

# Home Care Connection

## Connecting Hospital to Home

Cimarron Medical Services

Stillwater Medical Center Home Health Services

### Meet the Staff:

#### Amber Burton, HHA

Amber began her career at Stillwater Medical Center in 2014 on 3<sup>rd</sup> floor as a CNA. She later transferred to SMC Home Health as a Home Health Aid. Prior to SMC she worked a year at Grove Nursing Center as well as volunteered for hospice for 2 years. Amber is involved in extra activities with hospital and home health functions. She is pursuing a career as an RN and is excited for what the future holds for her.

Amber enjoys spending time with her husband and their furry child, Deva. They are in the beginning stages of foster parenting and hope to adopt someday.

She enjoys attending church as well as giving to and serving others. She takes pride in her work and in everything that she does. In her spare time, she crochets, reads, sews, scrapbooks, and loves everything outdoors.



### Medicare Updates

#### Oklahoma Advanced Directive for Home Care

The Advance Directive for Health Care, also known as a "Living Will," is a legal document that gives directions to healthcare providers regarding your wishes concerning life-sustaining medical care. The form allows you to state your wishes regarding ventilators, feeding tubes, surgery and drugs to prolong your life, and to name a healthcare proxy who will speak on your behalf. Every adult should complete an Advance Directive.



It is impossible to predict when someone could have an accident or sudden illness and become unable to communicate their own healthcare wishes. The Advance Directive ensures that your wishes are followed if you are incapacitated. The Advance Directive requires signatures of two witnesses, but it does not require a notary to be legal. You should make several copies and have one on file with your doctor(s), close family members and easily accessible in the case of emergency. The Advance Directive can be revoked at any time and it should be reviewed every few years to ensure it still reflects your wishes.

For more information about Advance Directives or to download the form go to [www.okhs.org](http://www.okhs.org).

#### Cimarron Medical Services Weekly Sales

Feb. 29th	10% off Lift Chairs (Cash & Carry)
March 7th	10% off Shower Chairs
March 14th	10% off Compression Hose
March 21st	10% off Walkers
March 28th	10% off Medela Nursing Supplies

#### Slow-Cooker Turkey Chili

##### Ingredients:

- 1 1/4 lbs. lean ground turkey
- 1 large onion, chopped
- 1 garlic clove, minced
- 1 1/2 cups frozen corn kernels
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 (28-oz.) can crushed tomatoes
- 1 (15-oz.) can black beans, rinsed and drained
- 1 (8-oz.) can tomato sauce
- 1 (1.25-oz.) package chili seasoning mix
- 1/2 teaspoon salt
- **Toppings:** shredded Colby and Monterey Jack cheese blend, finely chopped red onion

1. Cook first 3 ingredients in a large skillet over medium-high heat, stirring until turkey crumbles and is no longer pink; drain. Spoon mixture into a 5 1/2-qt. slow cooker; stir in corn and next 7 ingredients until well blended.
2. Cook at HIGH 4 to 5 hours or at LOW 6 to 8 hours. Serve with desired toppings.



Provided by: myrecipes.com  
Angela Gamble, MS, RD, LD



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### Home Health Face-to-Face Encounter



A face-to-face encounter is one of the criteria Medicare places on patients who receive services in the home setting – along with being home bound, in need of professional skilled services and the need for intermittent care. Medicare is ensuring that the need for care is present as certified by the physician. A nurse practitioner or physician's assistant can perform the visit in lieu of the physician but the overseeing physician must actually document the face-to-face encounter. The information should be documented in your chart in the physician office as well as sent to the home health agency.

For the face-to-face encounter, Medicare recipients must attend a visit with the physician to certify the need for home care services. The face-to-face encounter is required in the 90 days before home health starts to provide care in the home for the patient or within the 30 days following the beginning of the care of the patient. The physician can see the patient in the office, in a healthcare setting such as a hospital, a nursing home or a skilled nursing facility or by a video visit through the internet via electronic means.

The benefit of the face-to-face encounter is that the physician is able to assess your needs while in the office and answer any questions you might have regarding home care services. You get the reassurance that the physician is aware of your situation and feels home care will be the best option to keep you as independent as possible in the home. The physician record retains the needed data to support the payment of home care services and shows the need that you have for those services.

**Did you know?:** Biofreeze products help you manage pain and allow you to take part in the activities you enjoy most. Using Biofreeze before activities can relieve soreness and increase your range of motion, letting you move more easily. Also, using Biofreeze after those same activities can significantly reduce your post-workout or post therapy stiffness and pain.



### Face-to-Face Involving Durable Medical Equipment

For Medicare coverage of certain durable medical equipment, it is now required that a face-to-face visit between you and your physician take place prior to the delivery of the equipment. The doctor's written order is still needed. A face-to-face encounter is a "needs assessment" conducted by the treating medical professional for the medical condition that supports the need for the equipment that is prescribed.

The equipment affected by this new ruling includes, but is not limited to:

- Hospital Beds and accessories
- CPAP, BIPAP, and accessories
- All Wheelchairs and accessories
- Blood Glucose Monitors
- Pressure Reducing Mattresses
- Oxygen equipment
- Nebulizers
- TENS units
- Seat lift mechanism

These items have been added to the list of equipment already under the face-to-face restriction. The new rules state the following-

1. The face-to-face visit must occur within the 6 month period prior to the doctor's written order, and cannot occur after the ordering date of the durable medical equipment. (Oxygen orders must occur within 30 days.)
2. The medical records from this visit must contain pertinent clinical information that shows you meet the Medicare program's requirements for the specific equipment ordered.
3. The medical equipment company will have to have the chart notes in hand before the delivery of the item.



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