



Immediate release

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**Visiting Nurse Association launches
Telemonitoring program to improve patient care**

(Wilmington, DE, Mar. 9) – Christiana Care’s Visiting Nurse Association (VNA) in Kent/Sussex Counties recently launched a new Telemonitoring program to improve the health of home care patients. Telemonitoring is a growing technology that means overseeing a home care patient’s condition remotely through an electronic device placed in the patient’s home. VNA has purchased 75 telemonitors for use statewide, 50 of which are currently being used by patients in Kent/Sussex County.

Preliminary results indicate this technology will significantly reduce the amount of emergent care and rehospitalization required by telemonitored patients at VNA. In fact, unplanned hospitalization was reduced by 66% for telemonitored patients versus non-telemonitored patients during testing of the program.

“Telemonitoring does not take the place of home care nursing visits,” explains Melinda Stevens, Branch Manager for VNA’s Kent/Sussex Operations. “Instead it provides an advanced mechanism for managing the care of patients at risk for rehospitalization or emergency care due to their medical condition.”

When installed in the home, the Telemonitoring machine routinely monitors the patient’s vital signs including weight, blood pressure, heart rate and pulse oximetry. Data is transmitted daily to VNA’s central office in Camden via phone line where a nurse uses the information to determine if a patient visit is needed.

Should a problem arise, this on-the-spot equipment allows neighborhood VNA nurses and their patients to work together with physicians and act quickly to circumvent problems before they escalate. As a result, patients recover at home where they are most comfortable.

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Faye Collins, RN, one of four Kent/Sussex VNA nurses trained to oversee patients on the Telemonitoring system, sees the program as an opportunity for nurses to rethink the way that home care is delivered. "As a nurse, my days are no longer spent making routine visits. Instead, the data gathered by the telemonitor identifies patients who need to be contacted for possible intervention and reassures patients that VNA is carefully guarding their wellbeing," she says.

Over time, Telemonitoring could impact a huge spectrum of patients in the homecare industry including those with heart failure, blood pressure problems, chronic lung disease and diabetes.

-Kent/Sussex VNA boilerplate here-

About Christiana Care

Christiana Care Health System, which dates back to 1888, is one of the region's largest not-for profit health care providers, serving the people of Delaware as well as neighboring Maryland, Pennsylvania and New Jersey. A teaching hospital, Christiana Care is recognized as a regional center for excellence in cardiology, cancer and women's health services, as well as Level-I trauma care and Level-3 neonatal intensive care (both highest intensity). Christiana Care operates two hospitals, transitional care services and an extensive range of outpatient and home health services. Christiana Care provided \$28.4 million of charity care last year.