

FOR IMMEDIATE RELEASE

Press contact:

Karen Breehey
Visiting Nurse and Community Health, Inc.
781-643-6090 X1204
KBreehey@TheVisitingNurses.com



Photo Caption: Visiting Nurse and Community Health (VNCH) is the proud recipient of a \$3,500 grant from Blue Cross Blue Shield of Massachusetts Foundation's Catalyst Fund. A formal check presentation was made to VNCH Chief Executive Officer Christine Dixon (center) by BCBSMA Manager Jeffrey Shirtcliff (left) and BCBSMA Project Manager Michelle Ford. The grant will help fund the home health care agency's Telehealth Program Update and Expansion Initiative.

Visiting Nurse and Community Health Receives Grant from BCBSMA Catalyst Fund

ARLINGTON, MA – April 9, 2010 – Visiting Nurse and Community Health, Inc. (VNCH), based in Arlington, has been awarded a \$3,500 grant from Blue Cross Blue Shield of Massachusetts (BCBSMA) Foundation's Catalyst Fund. The grant is in support of 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 Catalyst Fund for recognizing the significant impact our Telehealth Program has on safeguarding the wellbeing of our CHF and COPD patients. It is especially meaningful to have BCBSMA's support because we are both focused on keeping patients healthy and at home."

The goal of VNCH's Telehealth Program is to prevent disruptive and costly hospitalizations and emergency room visits through remote monitoring of homebound patients' blood pressure, heart rate, weight, oxygen level, and temperature. 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 VNCH-assigned 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.

– more –

[37 Broadway](#)
[Arlington, MA 02474](#)
[781-643-6090 \(p\)](#)
[781-643-7395 \(f\)](#)

Catalyst Fund Grant Release
Page 2

About VNCH

For over 110 years, VNCH 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: Arlington, Bedford, Belmont, Billerica, Burlington, Cambridge, Carlisle, Concord, Everett, Lexington, Lincoln, Malden, Medford, Melrose, Somerville, Stoneham, Wakefield, Waltham, Watertown, Wilmington, Winchester, and Woburn.

About BCBSMA Foundation's Catalyst Fund

The Catalyst Fund is funded entirely with donations from employees of Blue Cross Blue Shield of Massachusetts. It is administered by the Blue Cross Blue Shield of Massachusetts Foundation. Catalyst Fund grants are awarded every six to seven weeks throughout the year, except June and July. They assist with one-time expenses needed to strengthen an organization's ability to expand access to health care in Massachusetts or to provide funding for the purchase of an Automated External Defibrillator and training in its use. Grants range from \$1,000 to \$3,500 depending upon the size and scope of the proposed project. Since 2002, the Catalyst Fund has distributed more than \$618,000 to community-based organizations, health centers, clinics, and health advocacy groups.

###