

Home Health Care for CHF

(Congestive Heart Failure)

Congestive Heart Failure is the leading cause of hospitalizations for people 65 years of age and older. It occurs when the heart muscle is unable to pump blood effectively resulting in fluid buildup or back up in other parts of body such as lungs and legs. *Symptoms include:*

- Swelling in ankles, feet and legs
- Shortness of breath
- Cough with white or pink tinged mucus
- Sudden unexplained weight gain
- Fatigue, weakness, lack of appetite

Our Home Health team will develop a customized rehabilitation plan that may include:

- Skilled Nurses
- Physical Therapists
- Occupational Therapists
- Social Workers
- Home Health Aides

Our skilled nursing staff will educate you on healthy food choices, recognizing early symptoms, and medication management.

The Physical Therapist will strengthen your muscles to avoid falls and improve endurance.

The Occupational Therapist will develop a plan that will help organize your daily activities, redesign tasks and rearrange the layout of your home to maintain maximum independence in your home.

We will teach you how to identify early signs and symptoms of the disease worsening so you can get appropriate intervention to avoid hospitalizations.

Our software helps to identify those who are at higher risk for hospitalization and allows us to implement our *High Risk for Rehospitalization* protocol. This includes more frequent home visits as well as “check in” calls to ensure you’re managing well at home. ***Let us help keep you out of the hospital!***

**MENORAH PARK
HOME HEALTH SERVICES**

Akron 330-867-2143

Beachwood 216-595-7333

Canton 330-437-2910



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