

## New Chronic Care Program Launched

Every day, millions of people with chronic conditions struggle to manage their symptoms. In the US alone, chronic disease effects one out of every two adults with about one-half reporting that it limits their activities and often forces them to give up their independence. It is responsible for 81% of US hospital admissions, 91% of prescriptions filled and 76% of all physician office visits. The good news is that there is something we can do about it. Individuals with chronic disease can remain healthy if they learn to self-manage their disease and to work closely with healthcare providers, family, friends and the community.

For several years Community VNA, with a grant through the Somerset County Office on Aging and Disabilities Services, provided a Chronic Disease Care Management program to the residents of Somerset County who had a diagnosis of Congestive Heart Failure, Diabetes or Chronic Obstructive Pulmonary Disease (COPD). Outcomes for this program showed reductions in shortness of breath and hospitalizations as well as positive weight management and glucose stabilization. Unfortunately, funding for this program ended in December of 2015. Recognizing the positive impact this program had on participants, Community VNA's Board of Trustees made the decision to develop and continue to provide a chronic disease care management program for our individuals residing in Somerset or Middlesex Counties. Our Chronic Disease Management nurse will visit individuals with a primary diagnosis of Congestive Heart Failure, Diabetes or COPD prior to their discharge from the agency and then continue to see them monthly for two additional months to be able to monitor how they are managing, teach them self-management skills, connect them to

needed resources and answer any questions that may arise.

The goal of any chronic disease management program is to help individuals and their families acquire skills and confidence in managing their chronic illness. As such we will be providing the needed support, as well as information, to help them become effective managers of their health.



Chronic Disease Care Management

### The tenets of the program will include:

- Provision of basic information about individual chronic diseases
- Emphasis on the patient's central role in managing his or her health
- Utilization of self-management support strategies that include assessment, goal setting, problem solving and follow-up
- Organization of internal and community resources to provide ongoing self-management support to patients

We are proud to be able to provide this program to our patients free of charge to assist them in taking charge of their health, reducing hospitalizations and emergency room visits and helping them to improve their quality of life. The program was implemented on March 14, 2016.



# Community Visiting Nurse Association Excels in CHAP Accreditation Survey

Community Visiting Nurse Association and affiliates Community Visiting Nurse Service, Community Home Care and Community Care Hospice are very proud to announce that the agency received full accreditation with no corrective actions or deficiencies during a recent accreditation survey by the Community Health Accreditation Program (CHAP). CHAP is an independent, non-profit accrediting body for community-based health care organizations. It began in 2001 with the purpose of using the accreditation process to elevate the quality of all community-based health care in the United States.

The CHAP accreditation process utilizes the “CHAP Standards of Excellence,” which focuses on quality, client outcomes, management, adequate resources and an agency’s long-term viability. The CHAP accreditation seal of approval assures you, the consumer, that the agency you have selected to provide your home care needs or the needs of your loved one has met or exceeded the highest standards of quality of care. The survey process assures that the agency is delivering high quality services and products, utilizes

evidence-based practices and compliance with all federal, local and regulatory requirements. The assurance that the health and safety of all employees and clients is consistently provided brings much peace of mind in knowing that the agency you selected was a good and wise choice.

CHAP surveyors visited our Someville office the week of January 19, 2016. Based on the comprehensive review of documents, interviews, general observations, home visits and survey findings, Community Visiting Nurse Association was awarded full CHAP accreditation. We are pleased and honored to be able to service our patient population in compliance with the Conditions of Participation for Medicare and Medicaid Services. Having been CHAP-accredited since 2007, CVNA intends to continue to affirm the community’s public trust and promote measures to optimize patient satisfaction and promote quality improvement initiatives in a cost-efficient and effective manner.



## Measuring the Success of our Quality

Based on January 2016 Medicare Home Care Compare quality outcomes, which rates the quality of care provided by home health agencies.

Quality Measures	CVNA Scores
Home Health Compare Star Rating - CVNA 4 STARS	National Average CVNA 3.0 Stars
Percentage of patients who got better at walking or moving around.	11% ABOVE
Percentage of patients who got better getting in and out of bed.	14% ABOVE
Percentage of patients who got better at bathing.	10% ABOVE
Percentage of patients who had less pain when moving around.	10% ABOVE
Percentage of patients whose breathing improved.	8% ABOVE
Percentage of patients whose wounds improved after an operation.	8% ABOVE
Percentage of patients who received care in a timely manner.	3% ABOVE
How often the home health agency taught patients about their medications.	3% ABOVE
Percentage of patients who got better at taking their drugs correctly by mouth.	9% ABOVE
How often patients receiving home health care needed any urgent/emergent care.	2% BETTER THAN
<b>Patient satisfaction measures:</b>	
Care of the Patients	1% BETTER THAN
Would patients recommend the home health agency to friends and family.	4% BETTER THAN

\*Based on January 2016 Medicare Home Care Compare Results



# A Caregiver's Guide to a Healthier Spring

## Seniors and Spring Cleaning: 4 Steps in getting it done

**1. Make a Checklist:** Write down everything you and your loved one would like to get done. Be sure to include tasks to reduce senior safety hazards, looking for any repairs/replacement items that are necessary. Assessing your surroundings and your health needs will assist you in making your list. Some suggestions for your list can include:

- Clean out the medicine cabinet and dispose of expired medications or those no longer prescribed. For disposal information, you can call 1-800-242-5846 or visit the website, [NJConsumerAffairs.gov/meddrop](http://NJConsumerAffairs.gov/meddrop).
- Replace batteries in smoke detectors and carbon monoxide detectors (it is great to do this when we change our clocks to daylight savings time)
- Remove clutter from walkways/hallways
- Replace light bulbs if necessary and ensure rooms and hallways are adequately lit

**2. Schedule:** It's been a long winter and the weather has not made it easy to get out to see your favorite doctors. Include scheduling appointments to see your primary doctor, eye doctor, dentist, podiatrist, and cardiologist in your spring lineup of activities.

**3. Reorganize/De-Clutter:** Organization is essential. Having things within arms reach cuts down the risk of injury and falls. Assess how things are arranged. Sort out paperwork and documents. Having important things that are used on a daily basis close at hand makes tasks much easier.

**4. Recruit extra help from friends and family:** Make spring cleaning a fun-filled social event. Getting together with other people and engaging in conversation and social productivity is an important activity, both mentally and emotionally.



## Zesty Sauteed Spinach

Submitted by: Susan Colavito,  
Registered Dietician Community VNA



Serves 4

### Ingredients

- 1 cup shredded cooked chicken breast
- 1 pound fresh spinach, washed
- 2 tablespoons extra virgin olive oil
- 1 teaspoon minced garlic
- A pinch of crushed red pepper

### Preparation

1. In a large skillet, over medium heat, add olive oil and garlic.
2. Add spinach immediately and sauté, folding the cooked spinach from the bottom up to keep things cooking evenly.
3. When all of the spinach is wilted and the stems are tender, it is done.
4. Remove spinach to serving plate and evenly distribute shredded chicken over spinach.
4. Sprinkle crushed pepper on spinach right before serving.

### Nutritional Information per Serving

- 162.5 Calories
- 9.5 g Fat
- 30 mg Cholesterol
- 50 mg Sodium
- 5 g Carbohydrate
- 1.4 g Fiber
- 16 g Protein





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**AT HOME WITH  
COMMUNITY VNA**

## Hospice News ~ Winter 2015/2016

Community Care Hospice's Light up a Life fundraiser took place in the Fall of 2015 and culminated with a tree-lighting ceremony on December 8 at the agency office in Somerville. Hospice families and friends joined the Agency's staff in honoring loved ones through prayer, poetry and song. Participants met indoors for refreshments following the tree-lighting. Donations received help to defray the costs of hospice care for those who may not have adequate insurance, or whose needs may be extreme, enabling the Hospice to provide care and support throughout the community. We thank you for all of your support!

### Journey Toward a New Day

Our adult Bereavement Support Group, Journey Toward a New Day, is taking place starting this Spring, March 10 through April 14. The group is facilitated by Melissa von der Heide, MFT, Bereavement/Volunteer Coordinator, and Reverend Susan Gunther, Hospice Chaplain. The group meets weekly for six weeks. During this time, participants are encouraged to discuss

their losses in a supportive atmosphere. For information about our upcoming support programs and additional support groups in the area, as well as other support resources, please contact Melissa at 908-725-9355, ext. 2230.

### Hospice Volunteer

Volunteers are an integral part of hospice care. They provide a gentle, comforting presence for our hospice patients and their families. Volunteers provide support and respite for caregivers by offering a helping hand in the home. They may also assist with practical matters such as running errands and assisting with household needs. Most importantly, volunteers provide a shoulder to lean on and the assurance that someone cares. A Hospice Volunteer training program will be taking place this spring at Community Care Hospice at 110 West End Avenue in Somerville. This 6-week training program will begin April 21. If you are interested in becoming a Hospice Volunteer, please contact Melissa von der Heide at 908-725-9355, ext. 2230.

If you wish to make a donation and recognize a loved one, please contact  
Community Care Hospice at (908) 725-9355 or visit us online at  
[www.comunitvna.org](http://www.comunitvna.org)

