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Home Health

Hospice

Private Duty Care

Refer to Aspen Healthcare for:
 Pulmonary Rehabilitation
 Ventilator Nursing & Therapy
 Chronic Disease Management
 COPD
 ALS
 Heart Failure
 Diabetes
 Hypertension
 Parkinson's
 Multiple Sclerosis
 Hospice – Medicare Certified
 Private Duty Care
 Wound Care
 Orthopedic Rehabilitation
 Medication & Diet Teaching
 Observation & Assessment
 Fall Injury Prevention

Leading the Nation in Patient Satisfaction

Disciplines:
 Skilled Nursing
 Respiratory Therapy
 Physical Therapy
 Speech Therapy
 Occupational Therapy
 Home Health Aides

50 Caring Professionals
 Strong

Medicare, Medicaid, Secure
 Horizons, and all Insurance

Serving the greater Dallas –
 Fort Worth Region

15 Years of Healthcare
 Service

CDC Emphasizes Areas for Improvement in Diabetes Management

A study conducted by the Centers for Disease Control (CDC) and published recently in the *Annals of Internal Medicine* points out areas for improvement in the way Americans manage diabetes.¹ Compared to previous decades, the U.S. has seen strong improvements in diabetes management, but the most current data shows these challenges and more:

- 1 in 3 people with diabetes have poor blood pressure control
- 1 in 5 have poor glucose control
- 2 in 5 have poor cholesterol control



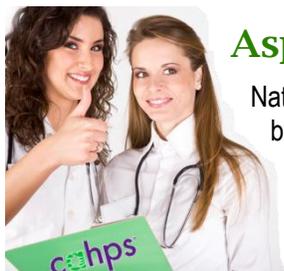
People with diabetes prove 200% more likely to die compared to other people in their age group, but even modest improvements in management correlate with major improvements in health status. For instance, every percentage point drop in A1c blood test results reduces the risk of microvascular complications (eye, kidney, nerve disease) by 40%.²⁻⁴ Call Aspen Healthcare for help with your diabetic patients. For your homebound patients, Aspen can provide a number of home health services that will make us a strong ally in your diabetes management plans.

Reinforcement & Monitoring: In situations where blood glucose levels or blood pressures begin fluctuating abnormally, it may be appropriate for doctors to order a home health episode. Nurses can investigate compliance with special diets and reinforce teaching. They can monitor blood pressure levels and report to the physician for medication adjustments. They can assess the use of home equipment and make necessary changes. Nurses can also teach diet and exercise intervention to better control fluctuating glucose levels.

Orientation for the Newly Diagnosed: Effectively teaching geriatric patients sometimes requires repeated visits and a significant time investment. You can trust Aspen to work patiently until your patients and/or their caregivers demonstrate the skills and knowledge necessary to manage their diabetes. Teaching will include:

- Preparing & administering insulin injections
- Preparing & following a diabetic diet
- Observation of foot-care precautions
- Glucose monitoring
- Observation & understanding s/s of hyper/hypoglycemia

Resource Coordination: When patients lack reliable equipment, supplies and/or nutrition, Aspen Healthcare staff can help your patients utilize their Medicare, insurance benefits, and/or community programs to obtain proper equipment and supplies.



Aspen Leads the Nation in Patient Satisfaction

Nationwide, Medicare certified agencies have their patient satisfaction tracked by The Consumer Assessment of Healthcare Providers and Systems. Aspen scores above national averages in all categories of patient satisfaction, and in the categories of patient care, communication, and likelihood to recommend, Aspen ranks in the top 10% of the nation.

Please tell your patients about Aspen Healthcare.

Home Health • Hospice • Personal Assistance Services

References

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5. Marlis M, Rita K, Patricia R. Virtually Healthy: Chronic Disease Management in the Home. *Disease Management.* June 2002, 5(2): 87-94.