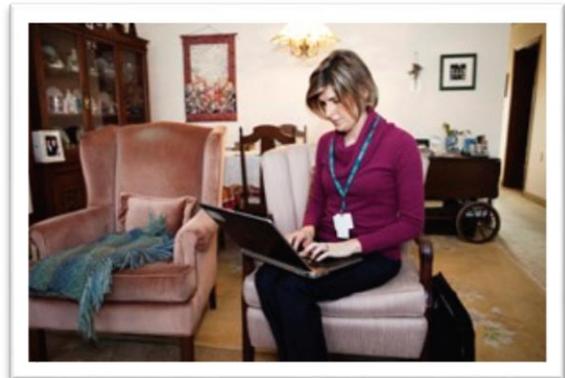


Independent living – COPD eHomecare

90-year old Tatiana Bednarsky leads a busy life on Hamilton Mountain happily participating in community activities. Other than receiving assistance from her daughter-in-law to get to medical appointments and grocery shopping, Tatiana leads an independent life in a seniors' retirement home.

Even though Tatiana has some medical issues, including Chronic Obstructive Pulmonary Disease (COPD) she doesn't seem to be slowing down.

Not long after Tatiana was diagnosed with COPD, HNHB CCAC Care Coordinator Dianne Obminski referred her to the e-Homecare program where she was connected with a rapid response nurse.



The goal of the program is to keep emergency room visits to a minimum when COPD patients can be managed at home.

“e-Homecare provides patients with education on their disease, medications used, and what signs and symptoms to look for,” says CCAC Rapid Response Nurse Monica Barros. “The rapid response team is responsible for providing the patient with an education session and home meeting.” This process ensures the patient has a clear understanding of their role in achieving their health goals as set out in their care plan.

Once that happens, a health care technician visits the patient in their home on a monthly basis to discuss such things as when they should call a doctor and address any questions or concerns. All of this information is uploaded to a 24-hour nurse outreach line and assessed. Patients can also call a nurse with questions at any time.

Tatiana says the health care technician has time to listen to her concerns and answer her questions.

“When the health care worker is here, they take my temperature, blood pressure and other vitals. I've gone from weekly visits to monthly visits so that's an improvement,” Tatiana says.

Up until the age of 78, Tatiana was still working at a bank about twice a month. “I have lots of faith and the joy that I like to share it with people because we need it!”

Tatiana enjoys seeing the health care technicians that come to see her. “The most important thing is for me to see that they're actually interested,” she says. “God is with me and listens to my prayers – not just for me but for other people.”