



LUNG CONDITION

FACT: Pneumonia is the second most common reason for hospitalization in patients 65 or older, and there is a nearly 20% chance of readmittance for pneumonia patients once discharged.

STROKE

FACT: People who have experienced strokes have more than a 30% chance of being readmitted to the hospital following discharge.

HEART FAILURE

FACT: Patients who have experienced heart failure have a 20% chance of readmission to the hospital.

HIP REPLACEMENT

FACT: Hospital readmissions following hip replacement surgery have dropped to new lows since 2013, when they fell to 3% for Medicare patients.

KNEE REPLACEMENT

FACT: There has been a positive trend in reduced rates of readmission to the hospital following discharge for Medicare patients. Rates dropped to 3% in 2013. Unfortunately, this trend is not being seen in younger patients.

STROKE

CAUSES OF READMITTANCE FOR STROKES:

- 1 Not taking medication properly
- 2 Not following rehabilitation plan, including physical therapy exercises
- 3 Not monitoring the condition for worsening symptoms and not taking action when they arise
- 4 Not adhering to medically advised nutrition plans
- 5 Older males with comorbid conditions are more likely to be readmitted

HOW TO PREVENT READMISSION:

Nurses and aides from Premier Home Health Services, Inc. are specially trained in intervention and coping methods for patients who have suffered from a stroke, and they understand brain function and the cognitive, physical and behavioral changes that result from strokes. They can help to ensure that nutrition plans, prescribed physical therapy regimens, and medication schedules are followed in order to prevent readmission to the hospital.



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HEART FAILURE

CAUSES OF READMITTANCE FOR HEART FAILURE:

- 1 Not adhering to medication schedules
- 2 Not seeing the doctor for follow-up appointments
- 3 Not monitoring the condition for worsening symptoms and not taking action when they arise
- 4 Not adhering to cardiovascular workout routines prescribed by the doctor
- 5 Continuing to engage in high-risk behaviors, such as smoking or eating foods high in sodium

HOW TO PREVENT READMISSION:

Premier trains its staff to fully understand congestive heart failure, including its causes, symptoms, how it's diagnosed and treated, along with prevention tactics, such as diet, exercise, and keeping blood pressure and cholesterol under control. Having help from an outside source like Premier is critical to ensuring that diets are followed, patients are not overexerting themselves, and that symptoms are monitored closely. Premier staff will also make sure that patients attend their scheduled doctor's appointments, because without this level of care and monitoring, the probability for readmission will drastically increase.



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LUNG CONDITION

CAUSES OF READMITTANCE FOR LUNG CONDITION:

- 1 Not adhering to medication schedules
- 2 Not sustaining proper nutrition as a result of exhaustion or appetite loss
- 3 Not monitoring the condition for worsening symptoms and not taking action when they arise
- 4 Continuing to engage in high-risk behaviors, such as smoking

HOW TO PREVENT READMISSION:

The Premier team is trained to identify signs and symptoms of lung diseases, such as emphysema, bronchitis and pneumonia, in order to prevent any complications and fully understand the scope of treatment that's required. Premier aides can ensure that medication and diet regimens are followed. Premier provides health education related to disease management.



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HIP REPLACEMENT

CAUSES OF READMITTANCE FOR HIP REPLACEMENT:

- 1 Infection
- 2 Blood clots
- 3 Not monitoring the condition for worsening symptoms and not taking action when they arise
- 4 Procedure complications
- 5 Ineffective pain management
- 6 Falls

HOW TO PREVENT READMISSION:

Premier offers one-on-one home occupational therapy for those requiring treatment to develop, recover or maintain their ability to participate in the activities of everyday life, such as eating, bathing and dressing. Premier also offers in-home physical therapy sessions for homebound patients in order to improve his/her gait or mobility as prescribed by the doctor. It is important that pain management and home exercise plans are followed closely and monitored by the doctor to help prevent readmission to the hospital. Premier will conduct an extensive home fall risk assessment to determine if adaptive and assistive equipment is needed to prevent future falls as well as provide overall safety recommendations about furniture, layout, rug locations, etc. *(NOTE: Therapies offered at our NYC locations only.)*



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KNEE REPLACEMENT

CAUSES OF READMITTANCE FOR KNEE REPLACEMENT:

- 1 Infection
- 2 Blood clots
- 3 Not monitoring the condition for worsening symptoms and not taking action when they arise
- 4 Procedure complications
- 5 Ineffective pain management
- 6 Falls

HOW TO PREVENT READMISSION:

As discussed, Premier offers occupational therapy and in-home physical therapy, which is often required after a major joint replacement surgery. It is very important to prevent infection, adhere to prescribed exercise plans and pain management to ensure that rehospitalization is not required. Premier will conduct an extensive home fall risk assessment to determine if adaptive and assistive equipment is needed to prevent future falls as well as provide overall safety recommendations about furniture, layout, rug locations, etc. *(NOTE: Therapies offered at our NYC locations only.)*



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PREMIER HOME HEALTH CARE SERVICES, INC.
WHATEVER YOUR CONDITION MIGHT BE, WE CAN HELP!

