

## VNA Branch Offices

Dallas County: 214-689-0000

VNA of Tarrant County: 817-654-4494

Ann's Haven VNA: 940-349-5900  
*(serving Denton County)*

VNA of Kaufman County: 972-962-7500

VNA of Collin County: 972-562-0140

## SPECIALTY CARE Cardiac

### Specialized Care for Your Individual Needs

VNA's "care team" is coordinated by experienced staff members and is generally made up of:

- Registered Nurses – Responsible for performing regular physical assessments and developing the plan of care with your physician.
- Occupational Therapists – Help you learn to perform daily tasks using less energy.
- Physical Therapists – Help you develop an exercise program to improve your strength and safety.
- Social Workers – Give you and your family referrals as needed for financial assistance, equipment, medication assistance, support groups, and transportation.

### Bringing Heart Failure Treatment into the Home

Heart failure is a growing, chronic condition that is best controlled through disease management and education.

VNA's Cardiac Care is designed to:

- Coordinate a multidisciplinary program to meet the needs of the patients
- Provide regular physical assessments focusing on cardio-pulmonary parameters
- Prevent/Reduce the number of ER calls and hospitalizations

### Philosophy of VNA's Cardiac Treatment Program

VNA is committed to providing heart failure patients an organized, standardized, coordinated and multi-disciplinary approach to meet your special needs.

All VNA clinicians:

- Develop interactive self-care with you using VNA's Heart Failure Workbook
- Enroll you in VNA's Telehealth Monitoring Program
- Educate caregivers/patients with disease management, medication, diet management, etc.

Telehealth monitoring is a small monitor provided in your home that:

- Daily measures your heart rate, blood pressure, and other important indicators
- Asks and records a series of daily questions for a comprehensive assessment of patient status
- Is monitored by experienced clinical staff



The VNA nurse and treatment team will assist you and your family with:

- Recognizing signs and symptoms of worsening of disease
- Manage your chronic condition after discharge
- Providing on-call nurse 24 hours a day, 7 days a week, to assist with complications when on VNA service
- Advising when other services might be needed



Visiting Nurse Association  
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