Bringing Health Care Home
A familiar and comforting environment. Being with family and friends. For any number of reasons, receiving care at home — whether you’re having ongoing treatment or recovering after a hospital stay — can lift a patient’s spirits and speed recovery.

Since 1973, Adventist Home Health has brought the healing home, with comprehensive services and compassionate care. Our mission is to help patients recover and function as independently as possible in their homes. To achieve that end, our nurses, therapists and social workers collaborate with referring physicians and providers — and families — to develop the best course of home treatment.

To increase patient satisfaction and well-being, our program works to:

• Help patients and families become independent in their plan of care
• Educate patients and families to properly use equipment or perform procedures at home
• Ensure that the patient and caregiver comply with the medication regimen and rehabilitation program
• Communicate with physicians on patients’ progress
• Encourage compliance with medical appointments
• Assist hospitals and physicians in decreasing a patient’s hospital length of stay
• Decrease the incidence of a patient’s hospitalization and need for emergency care
• Increase safety of the patient to decrease fall risk
<table>
<thead>
<tr>
<th>Service</th>
<th>Page(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home Health Services</td>
<td>3, 4</td>
</tr>
<tr>
<td>Adult Nursing Services</td>
<td>5</td>
</tr>
<tr>
<td>Diabetes, Medication Management</td>
<td>6</td>
</tr>
<tr>
<td>Ostomy Nursing</td>
<td>7</td>
</tr>
<tr>
<td>Cardiac Care</td>
<td>8</td>
</tr>
<tr>
<td>Wound Care</td>
<td>9</td>
</tr>
<tr>
<td>Rehabilitation Services</td>
<td></td>
</tr>
<tr>
<td>Physical Therapy</td>
<td>10</td>
</tr>
<tr>
<td>Occupational Therapy</td>
<td>11</td>
</tr>
<tr>
<td>Speech and Language Pathology</td>
<td>12</td>
</tr>
<tr>
<td>Maternal/Child Services</td>
<td>13</td>
</tr>
<tr>
<td>Lactation Support</td>
<td>14</td>
</tr>
<tr>
<td>Phototherapy</td>
<td>14</td>
</tr>
<tr>
<td>Pediatric Nursing Services</td>
<td>15</td>
</tr>
<tr>
<td>Support Services</td>
<td>16</td>
</tr>
<tr>
<td>Home Health Aids/Personal Care</td>
<td>16</td>
</tr>
<tr>
<td>Medical Social Services</td>
<td>16</td>
</tr>
<tr>
<td>Nutritional Services</td>
<td>17</td>
</tr>
<tr>
<td>Chaplaincy</td>
<td>17</td>
</tr>
</tbody>
</table>
Adventist Home Health:
A full network of home health care is at your doorstep

We’re part of a large network of health care providers, including Shady Grove Adventist Hospital, Washington Adventist Hospital, Adventist Senior Living Services and a number of other specialized health care organizations — allowing us to draw on a wealth of expertise and knowledge. The registered nurses, therapists and social workers who deliver our home care services are carefully screened, highly qualified and have extensive professional skills.

We also share Adventist HealthCare’s mission: we demonstrate God’s care by improving the health of people and communities through a ministry of physical, mental and spiritual healing.

Our Home Health Services Include:

- Adult and pediatric nursing
- Diabetes management
- Medication management
- Ostomy care
- Cardiac nursing
- Wound care
- Maternal and child care
- Lactation support
- Phototherapy
- Physical therapy
- Speech therapy
- Occupational therapy
- Medical social work
- Nutrition counseling
- Personal care
- Chaplaincy
- 24-hour access to a registered nurse

In addition, our employees adhere to the following clinical pathways:

Nursing

- Congestive heart failure (CHF)
- Post-coronary artery bypass graft (CABG)
Who is Eligible for Home Care?

To be eligible for home health services, a patient must:

• Have an acute medical condition that requires the skilled intermittent, part-time services of a registered professional
• Be under the continuous care of a physician who is willing to work with a home health services organization
• Be homebound if covered by Medicare and some insurance policies

About Insurance and Administration

Our home health care services are covered by many insurance carriers, including Medicare, Medicaid, health maintenance organizations and other private insurance companies. Often, insurance will cover 80 to 100 percent of the costs related to home care. When a referral is placed, we also assign a Patient Account Representative to each case in order to verify insurance coverage and help make any necessary financial arrangements for the patient.

It’s Easy to Arrange Referrals and Services.

To arrange for home care services, simply call us at 1-888-678-8969 or 301-592-4470; in Southern Maryland call 1-800-734-0090. A registered nurse is available to take your call 7 days a week, 365 days a year.

Adventist Home Health is Medicare and Medicaid certified, accredited by the Joint Commission on Accreditation of Healthcare Organizations, and is a state-licensed home health agency serving Maryland.
Nursing Services for Adults

Adventist Home Health provides skilled intermittent home health care services to adults. One of our most important goals is to help patients and their families become independent in their plan of care. Our other program goals include:

- Increasing patient and caregiver knowledge of the disease and recovery process
- Ensuring that the patient and caregiver comply with the medication regimen and rehabilitation program
- Assisting hospitals and physicians in decreasing a patient’s length of stay
- Decreasing the incidence of a patient’s hospitalization and need for emergency care

Commonly Treated Conditions

- Diabetes mellitus
- Coronary artery disease (CAD)
- Congestive heart failure (CHF)
- Chronic obstructive lung disease (COPD)
- Decubitus care
- Post-surgical wound care
- Ostomy care
- Feeding tubes
- Indwelling urinary catheters

Adult Nursing Services

- Assessment of cardiac and respiratory complications
- Care of and instruction in the management of surgical and non-surgical wounds
- Care of and instruction in diabetes management
- Administration and instruction in managing subcutaneous or intramuscular medication
- Instruction regarding the patient’s medication regimen
- Insertion of and instruction in using urinary catheters
- Insertion of and instruction in using feeding tubes and equipment
- Instruction in oxygen administration and safety

Service Area

Montgomery, Prince George’s, St. Mary’s, Charles and Calvert counties.
Diabetes Management

The diabetes program is unique in its provision of advanced and specialized diabetes care and education. The goal of diabetic management is to encourage patients to live as independently as possible while safely managing their own diabetic care. Our nurses, working with the patient’s physician, provide support, education and assistance to diabetic patients and their families.

Program goals include:

- Establish independence and management of diabetes and medications
- Increase patient’s ability to control their diabetes
- Encourage patients to have good quality of life with the disease
- Evaluate and instruct for home safety
- Decrease hospitalizations

Diabetes Management Services

- Assessment of patient’s condition
- Instruction of patient’s and families on monitoring blood glucose levels
- Dietary counseling and meal planning
- Medication teaching
- Awareness of drug interaction
- Treatment of feet and other skin issues
- Circulatory needs
- Meal planning
- Assessment for need of adaptive equipment and occupational therapy
- Coordination of community services

Medication Management

The management of patient’s medication, prescribed by the physician and when taken correctly as prescribed, supports the healing of the patient. Knowledge of the patient’s medication and medication regimen at home provides a key element to the physician’s care of the patient.

Licensed visiting staff may administer prescribed medicines as ordered by the physician while moving towards the goal of the patient achieving safe self-administration.

Program goals:

- Decrease drug interactions, adverse effects and non-compliance
- Patient and/or caregiver will understand the medication administration as ordered

Medication Management Services

- Assess for adequate social and community support for medication compliance
- Educate patient and patient’s family on proper dosage, frequency and side effects
- Evaluate therapeutic response to medication(s)
- Assess the effectiveness of pain management
- Coordinate with patient’s physician and pharmacist for optimum benefit and positive outcomes from the course of treatment
- Assess for duplicate medications
- Assist in developing medication schedule/process to enhance compliance
- Review medication regime (complete listing of all prescribed and over-the-counter medicines found in the home)
Ostomy Nursing

Ostomy patients need knowledgeable and supportive nursing care to help them adjust to life with a stoma. With our one-on-one care and attention, patients receive the help they need to live comfortably at home. A Certified Enterostomal Therapist is available for consultation visits. Goals for our program include:

- Educating patients and families in ostomy care
- Increasing patient independence, satisfaction and well-being
- Decreasing length of service and complications

Commonly Treated Conditions

- Colostomy
- Ileostomy
- Urine diversions
- Fistula
- Gastrostomy tubes
- Continent diversions

Ostomy Nursing Services

- Assessment of the patient’s status
- Pre-operative education and stoma site selection and marking
- Post-operative instruction for the patient and caregiver on ostomy care
- Fitting of an appropriate ostomy appliance for normal and complex ostomies
- Treatment of peristomal skin breakdown
- Dietary counseling and sexual adjustment support

Service Area

Montgomery, Prince George’s, St. Mary’s, Charles and Calvert counties.
Cardiac Care

Since 1994, Adventist Home Health has utilized a specialized team of nurses with cardiac ICU experience and/or other specialized training in the care of cardiac patients. In addition, our employees adhere to the Adventist HealthCare Cardiac Clinical Pathways, which Adventist Home Health helped to develop. Our program goals include:

- Increasing patient and caregiver knowledge of cardiac disease and recovery
- Ensuring that the patient and caregiver comply with the medication regimen and rehabilitation program
- Helping patients and families cope with disease or illness
- Assisting hospitals and physicians in decreasing a patient’s length of stay
- Decreasing the incidence of a patient’s hospitalization and need for emergency care

Commonly Treated Conditions

- Post-coronary artery bypass graft (CABG)
- Congestive heart failure (CHF)
- Coronary artery disease (CAD)
- Cardiac arrhythmia
- Cardiac complications
- Post-myocardial infarction (MI)
- Pacemakers
- Automatic implantable cardiac defibrillator

Cardiac Services

- Assessment of cardiac complications
- Pain assessment
- Auscultation of the heart and respiratory system
- Instruction regarding the cardiac medication regimen, drug toxicity and possible drug interactions
- Wound care
- Instruction regarding exercise and cardiac rehabilitation
- Diagnostic equipment: pulse oximetry and doppler
- Instruction regarding the prevention of complications, early detection and when to notify a physician

Service Area

Montgomery, Prince George’s, St. Mary’s, Charles and Calvert counties.
Wound Care

The increasing number of wound care products that are now available — combined with their increasing complexity — require specialized nursing knowledge and skills. Adventist Home Health provides care for many types of problem wounds. Our program goals are to:

• Increase patient independence and comfort with proper wound management
• Increase patient and family knowledge of wound care, as well as the prevention of future wounds
• Reduce the incidence of wound recurrence, wound complications and infection
• Increase the healing rate and decrease the length of home care service

Commonly Treated Conditions

• Pressure ulcers
• Vascular ulcers
• Diabetic ulcers
• Draining wounds
• Surgical wounds
• Fistulas and tube care
• Skin breakdown due to incontinence

Wound Care Services

• Assessment of wounds and risk factors
• Teaching preventative measures
• Teaching complex wound care procedures and how to manage them
• Coordination with hospital resources for pressure-release devices and rehabilitation
• Wound treatment product selection

Service Area

Montgomery, Prince George's, St. Mary's, Charles, and Calvert counties.
Physical Therapy

Adventist Home Health provides physical therapy services designed to treat a wide range of patient needs and improve functional independence at home. Our goals include:

- Increasing the patient’s and caregiver’s knowledge of proper therapeutic techniques
- Ensuring the patient’s and family’s compliance with the treatment program

Commonly Treated Conditions

- Stroke/neurological disorders
- Joint replacement
- Amputation
- Head injury
- Developmental delays
- Fractures of upper and lower extremities
- Spinal cord injury
- Arthritis
- Post-traumatic injuries

Physical Therapy Services

- Home safety assessment and instructions
- Assessment and treatment of neuromuscular disorders
- Assessment and treatment of pain
- Instruction in therapeutic exercises, gait training, transfers and functional mobility
- Chest physical therapy
- Wheelchair seating and positioning assessment
- Caregiver education
- Modalities for pain control and/or neuromuscular re-education: Heat/ice, ultrasound, TENS (Transcutaneous Electric Nerve Stimulation), neuromuscular stimulator
- Assessment of and treatment with the following types of equipment: Assistive ambulation device, cervical and lumbar traction, intermittent pressure pump, prosthetic and orthotic devices, ADL adaptive equipment
- Assessment and treatment of pediatric patients

Service Area

Montgomery, Prince George’s, St. Mary’s, Charles, and Calvert counties.
Occupational Therapy

Our Occupational Therapists help patients address a wide variety of conditions by applying a comprehensive array of therapeutic services. Our program goals include:

- Maximizing the patient’s functional independence within his or her home
- Increasing the patient’s and caregiver’s knowledge of proper therapeutic techniques
- Ensuring that the patient and family comply with the prescribed treatment program

Commonly Treated Conditions

- Stroke/neurological disorders
- Joint replacements
- Visual impairments
- Post-traumatic injuries
- Arthritis
- Amputation
- Head injury
- Spinal cord injury
- Fractures of upper and lower extremities
- Developmental delays

Occupational Therapy Services

- Instruction in activities related to daily living tasks
- Evaluation and training in adaptive equipment
- Home safety assessment and instruction
- Assessment and treatment of pediatric patients
- Cognitive and perceptual re-education for neurologically impaired clients
- Splint fabrication, fitting and training
- Instruction in energy conservation techniques
- Instruction in joint protection
- Wheelchair seating and positioning assessment
- Caregiver education
- Psychosocial assessment and treatment

Service Area

Montgomery, Prince George’s, St. Mary’s, Charles, and Calvert counties.
Speech and Language Pathology

Patients with communication and swallowing conditions can receive a variety of services that enhance their functional independence. Program goals include:

- Maximizing a patient’s functional independence in communicating and swallowing
- Increasing the patient’s and caregiver's knowledge of speech, language and swallowing disorders, and of appropriate treatment processes

Commonly Treated Conditions

- Stroke/neurological disorders
- Swallowing disorders
- Post-laryngectomy
- Post-traumatic injuries
- Voice disorders
- Head trauma
- Auditory comprehension disorders
- Pediatrics — developmental delays and feeding disorders

Speech and Language Services

- Diagnostic assessment
- Evaluation and treatment of:
  - Receptive and expressive language disorders
  - Speech-articulation
  - Cognitive-communication disorders
  - Oral-motor skills
  - Swallowing disorders
  - Voice disorders
- Treatment with augmentative and alternative communication devices, such as a language board, electrolarynx and more

Service Areas

Montgomery, Prince George’s, St. Mary’s, Charles and Calvert counties.
Maternal/Child Services

Adventist Home Health has been providing services to new mothers and newborns in our community for more than a decade. Our program is available to mothers prior to and following delivery and their hospital stay, and includes prompt telephone reports to the physician regarding complications.

*A toll-free hotline to a maternal/child nurse is available from 8 a.m. to 5 p.m., 365 days a year for physicians and patients who have questions. Call 1-800-610-2447.*

Maternal/Child Services
- Experienced maternal/child registered nurses for all home visits
- Home visits between 8 a.m. and 5 p.m., seven days a week

Maternal Assessment Services
- Temperature, pulse, respiration and blood pressure
- Fluid nutritional intake
- Fundal height and position
- Bowel and bladder function
- Condition of breasts, lochia, episiotomy, perineum, incisions from tubal ligation or C-section
- Emotional adjustment
- Post-partum teaching

Newborn Assessment Services
- Temperature, pulse, respiration, weight
- Muscle tone
- Condition of cord and skin
- Nutritional intake
- Bowel and bladder function
- Jaundice
- Newborn teaching (cord/circumcision care, feeding, bathing, infant safety and more)
- Activity and sleep patterns

Maternal/Child Specialty Services
- Skilled assessment and teaching for high-risk obstetric patients
- Breastfeeding assistance provided by certified lactation consultants
- Home phototherapy with fiberoptic technology
- Pediatric nursing by experienced pediatric registered nurses

Service Area
Calvert, Charles, Montgomery, Prince George’s, and St. Mary’s counties.
Lactation Support
Adventist Home Health has an established lactation support program for mothers who need further guidance and consultation to ensure a successful breastfeeding experience. Our program goals are to:

- Assist mothers who are experiencing difficulty breastfeeding
- Increase the patient’s and family’s knowledge of breastfeeding protocol
- Increase a mother’s feeling of competence regarding proper breastfeeding techniques

Commonly Treated Conditions
- Poor latch-on technique
- Sore nipples
- Nipple confusion
- Engorgement
- Poor infant weight gain

Lactation Services
- In-home consultation by certified lactation specialists
- Instruction related to pumping, storing and freezing breast milk
- Assistance with multiple gestation (birth) breastfeeding

Service Area
Montgomery and Prince George’s counties.

Phototherapy Services
Adventist Home Health provides phototherapy treatment and equipment under the supervision of experienced maternal/child registered nurses. Home treatment is less expensive than a hospital stay and is more conducive to family bonding during the first days of a baby’s life. Goals for the program are to:

- Assist physicians and hospitals in decreasing a jaundiced infant’s length of stay
- Decrease the incidence of hospitalization for jaundiced infants
- Help parents integrate a newborn into family life as soon as possible

Commonly Treated Conditions
Hyperbilirubinemia related to:
- Prematurity
- Physiologic jaundice
- Bruising from birth trauma
- Poor feeding
- Blood type incompatibility

Phototherapy Services
- Daily nursing visit
- Daily blood sample to check bilirubin level
- Daily physician contact with updates on lab results and the infant’s condition
- Parental instruction for:
  Feeding (including breastfeeding)
  Maintaining records of the infant’s intake and output
  Monitoring the infant’s axillary temperature
  Newborn care
  Use of portable home phototherapy equipment

Service Area
Montgomery and Prince George’s counties.
Pediatric Nursing Services

Pediatric Home Care

The smallest among us need special — and highly specialized — health care services. Adventist Home Health has been providing pediatric home care to families for more than 15 years. Each patient receives an individualized plan of care developed under the direction of a physician. Goals for our pediatric program include:

- Assisting hospitals and physicians in decreasing a pediatric patient’s length of stay
- Decreasing the incidence of hospitalization and the need for emergency care
- Ensuring that the patient and family comply with post-hospitalization instructions

Commonly Treated Conditions

- Prematurity, bronchopulmonary dysplasia (BPD), apnea, reflux
- Congenital syndromes
- Neurological disorders
- Developmental delays
- Cerebral palsy
- Asthma
- Wounds—surgical, burns
- Diabetes
- Drug-exposed infants
- Spina bifida
- Cardiac anomalies
- Cleft lip and palate
- Failure to thrive
- G-E reflux

Pediatric Services

- Total nursing assessment, including growth parameters, vital signs and physical assessment
- Physical, speech and occupational therapy
- Instruction regarding the patient’s medication regimen
- Assessment of the safe use of equipment: apnea monitor, nebulizer and oxygen
- Feeding—intake, tube feeding instruction
- Reinforcement of CPR instruction
- Instruction for families on appropriate care for an ill child

Service Area

Calvert, Charles, Montgomery, Prince George’s, and St. Mary’s counties.
Additional Support Services that Can Be Delivered to Your Door

Home Health Aides/Personal Care
Our home health aides provide a variety of personal care services for patients of all ages. They work under the direct supervision of a registered nurse, who performs a supervisory visit every 14 days. These visits ensure that the plan of care continues to address the patient’s needs.

Services include: Documenting and reporting the patient’s status and the care or services provided; measuring temperature, pulse, respiration and blood pressure; bathing, shaving and oral hygiene, dressing, changing bed linens; nail and skin care; administering medications that do not require the skills of a registered nurse. Light housekeeping, personal laundry and preparing simple, nutritious meals are also offered, as directed.

Medical Social Services
Qualified medical social workers or supervised social work assistants are available in accordance with the plan of care. After a patient has been identified as needing medical social services, the visiting staff will make the internal referral for those services.

Medical social services include: preparation of clinical and progress notes; working with the patient’s family; identifying and using community resources; participation in discharge planning.* Patients qualifying for medical social services include stroke, cancer, AIDS and Alzheimer’s patients; terminally ill patients; and those with a history of psychiatric or emotional problems.*

* Support Services outlined here represent only partial listings. For complete information on services, and which patients qualify for them, call 1-800-610-2447 or 301-592-4400.
Nutritional Services

Our nutritional screening and services help to identify patients who are at risk for poor nutritional health, and to identify patients whose overall nutritional health could be improved. Nutritional counseling is also provided. Our staff use a Nutritional Screening Tool Patient Classification System to assess a patient’s nutritional condition.

Patients qualifying for nutritional services include: diabetic patients; those with cancer or AIDS; patients with oral-motor problems that compromise the quality of food intake; those with feeding tubes used as a partial or sole source of nutritional support. *

Chaplaincy

Upon request, chaplaincy services can be provided to help a patient or family member cope with: diagnosis of serious or long-term illness; recent death of a loved one; personal or family crisis; questions about suffering/death. Bereavement counseling is also provided.

* Support Services outlined here represent only partial listings. For complete information on services, and which patients qualify for them, call 1-800-610-2447 or 301-592-4400.
Serving the people of
Montgomery County
Prince George's County
St. Mary's County
Charles County
Calvert County

To arrange a referral or for more information, please contact us:
Phone: 1-888-678-8969 or 301-592-4470
Fax: 301-592-4560
After Hours: 301-592-4470
TDD: 301-649-1385

A registered nurse is available to take your call 7 days a week, 365 days a year.

www.AdventistHomeHealth.com