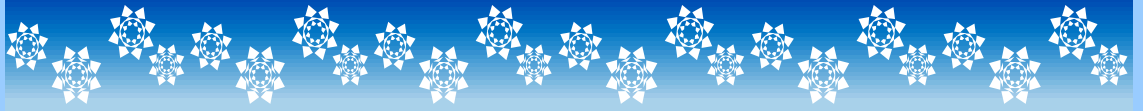




APEX HOME HEALTH CARE, INC. NEWSLETTER



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Apex starts new service lines: Psych Nursing and Wound Care

Apex Home Health Care, Inc. now offers **Psychiatric Nursing** visits and consultative visits by a **Wound, Ostomy, Continence nurse (WOCN)**.

Psychiatric Nursing visits under the Apex Behavioral Health Program will provide support to patients who have behavioral health diagnoses such as schizophrenia and manic-depressive disorder. The Psych nurse will monitor medication compliance to reduce hospitalization rates, provide crisis intervention, provide supportive counseling and instruct on coping skills and stress management. The Psych nurse develops a comprehensive, holistic, patient-centered plan of care while coordinating with the primary care physician and/or psychiatrist regarding the patient's condition.

Our Psychiatric nurse will also make consultative visits on medical/surgical patients who have secondary diagnoses, such as depression and anxiety. She can assist the primary nurse in identifying symptoms of anxiety and depression in the geriatric patient population and provide services under the direction of the primary care physician or a psychiatrist.

Medication compliance is one of the most common concerns among patients who have behavioral health diagnoses. Once the patient begins to feel better, they often stop taking their medication, resulting in a relapse and repeat hospitalization. Monitoring by a psychiatric nurse can reinforce medication compliance and prevent these relapses and hospitalizations. She can also work with family members who are struggling to care for these patients and help them to foster compliance with the treatment regimen.

A WOCN will be utilized on patients who have wounds or ostomies that are problematic. Wounds that are not healing or wounds that are not responding to a particular treatment can be referred to the WOCN. Our WOCN has several years of specialized education and clinical hours in addition to her Bachelor's degree in nursing. This certification allows her to do an extensive assessment of wounds, ostomies and continence that provides the physician with helpful information to make a diagnosis and choose the best treatment plan. This expertise is widely sought after by nurses and physicians due to the complexity of wound care and the variety of products on the market.

A WOCN is also influential in suggesting preventative measures for patients who are at risk for skin breakdown. She is able to recommend the latest equipment and supplies to prevent skin breakdown from happening and therefore able to help Apex HHC patients achieve the best possible clinical outcomes.

If anyone would like a consultation by our Apex Psychiatric Nurse or Apex WOCN, just call for a free evaluation on an existing home care patient or new patient who requires care at home. **Call Toll-free 1-855-594-7050 or 1-630-908-4830. Or you can fax an order to 1-630-908-4837.**

See the Employee Spotlight for more information on our new team members Jeanine Ostrowski, RN (Psych nurse) and Paulette Ortiz, WOCN.



Go Bulls!!!



What you should know:

**Call Apex HHC for a
free evaluation:**

Toll-free

1-855-594-7050

Nutrition and Wound Care

Written by Gail Fusz, RN, MS, CHCE

Nutrition plays an important role in wound healing and chronic wounds occur more frequently in the elderly and the chronically ill population. Diabetes is a predisposing factor for wounds, especially on the legs and feet. Ulcers on the legs of diabetics place a high demand for nutrients on the body.

A wound is defined as any opening in the skin caused by a cut or other injury. Wounds can be caused by surgery, poor circulation, loss of sensation, prolonged pressure on a body part, burns, or an injury. In order for healing to take place, the cells of a wound need food, fluids, oxygen and rest. The amount of time it takes to heal a wound depends on the size of the wound, the depth, the reason for the wound, and the care that is given to the wound, including nutrition.

Protein-energy malnutrition has been linked to poor wound healing. A low Body Mass Index (BMI) can be an indicator of malnutrition, as well as a low albumin level. Normally, an adult requires 12-13 calories per day per pound of body weight to maintain their weight. Wound healing requires 14-16 calories per day per pound of body weight.

If a person is over weight, they should **NOT** try to lose weight until their wound is completely healed. If a person is under weight, they should try to gain enough weight to bring them into normal range. People with wounds should **NOT** follow fad diets that limit intake and they should not avoid entire food groups altogether. Diabetics need to monitor their carbohydrate intake even closer when a wound is present and check their blood glucose levels frequently.

Carbohydrates and fats are the main sources of energy for the human body and fats provide fuel for wound healing. Carbohydrates are essential to prevent protein nutrients from being converted to energy. Vitamin C also plays an important role in wound healing because it has antioxidant properties that help the immune system fight infection and also aides the body's absorption of iron. Adequate hydration is key, because dehydrated skin is less elastic and more susceptible to injury. Dehydration also reduces the efficiency of the blood circulation, which impairs the supply of oxygen and nutrients to the wound. Overall, good nutrition and proper hydration play an absolute crucial role in the wound healing process.

Contact Apex for some Helpful Tips on Nutrition and Wounds
Toll-free 1-855-594-7050

- It is best to drink non-caffeinated beverages to hydrate yourself.
- Increase foods with protein, calories and vitamin C when you have a wound that needs to heal.
- Eat smaller, more frequent meals to facilitate proper nutrition.
- Washing your hands with soap and water for 15 to 30 seconds is still the best measure to prevent the spread of infection. Wash your hands before and after treating a wound.



Apex offers a full range of services that includes Skilled Nursing, PT, OT, ST, MSW and Home Health Aide services

Apex offers patient education on nutrition, wound care, ostomy care, pressure ulcer preventative measures, and use of specialized equipment, such as wound vacs

Readmission criteria for home health:

- A new wound or a change in wound care treatment
- Change(s) in medication
- Recent hospitalization for an illness, fall or injury
- Post-surgery recovery treatment

Doggone it! Pets can have a positive impact on seniors!

You've probably noticed that when you pet a soft, warm kitty or play fetch with a dog whose tail won't stop wagging, you relax and feel a little better. Scientists have noticed the same thing, and they've started to explore the complex way animals affect human emotions and physiology. The studies have shown that owning and handling animals significantly benefits health. In fact, pets may help elderly owners live longer, healthier, and more enjoyable lives. The positive affect a pet can have on the health and well-being of an older person is remarkable. Pets help lift a person's mood and give people something to focus on outside of themselves. Animals have been shown to be effective in reducing loneliness, anxiety and depression. Just the act of touching and interacting with an animal can help lower a person's blood pressure and provide stress relief. A study published in the Journal of the American Geriatrics Society found that pet owners tend to be more active, cope better with stress, and have lower blood pressure than seniors without pets.



The socializing effects of animals can be important to elderly people who have lost friends and family members, especially if they lack children or employment to draw them into community activities. Stress reduction is also a benefit of having a pet. A pet may assume special importance when an elderly person experiences key losses, such as death of a spouse. Animals are also motivating and help older people to provide nurturing to others and participate in activities. Cats, as well as dogs, are therapeutic in their effect on seniors. While cats are less interactive than dogs, cats offer many characteristics of companionship.

One of the major contributions made by animals is providing motivation for the constructive use of time. An animal can motivate a person to keep going, get up in the morning and follow a routine. Virtually all dog owners report that their dogs enjoy walks. Even if it's just getting up to let a dog out a few times a day or brushing a cat, any activity can benefit the cardiovascular system and help keep joints limber and flexible. Consistently performing this kind of minor exercise can keep pet owners able to carry out the normal activities of daily living. As long as the elderly person has the capability to care for an animal, the benefits will be evident.

Apex HHC Holiday Recipe: Baked Potato Pancakes (Latkes)

Canola oil cooking spray
6 medium Yukon Gold potatoes, peeled
2 large carrots, scraped
1/4 cup all-purpose flour
1/4 cup flat-leaf parsley, finely minced
1/4 cup green onion, finely chopped

2 large eggs, beaten
1 tbsp. Canola Oil
1/2 tsp. salt
1/2 tsp. freshly ground pepper
Reduced fat sour cream and/or applesauce (optional)



Directions: Preheat oven to 450 degrees. Spray large non-stick baking sheet with oil spray. Coarsely grate potatoes and carrots. Place them in large sieve. Set sieve into a large bowl so it nestles securely. Squeeze vegetables to wring out as much liquid as possible. If vegetables still feel wet, pat dry with paper towels, then transfer them to a mixing bowl. Stir in flour, parsley, onion, eggs, oil, salt and pepper, making sure ingredients are well combined. Spoon small mounds of the mixture on the baking sheet to form 2 1/2-inch pancakes, leaving 1 inch between each. Bake latkes until golden brown, 6 to 8 minutes per side, turning once with spatula. If desired, serve with low-fat sour cream or applesauce. Makes 16 pancakes or 8 servings. Per serving: 251 calories, 185mg sodium, 3grams fat, 50 carbs

Apex HHC is proud to announce that they have achieved the Home Care Elite status for the third year in a row!!! In addition to receiving this honor, Apex HHC also placed in the top 500 providers nationwide!!! This is an exceptional achievement that is due to the excellent clinical care provided by Apex HHC clinicians.

The HomeCare Elite™ is an annual compilation of the most successful home care providers in the United States. This market-leading review, from OCS HomeCare by National Research Corporation and DecisionHealth, names the top 25 percent of agencies in home health performance measures.

See more at: <http://www.nationalresearch.com/about/HomeCareElite/#sthash.GqbNNDvX.dpuf>



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For more information, please visit www.apex-health.com

Your Collaborative Home Health Provider in Reducing Preventable Hospitalization

APEX Spotlights



Jeanine Ostrowski, RN, BSN is our new Psychiatric Nurse. Jeanine has over 16 years of diverse nursing experience, including over 7 years as a Behavioral Health Nurse. She has extensive experience and specialized skills in comprehensive and holistic psychological assessment, crisis intervention, supportive counseling, adult/adolescent/geriatric psychiatric treatment, meditation and relaxation techniques, and case management. Jeanine brings her expertise to Apex HHC in order to take cases with primary psych diagnoses, as well as medical patients with overlaying psychiatric concerns. After work she stays busy with her three children and enjoys Zumba, Pilates, biking and cooking.



Paulette Ortiz, RN, BSN is our new Wound Ostomy Continence Nurse. Paulette became a WOCN in 2010 and became certified in Foot and Nail Care in 2012. She has extensive nursing experience and specialized skills in wound assessment, product selection, sharps debridement, management of complex wounds, fistulae management and foot care. She is also well-versed in prevention strategies for pressure ulcers. She has worked as a staff development educator and quality coordinator before specializing as a WOCN. When Paulette is not busy working, she likes to spend some of her free time fishing. She says that she “just loves fishing as a way to relax.”