



Best Practice: Disease Management

Home Health Aide Track



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Home Health Aide Track

This best practice intervention package track is designed to familiarize home health aides with disease management.

Objectives

After completing the activities included in the Home Health Aide Track of this **Best Practice Intervention Package–Disease Management**, the learner will be able to:

1. Identify the role of home health in disease management and reducing avoidable acute care hospitalizations
2. Describe the home health aide's role in a disease management program

Complete the following activities:

	Activity	Location	Estimated Time
<input type="checkbox"/>	Read Disease Management and Home Health	Page 69	5 minutes
<input type="checkbox"/>	Listen to podcast (audio recording) and use the discussion questions for group interaction	Page 70	25 minutes
<input type="checkbox"/>	Complete the Building Upon the Basics Crossword Puzzle	Page 71	20 minutes
<input type="checkbox"/>	Complete the home health aide post-test and give to your clinical manager	Page 73	10 minutes
	Total time for completion		60 minutes



Disease Management and Home Health

Definition:

Disease Management is a system of coordinated health care interventions and communications for populations with conditions in which patient self-care efforts are significant (DMAA, 2007).

BUILDING UPON THE BASICS

How do home health aides support disease management in home health?
Build upon the basics!

Intervention:

Disease Management:

Hospitalization Risk Assessment



Be alert for risks for hospitalization

Emergency Care Planning



Reinforce when to call the agency

Medication Management



Remind patients to take medications

Telehealth



Assist patients with equipment if needed

Immunizations



Protect your patients; Get your flu shot!

Communication



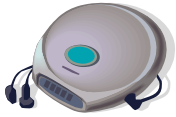
Report significant patient symptoms in a timely manner to clinicians

Patient Self-Management



Support patient with activities to assist them in being more independent, when appropriate

Home health provides only a small piece of chronic illness management. The medical social worker plays a key role in extending ongoing disease management beyond discharge from home care services. Link patients and caregivers with community resources and disease specific support groups.



Disease Management Multi-Media Activities

Podcast*

Disease Management Podcast Instructions:

Title	Description	Link
Disease Management for Home Health Aides	A 15- minute podcast related to the role of home health aides in disease management and emergency care planning	http://www.homehealthquality.org/hh/hha/interventionpackages/dm.aspx

There are several ways to listen to the podcast:

- Visit the link above and listen directly through the Web site
- Download the podcast by right clicking on the audio file and selecting “Save Target As ...” This will save the file to your hard drive. Once you have saved the file, you can listen to it on your computer or can save the audio file to a CD or MP3 player.

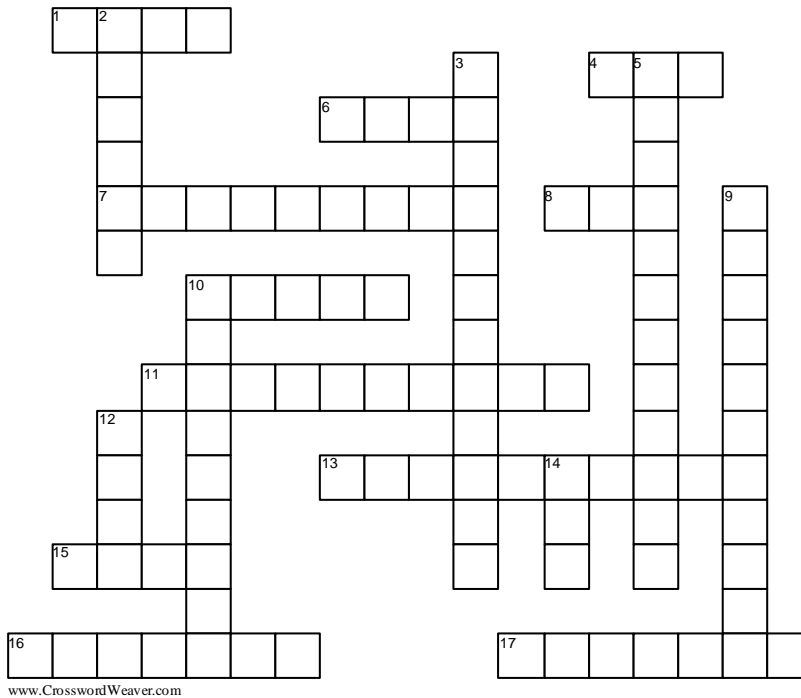
*A podcast is a digital media file, for use on a home computer or personal digital recording device for convenience.

Discussion Topics

1. Does your agency have a Disease Management Program?
2. Is the patient’s diagnosis listed on the home health aide care plan?
3. Do you know which signs/symptoms your patients should be monitoring?
4. How does the patient’s Emergency Care Plan help with disease management?
5. Does the entire patient team participate in regular case conferences?
6. What can you recommend to your agency that would improve your patients’ disease management success? (Remember SBAR!!)

BUILDING UPON THE BASICS

Reducing Avoidable Hospitalizations



ACROSS

- 1 Can lead to a hip fracture and hospitalization
- 4 Quality Improvement Organization
- 6 Situation, background, assessment, recommendation
- 7 A hospitalization risk factor associated with dementia
- 8 You should receive a vaccine for this yearly
- 10 A 'low tech' telehealth tool that rings!
- 11 Determining urgency of situation when a patient calls the agency with a health issue
- 13 Not taking this may lead to a hospitalization
- 15 An emergency care ____ helps the patient decide who and when to call with a problem
- 16 Audio recording
- 17 Self-management _____ includes things you do to help a patient achieve his personal goal

DOWN

- 2 Who the patient or caregiver should typically call first with a non life-threatening health problem
- 3 Providing more visits in first two weeks
- 5 Another word for vaccine
- 9 Sends vital signs electronically to agency
- 10 Most patients over 65 should receive a vaccine for this
- 12 Center of a patient 'action plan'- (A field _____ in football)
- 14 Acute Care Hospitalization

BUILDING UPON THE BASICS

Solution





Home Health Aide Post-Test Disease Management



Clinician _____ Date _____

Directions: Choose the ONE BEST response to the following questions. Circle your answer that identifies the ONE BEST response.

1. Disease management is a system of coordinated health care interventions and communications for populations with conditions in which patient self-care efforts are significant.
 - A. True
 - B. False

Your answer:

2. The home health aide can promote disease management by supporting the following interventions:
 - A. Hospitalization risk assessment
 - B. Emergency care planning
 - C. Medication management
 - D. Telehealth
 - E. Immunizations
 - F. Communication
 - G. Patient self-management
 - H. All of the above

Your answer:

3. The following home health aide activities can support disease management:
 - A. Remain alert in identifying patient risk for hospitalization
 - B. Reinforce when to call the agency with the patient
 - C. Remind patients to take medications according to plan
 - D. Report significant patient symptoms in a timely fashion to appropriate clinician
 - E. Support patient with activities that promote independence, when appropriate
 - F. All of the above

Your answer:

4. Patient self-management activities could include the following:
 - A. Checking weight daily
 - B. Checking blood sugar levels as ordered
 - C. Taking medications correctly
 - D. Following prescribed diet and exercise program
 - E. All of the above

Your answer:



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5. Heart failure patients need to manage their weight effectively to prevent exacerbations. Home health aides could do any of the following to assist with improving patient self-management of daily weights, **except**:
- A. Reinforcing the patient emergency care plan by consistently reminding patient/caregiver of the specific number of pounds/day that requires reporting and to whom
 - B. Reminding the patient to check and record weight everyday
 - C. Assisting patient with weighing themselves, if needed
 - D. None of the above, this is a nursing responsibility

Your answer:

Answers to the post-test are located in the Leadership Section page 24.