



Highlands Home Health, Inc.

What High School Teaches Us about Patient Education

Phone
(540) 962-7112

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(540) 962-7113

214 West Main Street
Covington, VA 24426

Services

Advanced Wound Care
Gait Training
Skilled Observation
Skilled Teaching
Pediatric Home Health
IV Therapy
Wound-Vac®
Strengthening Therapy
IM / IV Injections
Pain Control
Venipuncture
Dietary Consulting
Other Services for patients at home

Service Area

Alleghany
Bath
Botetourt
Craig
Rockbridge

Disciplines

Skilled Nursing
Physical Therapy
Medical Social Work
Home Health Aides



Pattye Ford, RN
Clinical Administrator



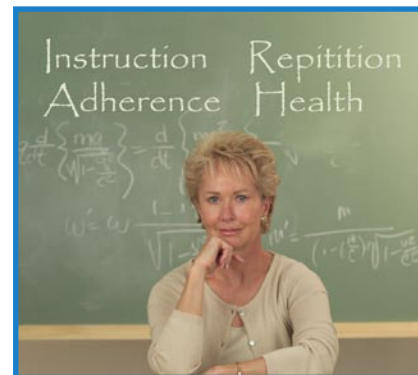
Suzanne Adcock, MBA
President / CEO

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Homework would have been obsolete if we could have just learned everything we needed to know in one setting. Teachers and professors would be extraneous, if we could learn how to do everything from books. However, neither of these two statements describes how people really learn. Some patients, who are relatively healthy will adhere to the new advice you give them after only a couple of minutes of explanation in your office. For others, age, the complexity of the overall healthcare regimen, anxiousness about serious health problems, fatigue from illness, and other challenges call for a more assertive approach to patient education. **When you want to give your homebound patients and their family caregivers the best possible chance of fully comprehending and adhering to their healthcare regimen, make a simple referral to Highlands Home Health.**

Refer your patients to Highlands Home Health for teaching on a wide variety of important subjects:

- Proper administration of **oral medication**, including signs of **side-effects** and avoidance of **interaction** with other medication and food
- **Wound Care**
- Administration of injectable medications
- **Transfer techniques** and adaptive devices due to a loss of function
- Bowel or bladder training where bowel or bladder dysfunction exists
- **Self-catheterization**
- Administration of medical gases
- Care of a recent ostomy or reinforcement of ostomy care
- Complete **diabetes management** for a newly diagnosed diabetic or caregiver
- Proper body alignment, positioning, and turning techniques for a **bed-bound patient**
- Administration of gastrostomy or enteral feedings
- **Home I.V.** administration and safety
- Performance of activities of daily living when the beneficiary or caregiver must use special techniques and adaptive devices due to a loss of function
- **Prosthesis care** and gait training
- Use and care of braces, splints and orthotics, and associated skin care
- Application and care of specialized dressings or skin treatments
- Preparation and maintenance of a **therapeutic diet**



Highlands nurses and therapists can make multiple visits to the homes of your patients over a timeframe of days, weeks or months. This enables Highlands to provide information in manageable doses, to provide for repetition, and to follow-up to ensure retention and adherence. Trust Highlands Home Health to work conscientiously with your patients until they demonstrate successful understanding and compliance.



The Number One Home Health Agency

Highlands Home Health ranks as the number one home health agency in Alleghany, Craig, and Bath. Highlands sees more patients than any other home health agency in each of these counties because doctors and nurses like you have learned to expect reliable, excellent service from this locally owned agency. Thank you for your support.

Please tell your patients about
Highlands Home Health