Home Health & Outpatient Therapist Checklist

Care Plan

- Will be available through fax or email by the Post-Acute Care Coordinator.
- Ask patient if they have a copy of the care plan. If not, please provide them with a copy.
- Review the care plan with your patient.

Know Your Numbers: Blood Pressure

- Every care provider takes the patient’s BP.
- Provide patient their BP results and message on importance of maintaining BP less than 130/80.
- Ask the patient if they are monitoring their BP at home and using the COMPASS BP log.
- If the patient does not have a home monitor, counsel them to purchase one and advise where they may do so.
- Advise patient to take their blood pressure at the same time every day. Take the BP after sitting quietly for 3-5 minutes. Let the patient know variation in BP may be normal, but their consistent reporting of their BP can help their doctors make decisions regarding how to best treat them.
- Compare your BP recording with your device to that of the patient’s devise and note the level of discrepancy, if one, on your care notes.

Willingness: Medication Management

- Assess and manage patients and caregiver’s ability to self-manage their medication in the home.
- If patient cannot afford medications, refer to pharmacy assistance programs.
- Advise patient and family to tell their doctor or pharmacist that they have financial issues and ask them about “low cost” medications.

Engage: Movement Matters

- Every care provider should counsel for physical activity and safe mobility.
- Physical intervention must be structured and progressive.
- Physical intervention must address upper extremity function and dexterity.
- Address falls prevention strategies.
- Encourage safe mobility and self-management for independence.
- Your patient should be able to answer “yes” to each of these questions:
  - Does the exercise program include exercises to improve my balance?
  - Does the exercise program include exercises to strengthen my legs?
  - Does the exercise program start at a level I can safely do?
  - Does the exercise program challenge me to try harder with progressively more difficult exercises?
Support

- Visit the COMPASS Website to review community-based programs you can refer your patient and their caregiver to (e.g., falls prevention programs, Area Agency on Aging, stroke support groups, community-based exercise programs, CareNet for depression, outpatient therapy services).
- Does the patient have a willing and able caregiver and does this caregiver need support to manage the patient at home?

Risks for Complications and Readmissions

- Review with the patient and family the risks for complications and hospital readmissions that have been identified on the care plan.
- Discuss how the Home Health team will support the patient and family for health and care needs to prevent readmissions.