# Frequently Asked Questions About Home Health Answered

What is home health?

A team of medical professionals including nurses' therapists, aides, and medical social workers that visits depending on the policy. provide patient care in their home using a unique care plan based on for services. the medical needs of the patient.

Who can get home health?

extended illness, or needing medical assistance may receive home their needs.

total patient care or simply monitoring medication changes.

care of a physician who orders skilled, intermittent services and are homebound due to illness or patient to therapy, home health injury and cannot leave their home without a considerable taxing ef-

How do I pay for home health?

Medicaid. Private insurance may nosis, medication, or many other also pay for all or a percentage of

Patients may also privately pay

How does home health work?

A referral is made (from a phy-Any individual going home from sician, hospital, family, or patient) the hospital, recovering from an and an initial nursing visit is made for assessment of the patient and

The nurse, in cooperation with Medical assistance may include the physician determines a plan

The nurse works with the patient These patients are under the and the family to fit the patient's needs on a case by case basis.

The nurse will then refer the aide, or medical social worker as needed.

The nurse can also assist with acquiring medical equipment from Home health services are 100 the supplier of the patient's choice

percent covered by Medicare and and provide teaching for a diag- physical therapy. medical needs.

How can home health help

Nurses can monitor your adjustment to new or changed medications, teach and monitor oxygen in the home, perform and teach wound care, colostomy care, foley catheter maintenance, diabetic needs, infusion therapy and many other medical services.

Physical therapy can assist with strengthening, building endurance, teaching patients how to effectively use assistive devices, and assessing your home for assistive needs such as ramps, grab bars, and elevated toilet seats.

Occupational therapy can assist patients in increasing their independence with preparing meals, bathing, dressing, toileting, and other activities of daily living.

Speech Therapy can help patients learn techniques to improve their memory, speech, and ability

Home Health Aides can assist a patient with personal hygiene while they are recovering, including baths, light housework, shaving, dressing, and skin care.

Medical social workers can assist with the financial needs and eligibility for community programs and medication bill assistance and well as the provider program.

Can I choose which home health agency I want?

According to Medicare service choose any home health agency just like they are able to choose their own physician.

How long will I be on home

needs home health depends on better attention levels, improved their medical needs.

Patients having knee surgery may only need a few weeks of nurse visits, according to a recent therapy before they feel they are study by the University of Minneso-

Other patients may need continuous nursing care for mainte-

The patient can work with the home health team and decide how

short or how long their service will

The main goal of home health nance of a foley catheter or infusion is to preserve your quality of life by helping you enjoy a healthier, more independent lifestyle at home.

# **Defend Yourself From Cold And Flu This Season**

Hoping to avoid the sniffles, outbreaks in half sneezes, watery eyes and sleepless nights this winter? One way to do so gave 130 men and women an imis by building up a strong immune

It will go a long way in fending off colds and the flu. The natural way to fortify your body is with antioxidants.

M.D., clinical professor at New Jersey's Robert Wood Johnson Medical School, recent research indicates that taking a nutritional

Italian medical researchers mune-stimulating nutrient, N-acetyl cysteine (NAC).

That winter, those volunteers fared considerably better against Mother Nature, exhibiting only half the amount of serious flu symptoms According to Richard Podell, and other viral illnesses compared to men and women who took a placebo.

This is thanks to NAC increasing the body's reserves of glutathione. supplement may help cut winter flu an important immune-system stimulant and antioxidant.

# **Breakfast Before School Important For Learning**

The positive effects that eating Families & Learning. breakfast has on students' performance in school continues to grow as more schools are serving breakfast.

guidelines, a patient has a right to has been in place for about 40 years, and today more than nine million children eat school breakfast ev-

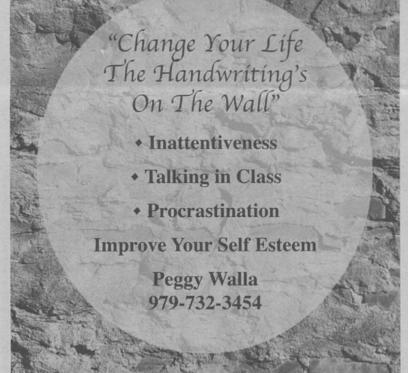
Students who ate breakfast at school had general increases in The length of time that a patient math grades and reading scores, classroom behavior and performance as well as reduced school able to make trips for outpatient ta and Minnesota Dept. of Children,

School breakfasts are required to meet federal dietary guidelines and provide students with 25 percent of their daily allowance for The School Breakfast Program protein, calcium, iron, vitamins A and C, and calories.

Meals are served in age-appropriate portion sizes and schools have many different serving techniques - from 'grab and go' bags and hallway kiosks to breakfast in the classroom and traditional cafeteria

Many schools are offering breakfast at no cost students because of the proven value of eating breakfast.

Students can learn more about why breakfast is important, take interactive guizzes and vote for their favorite breakfast food as part of the "School Breakfast - Fuel Your Imagination" campaign online at www.schoolbreakfast.org now through National School Breakfast Week, March 3-7, 2008.





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