

# How Always Best Care helps reduce costly hospital readmissions among your AMI patients

## What it is

### Acute Myocardial Infarction (heart attack)

The result of blood flow being blocked from part of the heart muscle for a period of time that causes damage or death to the heart cells due to lack of oxygen that is normally provided by the blood.

## Treatment

After treatment at a hospital, patients may go directly home or through the rehabilitation pathway with rehab, home health therapy, or outpatient therapy. Home care can be part of the pathway to return home

#### Monitoring and self-care at home

First steps involve understanding the event impacted the person's function and support needed to be as independent as possible. Patients may need help with their new medical treatment plan and lifestyle changes. **Medication, diet, and exercise are keys to success.** The goal is to help them regain strength lost from suffering a heart attack, and help them implement their new healthy lifestyle.

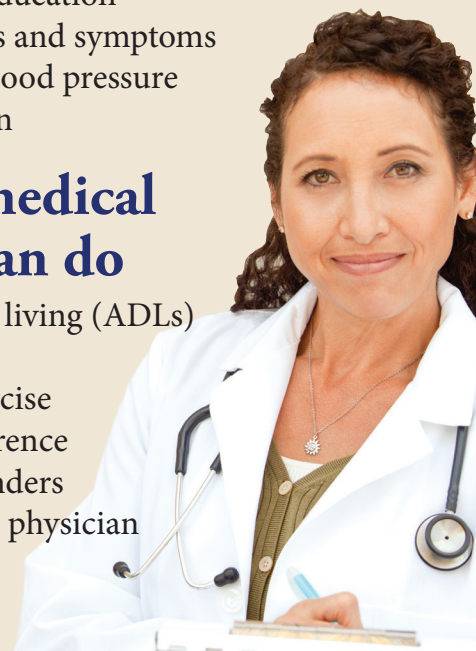
## Key home care services for a heart failure patients

### What skilled health care can do

- Medication education
- Disease process education
- Recognizing signs and symptoms
- Managing high blood pressure
- Smoking cessation

### What non-medical home care can do

- Activities of daily living (ADLs)
- Meal preparation
- Motivational exercise
- Plan of care adherence
- Medication reminders
- Transportation to physician
- Home safety and supervision



## Always Best Care<sup>®</sup> Senior Services

Non-medical in-home care • Assisted living placement • Skilled home health care (select markets)  
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Independently owned and operated offices throughout the United States and Canada