

# **IN-HOME QUALITY IMPROVEMENT**

## **BEST PRACTICE: DISEASE MANAGEMENT**

### **IN-HOME AIDE TRACK**



Best Practice Intervention Packages were designed for use by any In-Home Provider Agency to support reducing avoidable hospitalizations and emergency room visits. Any In-Home care aide can use the educational materials.

Best Practice Intervention Packages were designed to educate and create awareness of strategies and interventions to reduce avoidable hospitalizations and unnecessary emergency room visits.

# IN-HOME AIDE TRACK

This best practice intervention package is designed to familiarize In-Home aides with disease management.

## Objectives

After completing the activities in the In-Home Aide track of this Best Practice Intervention Package, *Disease Management*, the learner will be able to:

1. Identify the role of In-Home services in disease management and reducing avoidable acute care hospitalizations.
2. Describe the In-Home aide's role in a disease management program.

Complete the following activities:

- Read Disease Management and In-Home Services.
- Complete the In-Home Aide post test and give to your supervisor/manager.

Disclaimer: Some of the information contained within this Best Practice Intervention Package may be more directed and intended for an acute care setting, or a higher level of care or skilled level of care setting such as those involved in Medicare. The practices, interventions and information contained are valuable resources to assist you in your knowledge and learning.

Disclaimer: All forms included are optional forms; each can be used as Tools, Templates or Guides for your agency and as you choose. Your individual agency can design or draft these forms to be specific to your own agency's needs and setting.

# Disease Management and In-Home Services

## Definitions:

**Disease Management** is a system of coordinated health care interventions and communications for populations with conditions in which patient self-care efforts are significant (DMAA, 2007).

## BUILDING UPON THE BASICS

How do In-Home aides support disease management in home care? Build upon the basics!

### Intervention:

*Hospitalization Risk Assessment*

*Emergency Care Planning*

*Medication Management*

*Telehealth*

*Immunizations*

*Communication*

*Patient Self-Management*

### Disease Management:

*Be alert for risks for hospitalization*

*Reinforce when to call the agency*

*Remind patients to take medications*

*Assist patients with equipment if needed*

*Protect your patients; Get your flu shot!*

*Report significant patient symptoms in a timely manner to clinicians*

*Support patient with activities to assist them in being more independent, when appropriate*

In-Home Services provides only a small piece of chronic illness management. Link patients and caregivers with community resources and disease specific support groups.

In-Home Aide Name: \_\_\_\_\_

Date: \_\_\_\_\_

## IN-HOME AIDE POST TEST

### Disease Management

**Directions:** Choose the ONE BEST response to the following questions. Circle the answer that identifies the ONE BEST response.

1. Disease management is a system of coordinated health care interventions and communications for populations with conditions in which patient self-care efforts are significant.
  - A. True
  - B. False
  
2. The In-Home aide can promote disease management by supporting the following interventions:
  - A. Hospitalization risk assessment
  - B. Emergency care planning
  - C. Medication management
  - D. Telehealth
  - E. Immunizations
  - F. Communications
  - G. Patient self-management
  - H. All of the above
  
3. The following In-Home aide activities can support disease management:
  - A. Remain alert in identifying patient risk for hospitalization
  - B. Reinforce when to call the agency with the patient
  - C. Remind patients to take medications according to plan
  - D. Report significant patient symptoms in a timely fashion to appropriate nurse
  - E. Support patient with activities that promote independence, when appropriate
  - F. All of the above
  
4. Patient self-management activities could include the following:
  - A. Checking weight daily
  - B. Checking blood sugar levels as ordered
  - C. Taking medications correctly
  - D. Following prescribed diet and exercise program
  - E. All of the above
  
5. Heart failure patients need to manage their weight effectively to prevent exacerbations. In-Home aides could do any of the following to assist with improving patient self-management of daily weights, **except**:
  - A. Reinforcing the patient emergency care plan by consistently reminding patient/caregiver of the specific number of pounds/day that requires reporting and to whom
  - B. Reminding the patient to check and record weight everyday

- C. Assisting patient with weighing themselves, if needed
- D. None of the above, this is a nursing responsibility.