of all, that you play an important role in the management of your symptoms and thus improve your quality of life.

# Understanding Your Disease



A type of cardiomyopathy. An enlarged heart is a sign that the heart may be overworked. (Photo Courtesy of Fotolia<sup>1</sup>)

Heart failure is a condition in which the heart can no longer pump enough oxygen-rich blood to meet the needs of the rest of the body, especially when you exercise or are active.

Heart failure is a long-term (chronic) condition, but it can sometimes develop suddenly.

The condition may affect only the right side of the heart (right heart failure) or only the left side of the heart (left heart failure). More often, both sides of the heart are involved. Heart mechanics involve two actions: a squeezing for pumping and a relaxation for filling.

1 - <http://us.fotolia.com/id/38700452>

Heart failure is present when:

- *Your heart muscle cannot pump (eject) the blood out of the heart very well. This is called systolic heart failure. (LVSD)*
- *Your heart chambers are stiff and do not relax for filling up with blood easily. This is called diastolic heart failure. This is common in patients with high blood pressure.*

As the heart's pumping action is lost, blood may back up in other areas of the body. Fluid builds up in the lungs, liver, gastrointestinal tract, and the arms and legs. This is called congestive heart failure.

## CAUSES

The most common cause of heart failure is coronary artery disease (CAD), a narrowing of the small blood vessels that supply blood and oxygen to the heart. Heart failure can also occur when an infection weakens the heart muscle. This condition is called cardiomyopathy.

Other heart problems that may cause heart failure are:

- *Congenital heart disease*
- *Heart attack*
- *Heart valve disease*
- *Some types of abnormal heart rhythms (arrhythmias)*

Other diseases that can cause or contribute to heart failure:

- *Emphysema*
- *Overactive thyroid*
- *Severe anemia*
- *Underactive thyroid*

# Understanding Your Disease

## SYMPTOMS

Symptoms of heart failure often begin slowly. At first, they may only occur when you are very active. Over time, you may notice breathing problems and other symptoms even when you are resting.

Heart failure symptoms may also begin suddenly; for example, after a heart attack or other heart problem.

Common symptoms are:

- *Cough*
- *Fatigue, weakness, faintness*
- *Loss of appetite*
- *Need to urinate at night*
- *Pulse that feels fast or irregular, or a sensation of feeling the heart beat (palpitations)*
- *Shortness of breath when you are active or after you lie down*
- *Swollen (enlarged) liver or abdomen*
- *Swollen feet and ankles*
- *Waking up from sleep after a couple of hours due to shortness of breath*
- *Weight gain*

## SIGNS AND TESTS

Your health care provider will examine you for signs of heart failure:

- *Fast or difficult breathing*
- *Irregular or fast heartbeat and abnormal heart sounds*
- *Leg swelling (edema)*
- *Neck veins that stick out (are distended)*
- *Sounds (“crackles”) from fluid buildup in your lungs, heard through a stethoscope*
- *Swelling of the liver or abdomen*

An echocardiogram (echo) is often the best test to diagnose, learn the cause of and monitor your heart failure. The ultrasound of the heart measures the ejection fraction which is an estimate of the heart's pumping strength. Normal is greater than 50 percent.

Other imaging tests are:

- *Cardiac stress tests*
- *Heart catheterization*
- *MRI of the heart*
- *Nuclear heart scans*

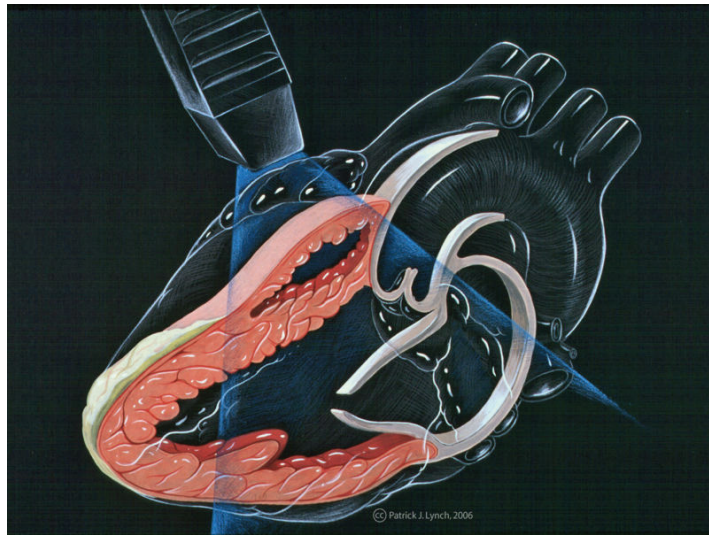


Photo courtesy of Patrick J. Lynch<sup>1</sup>

Lab tests are done to help your doctor:

- *Check how well your kidneys are working (BUN, creatinine, creatinine clearance, urinalysis)*
- *Look for a low blood count or anemia -- complete blood count (CBC)*
- *Test for brain natriuretic peptide (BNP)*
- *Watch sodium and potassium levels in your blood*

1. Patrick J. Lynch; illustrator; C. Carl Jaffe; MD; cardiologist Yale University Center for Advanced Instructional Media Medical Illustrations by Patrick Lynch, generated for multimedia teaching projects by the Yale University School of Medicine, Center for Advanced Instructional Media, 1987-2000. Patrick J. Lynch, <http://patricklynch.net>



# Medical Management

Receiving the right medication is very important in managing heart failure. Your physician will prescribe and monitor your oral and intravenous medications. Our Pharmacists can advise you on medication management, side effects, to whom and when to report adverse events or changes in clinical status. Your plan of care may include some of the following medication types.



Photo Courtesy of Smiths Medical

## INOTROPIC THERAPY: MILRINONE (PRIMACOR) and DOBUTAMINE (DOBUTREX)

**Milrinone (Primacor)** is a positive inotrope and vasodilator. This medication helps improve the contractile force (pumping force) of the heart muscle. This medication is administered as a continuous intravenous infusion with a portable infusion pump.

**Dobutamine (Dobutrex)** is a direct-acting inotropic agent that stimulates the heart muscle and produces vasodilation. This medication is also administered continuously by intravenous infusion with a portable infusion pump.

### **ACE INHIBITORS**

This medication class works by blocking the effects of angiotensin-converting enzymes. These enzymes are naturally produced by the body and may worsen heart failure. These medicines are given orally and are used to lower blood pressure and to decrease the fluid retention.

### **BETA-BLOCKERS**

Beta-blockers are a class of drugs frequently used to control symptoms of heart failure. These agents are negative inotropes but can sometimes be used along with with positive inotropic agents like milrinone in patients with CHF. They work by slowing the heart rate, which allows the left ventricle (the main pumping chamber of the heart) to fill more completely. Beta-blockers can also help open or widen blood vessels in the body. This makes them especially useful in some people with certain forms of heart failure who may also have high blood pressure.

### **DIGOXIN**

This medication works by helping your heart pump more efficiently (stronger) and helps to control your heart rhythm. This medication is given orally and may require blood work (labs) to monitor its level in the blood.

### **DIURETICS**

This medication class works by helping your body get rid of extra water or excess fluid. Typically patients with heart failure may have an increased likelihood of retaining fluid and swelling in the feet, legs, hands or stomach. Excess fluid can also accumulate around the heart or in the lungs causing shortness of breath. These medications are given orally to eliminate excess fluid by increasing urination therefore making it easier for your heart to pump. Common side effects of “water pills” include low potassium and sodium, dizziness and low blood pressure.

### **VASODILATORS**

This medication class works by dilating the arteries in the body. When the arteries are relaxed it reduces the pressure in the arteries that the heart has to pump against. These medications are given orally and are used to lower blood pressure and arterial resistance.

## EMERGENCY MEDICATIONS

Your physician may order other IV medications to reduce fluid retention in the event of sudden weight gain or shortness of breath. Barnes Healthcare Services will provide these medications in an emergency kit and send them with your first delivery. The purpose of the kits is to allow your nurse quick access to these medications and to keep you from having to go to the hospital to manage these “breakthrough” episodes. These medications should only be administered by a physician or nurse with an order from a physician. Do not self administer any of these Emergency Medications.

There are other medications that your physician may prescribe to treat your condition. Our pharmacists are available to answer any questions you may have regarding the safe and effective use of your medications. It is important to consult your physician or pharmacist before altering your medications or taking over the counter medications (ibuprofen, cold, flu, fever medication, herbal remedies) as this may cause unwanted effects or adversely react with your prescription medications. Remember to never stop, add or adjust any of your medications without approval from your physician.

Your Barnes Healthcare Services Nurse will come to your home and set up your telehealth equipment which includes:

- *Tablet*
- *Scale*
- *Thermometer*
- *Blood pressure monitor*
- *Pulse Oximeter*
- *Measuring Tape*
- *Patient handbook*

### **WHAT DO I DO ONCE I GET HOME?**

Your Innovative Center of Excellence Clinical Team Members will review your vitals on a daily basis.

#### **Every day:**

1. *Each morning you will need to weigh yourself. You need to do your weight after you have emptied your bladder and before you eat.*
2. *Take your temperature at the same time every day*
3. *How do you feel? Review your zone level*
4. *Medicines: Take all your medicines, the correct way as prescribed by your physician.*
5. *Eat low salt foods. Limit sodium to 2000mg. Talk to your doctor about how much fluid you should drink each day.*
6. *Balance low-level exercise and rest*

## 1. EACH DAY ASSESS YOUR SYMPTOMS USING THE ZONE METHOD. MAKE SURE TO FOLLOW THE INSTRUCTIONS RELATED TO EACH ZONE. DOCUMENT YOUR ZONE ON THE CHART INCLUDED IN THIS BOOK.

<b>Green Zone</b> This is YOUR goal	<ul style="list-style-type: none"><li>• No shortness of breath or trouble breathing.</li><li>• No weight gain of more than 3 pounds in one day or 5 pounds in a week.</li><li>• No swelling in your feet, ankles, stomach or hands.</li><li>• No chest discomfort, heaviness or pain.</li></ul>
<b>Yellow Zone</b> Call your doctor TODAY to get help!	<b>You may have one or more of the following:</b> <ul style="list-style-type: none"><li>• Weight gain of 3 pounds in one day or 5 pounds in one week.</li><li>• More swelling of your feet, ankles, stomach or hands.</li><li>• It is harder for you to breathe when lying down.</li><li>• You need to sit up.</li><li>• Chest discomfort, heaviness or pain.</li><li>• You feel more tired or have less energy than normal.</li><li>• New or worsening dizziness.</li><li>• Dry, hacking cough.</li><li>• You feel uneasy and you know something is not right.</li></ul>
<b>Red Zone</b> Emergency Call 911	<ul style="list-style-type: none"><li>• Struggling to breathe. This does not go away when you sit up.</li><li>• Stronger and more regular amounts of chest discomfort.</li><li>• New confusion or can't think clearly.</li><li>• Fainting or near-fainting.</li></ul>



**Notify your healthcare team if you have any sudden weight gain, shortness of breath, or elevated temperature**

## 2. TAKE ALL OF YOUR MEDICINES THE CORRECT WAY

- Ask questions about your medicines and know what condition each drug is treating
- Bring your medicine bottles or a list of all your medications and dosages to each doctor's visit or hospital visit
- Use a pill box to organize and schedule your medicines

## 3. EAT LOW SALT FOODS

### What is salt?

- *Salt is also known as sodium.*
- *Salt makes your body hold water.*
- *When your body holds on to water, you gain weight.*
- *Extra water weight makes it harder to breathe.*
- *Extra water makes you swell.*
- *Most foods contain salt.*
- *Recommended daily amount of sodium is **2000mg***

### Eat better at home

- *Remove the salt shaker from the table.*
- *Season with herbs and spices instead of adding salt as you are cooking (lemon juice, pepper, garlic or onion powder).*
- *Rinse any canned foods before eating.*
- *Switch from canned or packaged food to fresh meats, fruits and vegetables.*
- *Read food labels and choose option with the lowest sodium.*

### If you eat out

- *Ask for your food to be cooked with no salt.*
- *Order food that is baked, broiled or steamed, not fried.*
- *Choose fruits and vegetables as side items, instead of french fries.*
- *Avoid cheese and butter.*
- *Use lemon juice, olive oil or vinegar, instead of salad dressing.*

### Follow your doctor's advice about limiting fluid

- *Eight, 8 ounce cups per day is often the right amount.*
- *Fluid is all drinks, juice, coffee, ice chips, soup, jello and all liquids.*

# Diet Education

## COMPARISON OF SODIUM IN FOODS - Low sodium diet guidelines

Food	Serving Size	Milligrams/Sodium
Bacon	1 medium slice	155
Chicken (dark meat)	3.5 oz roasted	87
Chicken (light meat)	3.5 oz roasted	77
Egg, fried	1 large	162
Egg, scrambled with milk	1 medium slice	171
Dried beans, peas or lentils	1 cup	4
Haddock	3 oz cooked	74
Halibut	3 oz cooked	59
Ham (roasted)	3.5 oz	1300-1500
Hamburger (lean)	3.5 oz broiled medium	77
Hot dog (beef)	1 medium	585
Peanuts, dry roasted	1 oz	228
Pork loin, roasted	3.5 oz	65
Roast lamb leg	3.5 oz	65
Roast veal leg	3.5 oz	68
Salmon	3 oz	50
Shellfish	3 oz	100 to 325
Shrimp	3 oz	190
Spareribs, braised	3.5 oz	93
Steak, T-bone	3.5 oz	66
Tuna, canned in spring water	3 oz chunk	300
Turkey, dark meat	3.5 roasted	76
Turkey, light meat	3.5 roasted	63

### Dairy Products

Food	Serving Size	Milligrams/Sodium
American Cheese	1 oz	443
Buttermilk, salt added	1 cup	260
Cheddar cheese	1 oz	175
Cottage cheese, low fat	1 cup	918
Milk, whole	1 cup	120
Milk, skim or 1%	1 cup	125
Swiss cheese	1 oz	75
Yogurt, plain	1 cup	115

### Breads and Grains

Food	Serving Size	Milligrams/Sodium
Bran flakes	3/4 cup	220
Bread, whole wheat	1 slice	159
Bread, white	1 slice	123
Bun, hamburger	1	241
Cooked cereal (instant)	1 packet	250
Corn flakes	1 cup	290
English muffin	1/2	182
Pancake	1 (7-inch round)	431
Rice, white long grain	1 cup cooked	4
Shredded wheat	1 biscuit	0
Spaghetti	1 cup	7
Waffle	1 frozen	235

## Vegetables and Vegetable Juice

Food	Serving Size	Milligrams/Sodium
Asparagus	6 spears	10
Avocado	1/2 medium	10
Beans, white, cooked	1 cup	4
Beans, green	1 cup	4
Beets	1 cup	84
Broccoli, raw	1/2 cup	12
Broccoli, cooked	1/2 cup	20
Carrot, raw	1 medium	25
Carrot, cooked	1/2 cup	52
Celery	1 stalk raw	35
Corn boiled, (sweet, no butter/salt)	1/2 cup	14
Cucumber	1/2 sliced	1
Eggplant, raw	1 cup	2
Eggplant, cooked	1 cup	4
Lettuce	1 leaf	2
Lima beans	1 cup	5
Mushrooms	1/2 cup (raw or cooked)	1-2
Mustard greens	1/2 chopped	12
Onions, chopped	1/2 cup (raw or cooked)	2-3
Peas	1 cup	4
Potato	1 baked	7
Radishes	10	11
Spinach, raw	1/2 cup	22
Spinach, cooked	1/2 cup	63
Squash, acorn	1/2 cup	4
Sweet potato	1 small	12
Tomato	1 small	11
Tomato juice, canned	3/4 cup	660

## Fruits and Fruit Juices

Food	Serving Size	Milligrams/Sodium
Apple	1 medium	1
Apple juice	1 cup	7
Apricots	3 medium	1
Apricots (dried)	10 halves	3
Banana	1 medium	1
Cantaloupe	1/2 cup chopped	14
Dates	10 medium	2
Grapes	1 cup	2
Grape juice	1 cup	7
Grapefruit	1 medium	0
Grapefruit juice	1 cup	3
Orange	1 medium	1
Orange juice	1 cup	2
Peach	1	0
Prunes	10	3
Raisins	1/3 cup	6
Strawberries	1 cup	2
Watermelon	1 cup	3

## Convenience Foods

Food	Serving Size	Milligrams/Sodium
Canned soups	1 cup	600-1,300
Canned and frozen main dishes	8 oz	500-2,570

Please note: These are sodium content ranges—the sodium content in certain food items may vary. Please contact your dietitian for specific product information.

Source: Sodium analysis was done using ESHA Food Processor for Windows, Version 8.4, 2004.

# Data Recording Sheet

This page contains a data recording sheet. Your physician or nurse may provide you with a different form. The important thing is to record these indicators each day as they can help predict changes in your overall medical condition before you have a worsening of condition. Notify your healthcare team if you have any sudden weight gain, shortness of breath, or elevated temperature.

Month								
Date	Weight	Gain/Loss	Blood Pressure	Pulse	Temp. (normal=98.6°)	Zone How do I feel?	Foot	Ankle
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								

# Data Recording Sheet

Month								
Date	Weight	Gain/Loss	Blood Pressure	Pulse	Temp. (normal=98.6°)	Zone How do I feel?	Foot	Ankle
16								
17								
18								
19								
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22								
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## 4. BALANCE LOW-LEVEL EXERCISE AND REST

One of the ways that people with heart failure can feel better is to stay active. In the past, people with heart failure were told to rest and give up many of their common activities. Recent research has shown that normal activity is safe for most people with heart failure and may improve symptoms and sense of well-being.

### What counts as exercise?

- *Household chores like dusting*
- *Walking to the mailbox*
- *Climbing Stairs*
- *Cardiac Rehab Programs*
- *Light weight lifting (soup cans)*
- *Water workouts*

Before you start any exercise program or increase your activity level, consult your physician. Remember to pace yourself. Start slow and only do activities that your doctor approves. Stop and rest when you need to. Do something you enjoy.

If you have chest pain, feel short of breath, dizzy or light-headed, STOP. If you don't feel better after a short rest break, call 911.

**FOR EMERGENCIES CALL 911**

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**TO REACH A REPRESENTATIVE FROM  
BARNES HEALTHCARE SERVICES  
24/7 PLEASE CALL  
1-800-422-5059**

**HELPFUL LINKS**

**BARNES HEALTHCARE SERVICES WEBSITE**

<http://www.barneshc.com/>

**CADD SOLIS VIP PUMP GUIDE**

<http://www.smiths-medical.com/upload/products/pdf/193561%208-11%20CADD-Solis%20VIP%20brch1.pdf>

**AMERICAN ASSOCIATION OF HEART FAILURE NURSES PATIENT  
EDUCATION SITE**

<http://www.aahfnpatienteducation.com/>

**QUIT SMOKING**

<http://www.whyquit.com/>

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**Healthy at Home® Consent Form**

Patient Name: \_\_\_\_\_ MRN: \_\_\_\_\_

**Consent to participate in Healthy at Home® program**

- I am receiving home monitoring equipment as part of the Healthy at Home® program. My nurse has discussed the use of this home monitoring equipment with my physician and has explained these services to me.
- I understand that tele-monitoring services are not an emergency response system. If I need emergency care, I will call 911 or my health care provider. I further understand and acknowledge that this monitoring equipment is not a substitute for keeping my home health nurse and/or physician fully and timely informed of my medical condition and its development.
- I understand that it is my responsibility to maintain the safekeeping of all Healthy at Home® devices in my home. Further, I understand these devices are owned by Barnes Healthcare Services (BHCS) and must be returned upon discharge from the Healthy at Home program. I understand in the event of equipment being broken, lost, and/or stolen from my possession that I will be responsible for the full replacement cost of the equipment.
- I understand the use of the monitoring equipment is voluntary. I may decide at any time that I want to stop and BHCS will arrange for the return of the equipment. The Healthy at Home® staff has the right to discontinue my use of this equipment at any time at their discretion.

**Authorization to obtain, collect, analyze, store, and release information**

- I give permission to the staff of BHCS to obtain any clinically necessary information from past, current or future care providers.
- I give permission to the staff of BHCS to collect, analyze, store, and release outcome data from the care I receive and that this may include health information.
- I also give permission for the staff of BHCS to release any clinically necessary information about my health to any individuals that have been or might be involved in my care.
- I understand that I have the right to see my data and that this request must be put in writing and submitted to BHCS.

**Procedures**

- Monitoring equipment will be delivered to my home by a BHCS clinician. I will be instructed on the proper use of the equipment including taking my own vital signs and answering surveys transmitted to me via the monitoring equipment by the Healthy at Home® program. This information will be sent automatically over my telephone line, or internet connection to a computer where a Healthy at Home® nurse will review it. While I have this equipment, a nurse will be calling me at home from time to time to discuss how I am feeling and how I am managing my condition.
- Diagnosis specific education was given to me and explained in detail.
- The monitoring equipment is for my benefit only, and **should not** be used by others, or mishandled in any way.
- At the end of the 30 day monitoring period, arrangements will be made to pick up the equipment from my home.

**Patient Responsibilities**

- Patients are responsible for the DAILY collection and transmission of all vitals and completion of survey questions by 11AM.
- Patients are responsible for keeping a “working” phone at all times during the monitoring period. Patients and/or caregiver must be available, answer calls and reply to messages. Barnes nurse will call the patient and/or caregiver up to three (3) times a day in an attempt to reach the patient in the event when intervention is required.
- Patients must comply and adhere to the medication regime set forth upon initial hospital discharge or updated by physician office visits. BHCS nurses will educate patient and/or caregiver on medication compliance and send DAILY Medication reminders and require that the patient adhere to the medication plan.

**Cost & Responsibility**

There will be no charge to me for using the equipment. The information will be transferred over a toll free telephone line or my internet connection.

**I have read and understand this consent and the Healthy at Home program and agree to use the equipment described above.**

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Clinician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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**BARNES**  
HEALTHCARE SERVICES

## Confirmation of Clinician Visit

I hereby confirm that I have received clinician services from Barnes Healthcare Services on the date and times listed below.

I hereby authorize Barnes Healthcare Services to obtain or disclose copies of my medical record or insurance information only as they relate to my therapy, reimbursement to Barnes Healthcare Services, for care coordination, quality assurance, accreditation or licensing reviews. This may include, but is not limited to, medical history, x-ray or lab reports, testing results, prescription formulas, discharge summary, etc. I have been advised of Barnes Healthcare Services privacy practices and understand this authorization takes effect immediately. I will be provided a copy of this document. A photocopy or facsimile will be considered valid as the original. I have also been advised I can amend or rescind this document at any time.

Time In: \_\_\_\_\_ Time Out: \_\_\_\_\_

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Patient Print: \_\_\_\_\_ MRN: \_\_\_\_\_

Parent / Legal Guardian: \_\_\_\_\_ Reason Unable to Sign: \_\_\_\_\_

Clinician Signature: \_\_\_\_\_ Clinician Print: \_\_\_\_\_

Next Scheduled Visit: \_\_\_\_\_



## Patient Engagement Assessment

Answer each question below with a number 1-4 based on these options:

1—Strongly Disagree    2—Disagree    3—Agree    4—Strongly Agree

PEA: Questions	Answers
1. I am in control of my health conditions and I am the one responsible for managing my health-care.	
2. I take an active role in my healthcare and actively manage my conditions which is the key factor in my ability to function and determine my health.	
3. I will take action to help prevent, minimize, and improve symptoms and problems that affect my health conditions.	
4. I know all of my prescribed medications, what they do, and how often I should take them.	
5. I know when my condition needs medical care (ER or doctor visit) and when I am able to treat the condition myself.	
6. I am able to speak up about healthcare concerns even when my doctor does not specifically ask.	
7. I am sure that I can continue my medical treatments at home.	
8. I can state the reasons why I have my health conditions.	
9. I know there are different treatments available for my medical conditions and I can list them.	
10. I have been able to make lifestyle changes to help my medical condition.	
11. I understand what to do at home when I notice changes in my health condition.	
12. I know what to do at home when new problems appear with my health condition.	
13. I am sure that I can continue following my new diet and exercise plans even during stressful events.	
<b>Total of Answers</b>	



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