

Caring for Elderly Patients During & After Influenza

We work with TriCare and other private insurances.

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Nurse Response to Your
Calls 24/7

Remember Integrity for:

Incontinence Cure
Orthopedic Rehabilitation
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Skilled Observation
and much more

Your Integrity Team:

Physical Therapy
Skilled Nursing
Speech Therapy
Occupational Therapy
Home Health Aides
Medical Social Work



Jeanice Mitchell, MPT
Administrator

Medicare Certified
Home Health
&
Outpatient Clinic

You have received much information about preventing influenza. Let us take a moment to discuss caring for some of the most vulnerable patients who get the flu. Despite the fact that patients born before 1957 are less susceptible to H1N1, influenza of any type can result in complications and/or death. The CDC states that more than 200,000 hospitalizations and 36,000 deaths from flu and flu-related complications occur each year. More than half of those deaths occur among the 13% of our population age 65 and older.¹ Integrity Rehab & Home Health stands prepared to be part of your team in caring for elderly patients with influenza.



DURING: When elderly patients are sent home to recover from the flu, Integrity can provide a number of home health services designed to increase your patients' peace of mind, protect their health status, protect their caregivers, and prevent unnecessary hospitalization. An influenza care plan can include:

- Skilled observation and assessment to identify a worsening condition in a timely fashion
- Training, observation, and direct care to ensure optimal at-home care
- Patient / caregiver training in warning signs
- Patient / caregiver training for preventing the spread of the flu in the home
- Activity consultation: evidence suggests that elderly patients will spend more time than needed in bed or sitting when they are ill.² As with most remedies, bed rest is only useful in proper doses. Too much bed rest can lead to slower strength recovery, functional loss, and other complications.³ Integrity nurses and therapists can monitor patient recovery up to daily and advise patients about optimal activity levels based on your patient's current condition.
- Home care has the additional advantage of limiting community contact.

AFTER: Recovering from influenza usually involves bed rest. Bed rest affects elderly patients more negatively than younger patients. Among a test sample of healthy subjects age 67 and older, 10 days of bed rest resulted in more lean tissue loss than 28 days of bed rest caused in younger test subjects.⁴ This observed **loss of muscle at a rate 3 times greater than with younger patients** could not take into account the additional effects that nutritional compromise, inflammation, and comorbidities could have during bed rest for flu. For patients over the age of 70, bed rest is associated with a **major, new disability in 1/3 of prolonged cases.**² **For elderly patients who may have experienced a functional loss as the result of bed rest, prescribe physical therapy assessment and treatment from Integrity Rehab & Home Health.** Our qualified physical therapists specializing in elderly care can set your patient on the path to recovering from strength and functional losses.



The Doctor is the Boss

Integrity works hard to provide convenience to doctors and case managers by not picking and choosing cases based on profitability. From complex cases requiring multiple visits to simple cases requiring few visits, you can direct all your home health orders to Integrity.

Please tell your patients about
Integrity Rehab & Home Health

References

1. Centers for Disease Control and Prevention. Interim guidance for use of 23-valent pneumococcal polysaccharide vaccine during novel influenza A (H1N1) outbreak. Available at: http://www.cdc.gov/h1n1flu/guidance/ppsv_h1n1.htm Accessed October 19, 2009.
2. Brown C, Redden D, Flood K, et al. The underrecognized epidemic of low mobility during hospitalization of older adults. *Journal of the American Geriatrics Society*. 2009; 57 (9): 1660-65
3. Knight J, Nigam Y, Jones A, et al. Effects of bedrest I: cardiovascular, respiratory and haematological systems. *Nursing Times* (2009); 105: 21.
4. Kortebein P, Ferrando A, Lombeida J, et al. Effect of 10 days of bed rest on skeletal muscle in healthy older adults. *JAMA*. 2007; 297(16): 1772-1774.