

FOR IMMEDIATE RELEASE

Press contact:

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

Visiting Nurse and Community Health Receives Grant from EnKa Society

ARLINGTON, MA – March 29, 2010 – Visiting Nurse and Community Health, Inc. (VNCH), based in Arlington, has been awarded a \$3,000 grant from the EnKa Society in Winchester. 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 CEO, "The EnKa Society has a long history of supporting Visiting Nurse and Community Health, both in terms of grant awards, and plants and flowers for patients in May and December, and for this we are most grateful. This continued support of our mission – to provide the highest quality home health care to the patients entrusted to us – is crucial as we update and expand our Telehealth Program to successfully monitor and safeguard an ever-increasing number of CHF and COPD patients."

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.

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 EnKa

The EnKa Society, established in 1902 as a Winchester High School sorority, is a woman's non-profit volunteer organization. EnKa's mission is to raise funds to contribute to non-profit organizations that serve the people of Winchester through funding, supplies and equipment, and to perform direct-service charitable activities.

###

[37 Broadway](http://www.TheVisitingNurses.com)
[Arlington, MA 02474](http://www.TheVisitingNurses.com)
[781-643-6090 \(p\)](http://www.TheVisitingNurses.com)
[781-643-7395 \(f\)](http://www.TheVisitingNurses.com)