

# An Acute Hospital at Home Episode That Led to Paced, Steady and Strong Moves from Metabolic Disease / Immobility Toward Vitality



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## INTRODUCTION

Receiving hospital level care at home is a creative care model currently gaining recognition in the US. It enables patients to recover from certain conditions in the comfort of their own home and provides for safe, efficient, and cost-effective healing.

Our study interprets an acute phase treated at home that positively improved a patient's health and inspired her to re-evaluate and affect change with her habits of daily living. These changes set her on a course to gain freedom and joy in her life.

## OBJECTIVES

The objectives of this study are:

1. To assess and evaluate methods to correct the root cause of the acute condition
2. To assess and evaluate the time and attention this may take
3. To recognize and assess the family / environmental influences that provide headwinds and/or tailwinds for change

## METHODS

We seek to recognize and assess the effectiveness of simple, straightforward and sound methods and interventions to inspire, motivate and guide a patient to lose weight in order to ambulate independently and regain health and independence after having an acute hospital at home episode.

- ✦ Care coordinators are available 24/7/365 and spend time with the patient daily to empower, support, encourage, guide and bear witness to changes in activities of daily living.
- ✦ Collaboration ensures that the patient's goals are specific, measurable, achievable, realistic, and timely.
- ✦ Tracking the time spent with the patient and length of care episode is used to evaluate the level of support which may affect lasting change.

Treatment at home began with an in-person visit from Sena's Attending Physician, an in-home nurse, and delivery of a monitoring kit containing instruments to measure and track vital signs.

1

Coordinating care rooted in

love  
empathy  
wisdom  
knowledge  
integrity  
responsible action

An IV was placed and secured with IV Lasix given twice daily for three days. Vital signs were recorded automatically and monitored by the 24/7/365 Care Concierge Team.

2

The patient was provided with compression stockings and instructed about their use. Her lower extremity wound was treated twice a day until it became dry. The patient also started oral medication for her hypothyroidism.

3

Several exercises to improve range of motion and decrease her lower leg lymphedema were introduced to the patient along with incentive spirometry and performed with her via video twice per day. The Care Concierges called the patient and her family twice a day to provide support, monitor her progress and exercises, and coordinate her in-home services.

4

The Care Concierges continued and extended the range of motion exercises, and coordinated the delivery of a rollator to assist with ambulation. We presented summary reports to her attending physician. We continued to work with the patient daily (sometimes more), update her family, and coordinate the needed services.

5

## DISCUSSION

For this patient outcomes have been strong, steady, and positive. The acute onset of illness was a motivator to change her lifestyle which has led to significant disease. We have noticed, supported and encouraged her to embrace this motivation. The patient subsequently began the post-acute phase of care on day four. The patient participated in nutritional and wellness education for weight loss and lifestyle changes. She has welcomed, accepted, and followed guidance and is inspired by the results. This propels her to keep moving forward toward gaining vitality. It also motivates our care coordinators. We realize that knowledge, warmth, compassion, attention to details, empathy, and active listening skills have enabled the Care Coordinators to gain her trust and confidence, and be genuinely present with her during her journey.

It is joyful to see someone ambulating independently and able to wear shoes for the first time in years!

## RESULTS

Baseline SpO2 of 83%-85% improved to 93%-96%

The patient lost 25 pounds

The patient is ambulating more (sometimes without the rollator)

Swelling and pain decreased

Patient reports feeling happier and healthier

## CONCLUSION

In essence, we have witnessed the success of attending to details, (food preferences, eating times, nutritional and exercise education, etc.) and have taken the time to do it in order to have the patient implement meaningful and appropriate dietary and exercise changes.

We have learned:

- ✦ The time spent daily and over the course is crucial for success, and the course requires more than 30 days
- ✦ Simple interventions have an abundant and profound effect, can solve a complex issue, and provide ease for the adoption and assimilation of change
- ✦ The importance to recognize and foster positive family support for implementing and achieving lasting change, and the ability to offer education to family members directly and through the ripple effect