

What to Expect from Allina Health Home Hospital Care

A hospital alternative in your home

Before You Leave the Hospital

You will receive:

- medicine
- oxygen (if ordered to help your breathing).

During Home Hospital Care

You will be on Home Hospital Care for 7 to 10 days. The exact time depends on your needs. You can expect:

- **biometric monitoring kit set-up:** An Allina Health representative will come to your home to set up your biometric monitoring. He or she will explain how to use the thermometer, oximeter, blood pressure cuff and tablet.
- **daily visits from a home health nurse:** Starting the day after you return to your home, you will receive a visit each day from a Home Health nurse. The nurse will determine if you need any other services like physical therapy or Home Health aides.
- **daily virtual visit:** Starting your second day at home, you will have daily virtual visits with your Home Hospital Care provider using the tablet that came in your kit.

- **remote monitoring:** A nurse will check on your health remotely through your biometric monitoring kit. He or she will contact you if your any of your biometric readings (blood pressure, temperature, oxygen) are outside of normal ranges.

Call 651-635-9173 if you feel your condition is getting worse.

- **24/7 nurse phone line:** Talk to a nurse anytime by calling 651-635-9173.
- **technology support:** If you have any problems with your equipment, call tech support by using the button on your tablet, or by calling 612-246-3766.

After Home Hospital Care

- An Allina Health representative will pick up your biometrics monitoring kit 16 days after you start the program. A member of your home health team will tell you if you need to use the kit longer.
- Home health team members will care for you until it is safe for you to discharge from Home Health in 4 to 6 weeks.

When to Call Home Health or 911

See the charts on the other side.

(over)

When to Call Home Health or 911

Problem	Call Home Health	Call 911
breathing troubles	Call if: <ul style="list-style-type: none"> ■ you have more coughing or sputum than usual ■ you are more short of breath or have more wheezing than usual ■ your oxygen levels less than 90%. 	Call if you: <ul style="list-style-type: none"> ■ are unable to catch your breath ■ have no relief from your rescue inhaler ■ are confused or can't easily wake up.
fall	Call if you: <ul style="list-style-type: none"> ■ are dizzy or having trouble with your balance ■ had a recent fall with a small injury. 	Call if you: <ul style="list-style-type: none"> ■ fell and cannot get up ■ had a recent fall with a severe injury or severe pain.
bowel troubles	Call if you: <ul style="list-style-type: none"> ■ have severe constipation ■ have severe diarrhea ■ have problems with your ostomy and aren't able to manage it at home ■ have a black or dark-colored stool ■ have blood stool ■ continue to throw up (vomit). 	
bladder troubles	Call if you: <ul style="list-style-type: none"> ■ have a leaking catheter ■ do not have urine in your catheter for 4 hours ■ have not urinated in 4 hours ■ have cloudy urine ■ have a burning feeling while urinating ■ feel swollen or bloated in your belly ■ have bright red blood in your catheter. 	
COVID-19	Call if: <ul style="list-style-type: none"> ■ your oxygen level is less than 90% ■ your cough or breathing is worse ■ you have a fever ■ you have swelling in your legs. 	Call if you: <ul style="list-style-type: none"> ■ are unresponsive or less responsive ■ are confused ■ are unable to catch your breath or speak.