



## Quality Time at Home: Benefits of Homecare Nursing



When nurses go to patients' homes to make a thorough geriatric assessment, everybody wins, according to a recent study. The system saves money from lower hospital admission rates and patients are less likely to enter long-term care facilities.

One problem with traditional health care in which patients are only seen on providers' turf, is that health issues are dealt with in isolation, says author Dr. Soeren Mattke. "When they go to the physician, they have maybe 10 minutes of face time," Mattke says. "So what often happens is the conversation focuses on what is the most pressing issue that day. But many other things that also have to be handled really never get any attention." Lingerin problems from multiple conditions, while not immediately threatening, can worsen. Comprehensive home assessments help uncover clues to frail seniors' health.

What's not to like? Older adults with disabling conditions get easier access to medical care. Nurses hit the road and see what patients really need. Medicare gets the promise of reduced hospital re-admissions. Family members get more peace of mind. Most important, seniors get a chance to stay in their homes as long as possible.

"Comprehensive home assessments help uncover clues to frail seniors' health."

## Employee Spotlight

Tracey Mansour has worked with us for over 4 years as a Registered Nurse and has served as our Interim Director of Nursing when needed. She has over 18 years of clinical experience in home healthcare, SNF, hospitals, and in a correctional institution. We here at WESTARM believe she is a driven, experienced, and compassionate nurse for our home health patients.



Tracey graduated with an Associate of Science degree in Nursing from J. Sergeant Reynolds Community College in Richmond, VA. In her spare time, she enjoys spending time with her husband and 3 young children, reading, and watching investigative TV shows.

## Did You Know?

Users of the popular dating app Tinder are statistically more likely to "swipe right" on women who are physical therapists more than any other profession!

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