

SERVICES PROVIDED BY OUR FAMILY NURSE

1. ASSESSMENT:

- Vital sign measurements including pain assessment
- Weight check and BMI (Body mass index)
- “Head to toe” assessment: physical exam of the patient
- Emotional assessment using standard cognition screening, depression screening, anxiety screening.
- Nutritional appraisal: caloric intake, assess usual diet
- Hydration appraisal: 24 hour intake of water and other fluids
- Elimination assessment: bowel and bladder function
- Family assessment: assess the family needs and level of understanding of the patient condition. Ability to cope with patient’s condition and treatment needs.
- Medication review: record all prescribed and non-prescribed medications
- Home assessment: Assess the home environment with focus on safety issues, current living spaces for patient and family, care areas and medical equipment in use

2. PLAN:

- Develop a Customized Care Plan for patient and family based on above assessment and input from primary doctor or provider, therapists and other involved team members
- Include the patient and family personal beliefs and goals into the plan of care. Create treatment goals that are realistic for the family and consistent with the highest quality of meaningful life.

3. INTERVENTION:

- Injections: insulin, vitamin injection, pain med injection.
- I.V. care - administer antibiotics through PICC line and care for site
- Medication set up and teaching: assist with pill and other medication organizers, teach about effective medicine-taking schedules, techniques, assessing for side effects and reporting to primary provider
- Wound care: post-surgical dressings (will follow hospital discharge orders), burn dressings, bed sore and diabetic wound care
- Skin care: topical creams, massage of skin to promote circulation, other skin treatments as ordered by provider
- Bladder catheter care: Change Foley catheter with sterile technique, record output.
- Range of motion exercise in chair, bed, or standing to prevent muscle strength loss

4. SPECIALTY INTERVENTIONS: Nature and plant therapy:

- Utilize nature- based exposures (fresh air, sunlight, plant interaction activities, pet therapy) to improve health and quality of life. Gardening activities outdoors or indoors for patients interested. Fresh plants brought to each visit, herbal treatments if desired.

5. EVALUATE/COMMUNICATE:

- Patient outcomes of nursing care and rate of healing will be measured weekly and communicated with the primary provider weekly with an electronic template to the provider and by phone whenever needed. A binder in the home will have Our Family Nurse visits recorded and all communications recorded so that family can stay informed. Emails to family members as desired by patient. Communication with the doctors, therapists, and family members will be a key coordination of care service that Our Family Nurse will provide.
- Patient healing will be evaluated not only by physical improvement or stability of illness but also by level of functioning, ability to perform activities of daily living (eating, bathing, dressing, toileting) and overall emotional happiness and feeling of purpose in life throughout the illness and restorative healing process.
- Patients not improving with the nursing care plan will be referred to other resources for more intensive care as needed, such as transfer to ER, hospital admission, rehab facility etc. Respect for the patient's desire to remain at home will be taken into consideration when higher level of care is needed. Our Family Nurse will communicate directly by phone to the hospital whenever a patient needs to go for higher level of care.

SERVICES NOT PROVIDED BY OUR FAMILY NURSE LLC

We do not provide services that are not approved under the [Illinois Nurse Practice Act](#), including but not limited to physician services and writing prescriptions. Also, we do not lift, carry or move patients.