Case Study: The Role of a Home Telehealth Nurse

Mrs. A. Is an 84 year old woman who was recently discharged from the hospital with a diagnosisthat includes an exacerbation of congestive heart failure (CHF). She also has diabetes andhypertension. Mrs. A. was discharged from the hospital on multiple medications and livesalone.Home care services were initiated with skilled nursing care visits, some home health aidesupport, and orders to include telemonitoring of her vital signs. The telehealth device willremotely monitor Mrs. A.’s blood pressure, heart rate, oxygen saturation, and weight. Inaddition, the patient will answer customized questions about her disease on a daily basis. Thisinformation will then be transmitted daily to the home care agency, where the telenurse candetermine appropriate clinical actions based on the date trends and preset baseline alerts thatindicate when set parameters have been exceeded.