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Peace of Mind

Patients using new technology to transmit vital signs from home

Hospice patient Wanda Lehrkamp, like most people, appreciates a sense of security.

While she is visited in her Carroll apartment several times a week by a nurse, new technology is allowing Lehrkamp to keep tabs on her health the days a nurse doesn't stop by. By using a telemanagement system, she is able to easily transmit her vital signs, including blood pressure, oxygen levels, heart rate and weight, to a nurse who reviews the information.

"The monitor is great. It is simple to use and gives me a sense of security and safety," commented Lehrkamp. "I worry about my blood pressure and weight, and this device checks these daily and a nurse reviews the data. The days the nurse does not visit, I have a sense of security that I am being watched over."

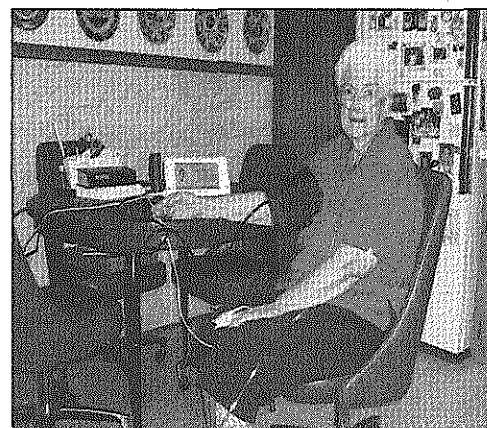
Lehrkamp's daughter, Gail, who lives outside of Carroll, also feels more secure knowing that her mother's health is being monitored on a daily basis.

"The telehealth monitor gives me comfort in knowing she is being watched over when I am not there," she said.

Marcia Schaefer, RN, director of St. Anthony Hospital Home Health and Hospice where the monitoring system — referred to as Well @ Home — is now being used, described how it works.

"The system benefits patients who need periodic, remote monitoring of their vital signs," explained Schaefer. "The patient completes a few tasks to gather the data, which is then transmitted to the hospital via the patient's phone line and reviewed by a home health/hospice nurse."

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Using new technology, Wanda Lehrkamp is able to easily transmit her vital signs, including blood pressure, oxygen levels, heart rate and weight, from her Carroll home to a nurse who reviews the information.



New Opportunities, Inc.

Carroll County:
PO Box 427, 23751 Hwy. 30 E., Carroll
792-9266

A private, non-profit human service organization offering assistance and opportunities to low income, elderly and disabled residents in seven counties with the following services:

- Satellite Family Development Centers
- Head Start/Early Head Start Preschool Programs
- Financial Literacy Counseling
- Maternal/Child Health Services
- Women, Infants & Children (WIC)
- Heat Assistance (LIHEAP)
- Weatherization
- Rent Assistance
- Child & Adult Care Food Program (CACFP)
- Share Iowa
- Chore/Elderly Waiver Services
- Tobacco Prevention & Cessation
- Drug & Alcohol Evaluation/Treatment
- Drug & Alcohol Prevention/Education
- Community Adolescent Pregnancy Prevention
- Childhood Lead Poisoning Prevention
- Carroll, Audubon and Sac County Mentoring
- Men and Women's Health Services

Family Development Center Offices:

Audubon County 109 Tracy Street Audubon, IA 50025 712-563-2777	Calhoun County 412 5th Street Rockwell City, IA 50579 712-297-7721	Carroll County 23751 Highway 30 East Carroll, IA 51401 712-792-9266	Dallas County 2814 First Avenue Perry, IA 50220 515-465-5185
Greene County 1401 N. Elm - Suite A Jefferson, IA 50129 515-386-2719	Guthrie County 2002 State Street - Suite 2 Guthrie Center, IA 50115 641-747-3845	Sac County 1708 West Main Street Sac City, IA 50583 712-662-3236	

Substance Abuse Treatment/Prevention Offices:

Audubon County 109 Tracy Street Audubon, IA 50025 712-563-2777	Carroll County 23751 Highway 30 East Carroll, IA 51401 712-792-9266	Greene County 1401 N. Elm - Suite A Jefferson, IA 50129 515-386-4795	Guthrie County 411 State Street Guthrie Center, IA 50115 641-747-3354	Sac County 116 South State Street Sac City, IA 50583 712-662-7921
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Promoting Healthy Mothers & Healthy Babies

Carroll County Nest welcomes all pregnant women who reside in Carroll County.

Our goal is supporting & encouraging expectant mothers to improve their health & the health of their babies.

Carroll County Nest is an incentive program that provides encouragement for parents to meet the following outcomes:

- Obtain early & regular prenatal care
 - Participation in programs to increase healthy behaviors
 - Attend classes on various topics related to pregnancy, childbirth, infant care & parenting
- Donations Accepted • Cash or New Baby Items • Tax Deductible

For More Information, Call...

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