

Hope Home Health

Hope Home Health delivers care for patients recovering from an illness, injury or surgery, or to those living with a chronic illness. Our goal is to help patients recover and restore their health. In many cases we can help patients avoid repeated hospitalizations.

Hope's team members have specialty training to deliver exceptional care to your patients for a wide variety of concerns, including:

- Recovery from an illness, injury or surgery
- Wound care needs
- Managing chronic or serious illnesses like heart failure, diabetes, cancer and respiratory diseases
- Providing patient and caregiver education

Because Hope offers a broad range of services, patients can easily transition from home health to other levels of care as their conditions or needs change.

Why Hope Home Health?

- Full range of services
- Medicare-certified
- Accredited by The Joint Commission
- Part of Hope Hospice
- Non-profit, community-led

Call (925) 829-8770 or visit HopeHospice.com for more information.

Skin Care: *Recognizing Changes*

Pressure sores (also called decubiti, or bedsores) are blisters or breaks in the skin. They are caused when the body's weight presses blood out of a certain area. How much time they take to heal depends on how advanced



they are. The best treatment of pressure sores is prevention.

- The most common areas for sores are the bony areas — tail bone, hips, heels, and elbows.
- Sores can appear when the skin keeps rubbing on a sheet.
- The skin breakdown starts from the inside, works up to the surface, and can happen in as little as 15 minutes.
- Damage can range from a change in color in unbroken skin to deep wounds down to the muscle or bone.
- For people with light skin, in the first stage of a bedsore, the skin color may change to dark purple or red and does not turn pale under fingertip pressure. For people with dark skin, this area may become darker than normal.

- Pressure sores that are not treated can lead to hospitalization and can require skin grafts.

Preventing Pressure Sores

This is one case where an ounce of prevention really is worth a pound of cure, especially if the cure is a skin graft.

- Check the skin daily. (Bath time is ideal.)
- Provide a well-balanced diet, with enough vitamin C, zinc, and protein.
- Keep skin dry and clean (urine left on the skin can cause sores and infection). Use an ointment to protect the skin.
- Keep clothing loose.
- Turn a person who cannot get out of bed at least every 2 hours. Change the person's positions. Smooth wrinkles out of sheets.



(continued from page 1)

- Lightly tape foam to bony sections of the body using paper tape, which will not hurt the skin when peeled off.
- Use flannel or all-cotton sheets to absorb moisture.
- Avoid using a plastic sheet or a Chux if they cause sweating.



- When the person is sitting, encourage changing the body position every 15 minutes.
- Use foam, gel or air pads on chair seats to cushion the buttocks.
- Change the type of chair the person sits in; try an open-back garden chair occasionally.

- Provide exercise as much as possible.

Treatment Guidelines

If you see pressure sores in your daily checking of the skin, alert the healthcare team.

- To reduce the chance of infection, wear disposable gloves when providing care.
- Use pillows or a foam pad with at least 1 inch of padding to support the body.
- Never position the person on his or her bony parts.
- Do not let the person lie on pressure sores.
- Follow the doctor or nurse's treatment plan in applying medication to sores and bandaging the areas to protect them while they heal.

It is estimated that 1 to 3 million people in the U.S. develop pressure sores each year.

Source: The National Pressure Ulcer Advisory Panel

Safety Tips: Edema

Edema is swelling or puffiness of parts of the body. It is caused by water that is trapped in body tissues. Edema usually happens in the feet, ankles, and legs. It also can affect the face and hands.

Many things can cause edema. Sometimes

gravity pulls water down into the legs and feet. Sitting in one place for too long can cause edema of the legs. Eating food with too much salt, which causes the body to retain water, can make the problem worse.



Congestive heart failure and liver, kidney and thyroid diseases can cause edema.

Edema cannot be "cured." The only way to treat it is to treat the condition that is causing it. To keep the swelling down:

- Put a pillow under the legs when lying down.
- Wear support stockings.
- Do not sit or stand for too long without moving.
- Follow the doctor's orders about limiting the amount of salt eaten.

Source: NYT; Get Up, Stand Up



Shingles is a viral infection that causes a painful rash. Although shingles can occur anywhere on your body, it most often appears as a single stripe of blisters that wraps around either the left or the right side of your torso.

Shingles is caused by the varicella-zoster virus, the same virus that causes chickenpox. After you've had chickenpox, the virus lies inactive in nerve tissue near your spinal cord and brain. Years later, the virus may reactivate as shingles. While it isn't a life-threatening condition, shingles can be very painful. Vaccines can help reduce the risk of shingles, while early treatment can help shorten a shingles infection and lessen the chance of complications.

Source: MayoClinic.org

Quick Quiz

Pressure sores or bed sores happen when a person lies or sits in one position too long. People might get them from bed rest or sitting in a wheelchair. Read the issue and answer True or False to the questions below.

1. The skin breakdown starts from the inside, works up to the surface, and can happen in as little as 15 minutes.
☐ T ☐ F
2. Pressure sores that are not treated can lead to hospitalization and can require skin grafts.
☐ T ☐ F
3. Urine left on the skin cannot cause sores and infection.
☐ T ☐ F
4. To reduce the chance of infection, wear disposable gloves when providing care.
☐ T ☐ F
5. Never position the person on his or her bony parts.
☐ T ☐ F
6. When the person in your care is sitting, encourage changing the body position every 15 minutes.
☐ T ☐ F
7. Shingles is a viral infection but does not cause a painful rash.
☐ T ☐ F
8. Congestive heart failure and liver, kidney and thyroid diseases can cause edema.
☐ T ☐ F
9. People with Alzheimer's may get upset when somebody touches them.
☐ T ☐ F
10. If you see pressure sores in your daily checking of the skin, wait and see if it gets worse before alerting the health care team.
☐ T ☐ F

Name _____

Signature _____ Date _____

KEY: 1. T; 2. T; 3. F; 4. T; 5. T; 6. T; 7. F; 8. T; 9. T; 10. F

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Patient Care Team Managers

Jatinder Pal Singh Marwaha, MD, FACP, HMDC
Medical Director, Hospice

Yusef Ruhullah, MD
Medical Director, Home Health
Associate Medical Director,
Hospice

Epi DeLeon, MD
Associate Medical Director

Kuljeet Multani, MD, HMDC
Associate Medical Director

Raul Perez, RN, BSN, PHN
Chief of Patient Care

Angelica Mae Cruz, RN, BSN
Director of Patient Care Services

Kari Rayford, LVN, CHPLN
Director of Outreach

Theresa Marcelo, LVN
Community Liaison

Michelle Russell
Community Liaison

Dara Burke, RN
Community Outreach

Meet your new team member



Angelica Mae Cruz, BSN, RN
Director of Patient Care Services

Angie has joined the Hope family as our new director of Patient Care Services. She oversees our clinical team and provides guidance to the interdisciplinary team.

"I am grateful for the opportunity to be part of such a great team. I look forward to partnering closely with everybody to deliver the best care that our patients and their families deserve to have."

With more than 10 years in healthcare, Angie has a vast experience as a Hospice Manager as well as Quality Management experience. She was an ICU nurse and has worked in a nursing and rehabilitation center prior to entering the hospice realm. She most recently worked as a hospice quality manager, manager of clinical practice and RN case manager.

Memory Care Tip

People with Alzheimer's may get upset when somebody touches them. You may be trying to do something to help him, such as checking for a pressure sore, but he doesn't understand what's going on. He may be feeling uncomfortable, powerless, frightened, tired, in pain, or confused.

Need an In-Service for your staff?

Hope Hospice staff members are available to provide in-service programs to your staff. Call us at (925) 829-8770 to schedule an in-service program.

- Dementia
- Pain in the Elderly
- Introduction to Hope Hospice
- Skin Care of the Elderly
- The Respiratory System
- Body Mechanics
- Senior Nutrition
- MRSA/C-Diff
- Medication Administration
- Falls/Safety
- Agitation/Terminal Restlessness



Hope Hospice Inc.
6377 Clark Avenue,
Suite 100
Dublin, CA 94568-3024

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Dublin, CA 94568-3024
(925) 829-8770
HopeHospice.com



Hope Hospice is a community-led, non-profit organization, providing quality end-of-life care to patients and families in the Tri-Valley and surrounding areas.



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Bob Boehm Chief Executive Officer
Patty Hefner Editor