



Product of the Month:
Wireless Rollup Keyboard



To Your Good Health:
Goat Cheese Pesto



FOCUS ON...
Re-hospitalization Figures

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Our Services

(Our services may include but are not limited to)

Skilled Nursing

Observation and assessment of condition

Patient and family education of disease process

Management and evaluation of patient care plan

Medication education and management

Dressing changes

Home safety and emergency education

Wound care

Catheter care

Enteral and parenteral nutrition

Injections

Venipuncture

IV therapy

Pain management

Diabetic care

Nutritional support

Infrared therapy

Therapy

Physical therapy

Occupational therapy

Speech therapy

Medical Social Services

Home Health Aides/Certified

Nursing Assistants

Caregivers & Companions

health&home

A **FREE** health care newsletter from your friends at Optimal Home Care Inc.

Issue 26

FOR THE HEALTH CARE PROFESSIONAL:

12 Ways to Reduce Hospital Readmissions

With national readmission rates as high as one in five, and higher for certain diseases, many providers are looking for proactive interventions. The following 12 ways to reduce hospital readmissions were published by HealthLeadersMedia. (For the full article, go to healthleadersmedia.com.)



1. **Discharge Summaries.** Dictate discharge summaries within 24 hours of discharge.
2. **Lengthen the Handoff Process.** At every juncture in the patient care process, especially discharge, have teams talk to each other about the patient. And don't call them discharges. Call them "transitions." Standardize them for a variety of providers, from hospital to rehabilitation facility to skilled nursing facility to home and back.
3. **Provide Medication on Discharge.** Send the patient home with a 30-day medication supply, wrapped in packaging that clearly explains timing, dosage, frequency, etc. Some health centers with Medicaid patients may be trying this strategy, which is difficult for hospitals to do with Medicare patients because of distinctions between Part A and Part B payment. Still, for some high-risk populations, such as patients with congestive heart failure and those who have been readmitted before, it might be worth it for the hospital to absorb the cost.

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4. **Make a Follow-Up Plan Before Discharge.** Have hospital staff make follow-up appointments with patient's physician and don't discharge patient until this schedule is set up. Make sure the patient has transportation to the physician's office, understands the importance of meeting that time frame, and that you follow up with a phone call to the physician to assure that the visit was completed.
5. **Telehealth.** Some readmission experts say it's an interesting approach to keep up visual as

FOOD FOCUS

The Healing Properties of Parsley

Parsley is a great source of volatile oils and flavonoids.

The volatile oils in parsley have been strongly linked to suppressing tumor formation – particularly in the lungs. Parsley is also rich in the antioxidant beta-carotene. Beta-carotene helps reduce the risk of diabetes, colon cancer, and atherosclerosis. To a lesser extent, parsley health benefits also include aiding with rheumatoid arthritis, osteoarthritis, and asthma. **h&h**



Product of the Month: Wireless Rollup Keyboard

The Wireless Rollup Keyboard makes typing with your iPad easy and efficient. You no longer have to struggle while completing emails or getting work done away from your desktop computer. Along with your iPad, the Wireless Keyboard can be used with your iPhone, tablet, laptop and more. With up to 30 feet of wireless range, this water resistant wireless keyboard will be great to unroll whenever you need it. The included retractable cable allows you to keep the Wireless Keyboard always charged and ready-to-go.

Order online at sharperimage.com for \$59.99.

h&h

- well as verbal communication with patients, especially those that are high risk for admission.
6. **Identify Frequent Flyers.** Customize your hospital's admission and readmission rates for demographic and disease characteristics to identify those at highest risk, and extend extra resources on their care needs.
7. **Understand What's Happening After Discharge.** Kaiser Permanente is using video cameras to chronicle home settings and the entire care process to determine what's happening to the patient after discharge that provoked a readmission.
8. **Provide Home Care on Wheels.** Just like Meals-on-Wheels can be scheduled in advance, so can case management, housekeeping services, transportation to the pharmacy and physician's office.
9. **Consider Physician Medication Reconciliation.** A recent paper in the New England Journal of Medicine by Yuting Zhang of the University of Pittsburgh noted the wide geographic variation among physicians' prescribing practices with medications that should be avoided in patients over age 65. She also noted variation in prescribing practices for drugs that have a high risk for negative drug-disease interaction.
10. **Make Sure Patients Understand.** Have patients and caregivers repeat back instructions on what they're supposed to do after they leave the hospital. A patient's disease state may impair their ability to understand what they are being told, much less remember it two days later.
11. **Focus on Highest-Risk Patients.** Examine the readmission patterns at your hospital and see which patients, with which conditions, diseases or procedures, have the most readmissions.
12. **Listen to the Patient.** Involve the emergency room, hospice or home health providers to make sure patients don't come to the emergency room for non-emergent end-of-life care issues. **h&h**

FOCUS ON... Re-hospitalization Figures



According to a study published in the New England Journal of Medicine analyzing close to 12 million fee-for-service Medicare beneficiaries, nearly 20% of them who had been discharged from a hospital were re-hospitalized within 30 days, 34% were re-hospitalized within 90 days, and 54.1% within a year. Moreover, of those who were discharged with a medical condition, 68.9% were readmitted or died within a year. Of those discharged after a surgical procedure, the rate was 53%. — California Health Advocates.

h&h



All About Gardens

BRAIN BOOSTERS

C	A	R	D	I	N	A	L	L	L	A	R	K	D	B
F	A	U	T	U	M	N	A	L	A	W	N	V	A	U
O	T	M	K	R	L	A	N	D	S	C	A	P	E	T
L	P	A	P	N	E	E	R	G	R	E	V	E	H	T
I	A	H	N	A	I	I	N	A	C	H	E	N	E	E
A	H	E	L	A	N	L	L	U	P	I	F	L	L	R
G	C	R	K	O	G	U	O	A	R	P	L	I	D	F
E	L	B	U	C	X	E	L	B	P	P	O	D	D	L
M	U	T	E	R	O	B	R	A	O	S	W	O	I	I
W	M	S	B	U	R	H	S	D	T	B	E	F	F	E
T	N	A	G	E	L	E	Y	K	E	A	R	F	G	S
H	E	I	R	L	O	O	M	L	B	S	S	A	G	J
B	B	E	A	U	T	I	F	U	L	E	I	D	C	C
U	T	O	O	R	E	R	A	B	Y	O	E	G	J	T
D	R	A	G	O	N	F	L	I	E	S	H	S	N	D

achene
butterflies
elegant
lark
arboretum
prune
barefoot
campanulata
espalier

lawn
bud
mulch
beautiful
cardinal
flowers
phlox
evergreen
soil

bees
daffodil
foliage
shrubs
fiddlehead
root
bobolink
design
hollyhock

tanager
herb
heirloom
bract
dragonflies
landscape
autumnal
hip

To Your Good Health



Goat Cheese Pesto

- 4 oz soft goat cheese, crumbled
- 1 cup packed flat-leaf parsley leaves (1–2 bunches)
- ½ cup packed fresh oregano leaves (1 bunch)
- 2 T water
- 1 t Dijon mustard
- ½ t freshly ground pepper
- ¼ t salt



Place all ingredients in a food processor; pulse a few times, then process until fairly smooth, or to the desired consistency, scraping down the sides occasionally.

— Courtesy: EatingWell



WHAT'S INSIDE?

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Re-hospitalization Figures
- Product: Wireless Rollup Keyboard
- How to Make Goat Cheese Pesto
- Take the Brain Booster Quiz

DO YOU KNOW THE ANSWER?

1. What are some common ways to reduce hospital readmissions?
2. What is a must-have accessory if you own an iPad?
3. Volatile oils in what food have been linked to suppressing tumor formation?

**Confident in how you would respond to these questions?
Open this newsletter to get the right information!**

And, if you need help finding answers to your important home care questions, contact us:

Phone: (303) 488-9999 Fax: (720) 306-3285
www.optimalhomecare.com

