



Visiting
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Home Health Care ■ Hospice Care ■ Private Care



FOR IMMEDIATE RELEASE

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Visiting Nurse and Community Health Receives Grants to Help Expand Telehealth Program

ARLINGTON, MA – February 11, 2011 – Visiting Nurse and Community Health, Inc. (VNCH) has been awarded grants from the Bessie Pappas Charitable Foundation (\$5,000), and the Demoulas Foundation (\$2,000). These grants are in support of updating and expanding VNCH's Telehealth Program, which monitors the home healthcare agency's Congestive Heart Failure (CHF) and Chronic Obstructive Pulmonary Disease (COPD) patients, significantly decreasing ER visits and hospitalizations.

According to Christine Dixon, VNCH's Chief Executive Officer, "We at Visiting Nurse and Community Health are most grateful to the Bessie Pappas Charitable Foundation and the Demoulas Foundation for recognizing the importance our Telehealth Program has on the well-being of our CHF and COPD patients. Both foundations have consistently responded positively to our requests for grant funding, and their support is invaluable to helping us further our mission of providing our patients with the highest quality home health care available."

VNCH's CHF Program uses telehealth as a tool to help us prevent hospitalizations and emergency room visits through remote monitoring of homebound patients' blood pressure, heart rate, weight, oxygen level, and temperature. In addition, the monitor can be programmed to ask the patient a series of "yes" or "no" questions specifically related to them. An example would be, "Did you take your morning medications?" This telehealth application allows us to detect subtle deviations in clinical status and intervene in the early stages of possible health threats, thereby addressing patients' needs before they escalate, and minimizing the need for more complex, higher-cost care.

Each telehealth patient is monitored 7 days a week by our registered nurses, who work in partnership with a primary care physician. The patient's primary care nurse is responsible for his/her cardiac assessment, medication teaching, and any other healthcare needs he/she may have. Additionally, VNCH's telehealth nurse performs a daily review of all information obtained from monitored patients. Any fluctuations result in a phone call to the patient to check on his/her status, and a follow-up call to the patient's primary care nurse and/or physician, as indicated by the situation.

About VNCH

For over 110 years, VNCH, a 501(c)(3) non-profit, has been acknowledged as the preeminent home health care provider in eastern Massachusetts. It has a deep-rooted tradition of providing its patients and the communities it serves with compassionate, quality home care, and unparalleled health care expertise. VNCH's response to questions and concerns is immediate and knowledgeable, and its medical technology is state-of-the-art. To underscore its commitment to quality health care, VNCH has had the distinction of being ranked in the Top 25% of home health care providers nationwide since 2006. To learn more about VNCH, visit the agency's website at www.TheVisitingNurses.com.

VNCH serves the following communities: Acton, Arlington, Bedford, Belmont, Billerica, Burlington, Cambridge, Carlisle, Chelsea, Concord, Everett, Lexington, Lincoln, Malden, Medford, Melrose, Newton, Revere, Somerville, Stoneham, Wakefield, Waltham, Watertown, Wayland, Weston, Wilmington, Winchester, and Woburn.

– more –

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About the Bessie Pappas Charitable Foundation

Established in 1984, the Bessie Pappas Charitable Foundation is based in Belmont, MA and primarily supports non-profit organizations that focus on the arts, health, and family and social services, as well as education and religious welfare organizations.

About the Demoulas Foundation

Telemachus A. Demoulas established the Demoulas Foundation, which is based in Chelmsford, MA, to assist with the many important and worthwhile non-profit organizations he truly believed were deserving of support. To this day, the trustees of the foundation continue to work diligently under Mr. Demoulas' guiding philosophy.

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