



Ask to Come Home. Ask for Caldwell Hospice.



## Cardiac Care *at Home*

### Improving Quality of Life

When finding comfort at home becomes a priority, patients living with advanced cardiac disease turn to Caldwell Hospice's Cardiac Care Program to improve quality of life and live each day fully.

### Living Each Day Fully

Our team of professionals, including nurses specially trained in cardiac care, provides:

- Consultations with your own doctor
- Nursing visits—wherever you call home—to assess for pain and control symptoms
- Special in-home comfort care kit to control symptom crises
- Symptom management and monitoring to decrease emergency situations
- Certified nursing assistants to help with personal care
- One-on-one training to educate and increase caregiver confidence
- Emotional support for patient and family
- Referral to community resources
- Spiritual support
- Assistance with executing advance directives
- 24-hour on-call physician, registered nurse, medical social worker, and chaplain

## Rate Your Heart

### Every day

- Weigh yourself before breakfast, write it down and compare to yesterday's weight
- Take your medicine as prescribed
- Check for swelling in your feet, ankles, legs, and stomach
- Eat low salt food
- Balance activity and rest periods

### How is your heart today?

Your symptoms are under control if you have:

- No shortness of breath
- No weight gain more than two pounds in one day
- No swelling of your feet, ankles, legs, or stomach
- No chest pain

Seek medical assistance if you have:

- A weight gain of three pounds in one day or five pounds in one week
- More shortness of breath
- More swelling in your feet, ankles, legs, or stomach
- A feeling of more tiredness, no energy
- Dry, hacky cough
- Dizziness
- A feeling of uneasiness, you know something is not right
- A harder time breathing when lying down, you need to sleep sitting in a chair

Go to the emergency room or call 911 if you:

- Are struggling to breathe, or have unrelieved shortness of breath while sitting still
- Have chest pain
- Are confused or can't think clearly

#### MAILING ADDRESS

902 Kirkwood Street, NW  
Lenoir, NC 28645-5121

#### LENOIR LOCATION

902 Kirkwood Street, NW  
828.754.0101

#### HUDSON LOCATION

526 Pine Mountain Road  
828.754.0101



[www.caldwellhospice.org](http://www.caldwellhospice.org)