



Ask to Come Home. Ask for Caldwell Hospice.



Cardiac Care *at Home*

Improving Quality of Life

When finding comfort at home becomes a priority, patients living with advanced cardiac disease turn to Caldwell Hospice's Cardiac Care Program to improve quality of life and live each day fully.

Living Each Day Fully

Our team of professionals, including nurses specially trained in cardiac care, provides:

- Consultations with your own doctor
- Nursing visits—wherever you call home—to assess for pain and control symptoms
- Special in-home comfort care kit to control symptom crises
- Symptom management and monitoring to decrease emergency situations
- Certified nursing assistants to help with personal care
- One-on-one training to educate and increase caregiver confidence
- Emotional support for patient and family
- Referral to community resources
- Spiritual support
- Assistance with executing advance directives
- 24-hour on-call physician, registered nurse, medical social worker, and chaplain

Rate Your Heart

Every day

- Weigh yourself before breakfast, write it down and compare to yesterday's weight
- Take your medicine as prescribed
- Check for swelling in your feet, ankles, legs, and stomach
- Eat low salt food
- Balance activity and rest periods

How is your heart today?

Your symptoms are under control if you have:

- No shortness of breath
- No weight gain more than two pounds in one day
- No swelling of your feet, ankles, legs, or stomach
- No chest pain

Seek medical assistance if you have:

- A weight gain of three pounds in one day or five pounds in one week
- More shortness of breath
- More swelling in your feet, ankles, legs, or stomach
- A feeling of more tiredness, no energy
- Dry, hacky cough
- Dizziness
- A feeling of uneasiness, you know something is not right
- A harder time breathing when lying down, you need to sleep sitting in a chair

Go to the emergency room or call 911 if you:

- Are struggling to breathe, or have unrelieved shortness of breath while sitting still
- Have chest pain
- Are confused or can't think clearly

MAILING ADDRESS

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HUDSON LOCATION

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