

# HighPoint & Homecare

SUMNER REGIONAL MEDICAL CENTER

## Congestive Heart Failure (CHF) Program

When your heart becomes weak from either illness or a heart attack, it is unable to effectively pump blood through your body. Blood and fluid back up in your lungs and in other parts of your body. This is called Congestive Heart Failure (CHF). Although CHF is a serious condition, it can be controlled with diet, exercise, medication and positive health habits.

The HighPoint Homecare team educates our patients and their families about the condition, treatment options, and how to live with CHF.

Our education and protocols include:

- Reviewing medical history and symptoms
- Medication counseling
- Visual educational aides for both the patient and family members
- Establishing healthy habits to reduce weight
- Nutrition counseling, reducing salt intake and avoiding foods high in cholesterol and fat
- Stress reduction
- Rest and relaxation techniques
- Exercise and other lifestyle changes
- Equipment assessment
- Environmental safety
- Emergency Care Plan (when to call us, when to call 911)

Additional monitoring and care for our CHF patients include:

- 24/7 nursing care available
- Increased visits at start of care (visit frontloading)
- Phone call evaluation assessment to patient by a clinical reviewer within 72 hours of admission and periodically in between visits

To learn more about our services, please call  
(615) 328-6589 or fax (615) 328-3891.

