

CARDIAC DISEASE MANAGEMENT

VITAL TO YOUR PATIENT'S HEALTH



Heart disease is the leading cause of death in the United States. According to the CDC, in 2021, heart disease attributed to almost 700,000 deaths.

Learning to live with cardiac disease can create mental and physical stress on a patient and their loved ones. Our team works to help establish a plan that fits each patient's unique needs. There are a multitude of factors that can contribute to the challenges in managing a chronic condition including prescribed and over the counter medication regimen, diet, lifestyle, social determinants, and home safety. The VitalCaring team will focus on the 5 C's of cardiac care by completing a comprehensive assessment and create an actionable disease management plan to help the patient age in place and enjoy life to their fullest potential.

5 C'S OF CARDIAC CARE

01



Chronic Illness Self-Management

- + Patient education resources and zone tools for early symptom recognition, reducing preventable hospitalizations and emergency room visits.

02



Community Approach

- + Family involvement and support services.
- + Care transition navigators can ensure a smooth transition from facility to home and connection to support services.

03



Connection to Care Teams

- + Enhance connections with patients by providing personalized check-in calls in between visits.

04



Comprehensive Personalized Care

- + A dedicated team of nurses, therapists, and social workers.
- + Physician specific protocol orders allow for consistent and effective care while decreasing opportunities for delays in care interventions.
- + Medication education and management.

05



Cardiac Lifestyle Modification

- + Lifestyle and diet education with a guided action plan to promote self-management.
- + Implementation of a cardiac exercise program within the comfort of the patient's home utilizing the FITT principle.

TO LEARN MORE ABOUT VITALCARING'S CARDIAC DISEASE HOME HEALTH PROGRAM, CONTACT US TODAY.
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