



Cleveland Clinic never has to leave your side

Cleveland Clinic Heart Care at Home offers peace of mind to you and your family. This program helps our cardiac patients transition smoothly from hospital, to skilled nursing facility, then home.

It allows patients to be closely monitored, after they leave the hospital, by Cleveland Clinic experts who specialize in post-discharge recovery. It provides you and your family the assurance that you're in good hands – even after you leave an affiliated Cleveland Clinic facility.

This program, developed by Cleveland Clinic at Home and Cleveland Clinic Heart and Vascular Institute, generally extends 40 days after enrollment.



11-NEU-056



Heart Care at Home

Post-Hospital Monitoring for Your Cardiovascular Recovery at a Skilled Nursing Facility, then at Your Home





THE PATIENTS WE SERVE

Cleveland Clinic Heart Care at Home typically serves patients:

- who are at least 65 years of age
- who have a primary vascular diagnosis such as congestive heart failure, acute myocardial infarction or coronary artery disease
- who will be discharged to an affiliated skilled nursing facility, then continue recovery at home

YOUR HEART CARE AT HOME TEAM

Your Heart Care at Home team includes cardiac physicians, nurse practitioners, registered nurses specializing in cardiac care, your primary care physician, your family – and you.

The Heart Care at Home program enables you and your family to be active participants in your care. Patients benefit from education regarding lifestyle changes, self care, medication, proper nutrition and disease management.

HEART CARE AT HOME CARE SETTINGS

The Heart Care at Home program will transition patients from the hospital, to a skilled nursing facility, then home. We are there with you every step of the way to help ensure your successful recovery.

Hospital During your hospitalization, a Heart Care at Home team member will meet with you to provide education on the program and discuss any program-related questions. Our Heart Care at Home nurse practitioners will provide education on early identification of symptoms that could put patients at risk for re-admission to the hospital.

Skilled Nursing Facility Our nurse practitioners will follow up with you within 24-48 hours after arrival at an affiliated skilled nursing facility. They will help ensure continuity of care and will coordinate effective communication that includes you and your family, the staff at the skilled nursing facility, your primary care physician and the Heart Care at Home team. Your nurse practitioner will also help set up post-acute follow-up care.

Home After you are discharged from the skilled nursing facility, you may be enrolled in the Heart Care at Home telemonitoring program. In your home, every day, our telemonitoring devices will collect health measures such as blood pressure, heart rate, blood oxygen level, weight and other vital information.

SERVICES PROVIDED AT HOME

The information from our telemonitoring devices is transmitted through your home phone line to our care center. This center, staffed seven days a week by Cleveland Clinic at Home nurses, will regularly monitor your progress and follow up with you and your family or caregivers to answer your questions, provide support and help manage your disease. Heart Care at Home provides oversight by cardiology and geriatric medicine physicians and, if needed, traditional home health services. Physician and nurse practitioner home visits are provided to high-risk patients.

BENEFITS TO THE HEART CARE AT HOME PROGRAM

Heart Care at Home aims to reduce the risk of re-admission to the hospital. Studies show that patients monitored through a program like Heart Care at Home experience fewer re-hospitalizations and better outcomes. Heart Care at Home allows us to monitor your daily progress while you are in an affiliated skilled nursing facility, then continue monitoring progress where you are most comfortable: at home.

The program provides a seamless transition from your hospital discharge, through your stay at a skilled nursing facility, and then to your home. Heart Care at Home enables cardiac patients to be closely monitored by the same team throughout the discharge process. The Heart Care at Home team facilitates effective communication that includes you, your family and your primary care physician to help ensure patient satisfaction, a successful recovery and an improved quality of life.

How can I find out more?

First, speak with your Cleveland Clinic physician to determine if you can benefit from Heart Care at Home. You can also contact Cleveland Clinic at Home, 24 hours a day, seven days a week, at **216.444.HOME (4663)** or **800.263.0403** (toll-free), or visit us online at

www.clevelandclinic.org/homecare