

# Case Study

## Telemonitoring allows 85-year-old to remain at home and avoid moving to nursing home

### Health Challenge

Emory Simko has a number of serious health conditions that would frequently force a lot of 85-year-olds into a nursing home or assisted living facility. He has outlived two wives and has no plans to leave his home. However, he constantly battles the effects of high blood pressure, congestive heart failure and diabetes. And because of his CHF and low oxygen saturation, at times needs to use oxygen. He was also having problems with fluid build-up in his lungs and needed to have the fluid drained every few weeks. The seriousness of his health condition meant he would be forced to consider leaving his home and his beloved hydrangeas, flowers he enjoys too much and has been tending to for 45 years.

### Telemonitoring Solution

Thanks to the care provided by Alterna-Care and their ability to provide a remote patient monitor, Mr. Simko can remain in his own home and tend to his flowers knowing healthcare professionals were watching his vital signs each and every day. Angela Wilcoxon, a registered nurse with Alterna-Care, noted that they can tell each day by Simko's weight how closely he's following his low-sodium diet and can call him to reinforce the proper lifestyle and dietary changes. Each day, at a time Mr. Simko decided, the monitor automatically reminds him it is time to take his vital signs and answer yes-no disease-specific questions that help provide clinicians at Alterna-Care with a better picture of his overall health. Each day a

clinician reviews his weight, blood pressure, heart rate and oxygen saturation. Chrysan Austin, an RN at Alterna-Care, indicated that reviewing his health data and being able to trend it over time alerted her to a change in his health, prompting her to call his physician, who increased Simko's blood pressure medication and prescribed a diuretic.

### Results

By using the Honeywell HomMed Health Monitoring System, Mr. Simko was able to remain in his own home. "It probably saved me trips to the doctor," Simko said of his HomMed monitor, adding that he enjoys knowing his vital signs seven days a week. "You feel better if everything is all right." Daily vital signs data allowed clinicians at Alterna-Care to proactively care for him and prevent small changes in his health from escalating into something more serious. Kathleen Sgro, owner of Alterna-Care, feels the monitoring system allows her home healthcare agency to keep track of patients more closely even though they don't visit the patient in person as often.



Excerpts from The State Journal-Register; August 16, 2004.  
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