

# VITAL NEWS



We are very pleased to announce the addition of Crystal M. Wadsworth, RN as our new Director of Nursing. Her previous experience for several years as an Admissions Nurse / Case Manager with a large home health agency make her an ideal candidate to assure effective start of care for our patients and to provide qualified supervision of our nursing staff. As a resident of the Alle-Kiski Valley, she is anxious to accept admissions to our agency and provide timely care as needed.



Contact her at 724-337-0420 if you would like to discuss patient referrals and efficient start of care.

## How Might Your Patients Answer These Questions?

1. Are you afraid that you may need to go to the hospital because you are unsure how to manage your Congestive Heart Failure or Blood Pressure at home?
2. Have you been in the hospital, recovered, then ended up with leg swelling, weight gain, or shortness of breath within a short period of time from being discharged?
3. When you get home from the hospital, do you have difficulty remembering and following the instructions on how to control your symptoms?

Blood Pressure



WESTARM Nursing & Therapy, with our Telehealth services, can help. We can monitor daily weight, oxygen saturation level, heart rate, and blood pressure then report them as needed to your ordering physician. This early intervention helps patients remain in their homes and avoid readmissions. We assess for small, sometimes overlooked, changes that can be treated prior to requiring hospitalization.

This allows the patient to learn incrementally and at their own pace from skilled home care nurses, all of the steps of managing these complex diseases independently over the long term.

Oxygen Saturation



**Medicare Certified Home Health Agency since 2010**

We would like to keep you updated not only on the news and events of our agency, but also offer tips and suggestions to assist you in the VITAL workings of your patients' health.

Serving all of the Allegheny-Kiski Valley

**WESTARM HOME CARE NURSING & THERAPY**

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~ Please see reverse for zip codes in our service area ~