

# Your Second Wind

*Proactive Pulmonary Plan*



*The Proactive Plan for Care™*

# The Breath of Life.

Pulmonary disease affects more than a person's breathing. For an estimated 27.5 million\* U.S. adults, pulmonary diseases including COPD can hinder energy, activity, emotional well-being, strength, mobility, and overall quality of life. Fortunately, Paradigm HomeCare can help. With over 10 years of experience in pulmonary care, plus our own published research\*\* on home pulmonary interventions with proven outcomes, Paradigm has the experience and plan to help make life better for patients and their families.



## Proactive Recovery Goals

1. Improve quality of life
2. Manage symptoms
3. Reduce shortness of breath (dyspnea)
4. Reduce depression and anxiety
5. Optimize use of medications (especially inhalers and nebulizers)
6. Reduce dependence on supplemental oxygen
7. Increase physical activity, balance, and strength
8. Improve endurance
9. Enhance self-confidence and social engagement

***Each nursing and therapy plan is custom-tailored to the unique needs of the patient.***

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\* American Lung Association <http://www.lung.org/lung-disease/copd/resources/facts-figures/COPD-Fact-Sheet.htm>

\*\* Journal of Geriatric Physical Therapy [http://journals.lww.com/jgpt/Fulltext/2012/07000/A\\_Randomized\\_Trial\\_Comparing\\_2\\_Types\\_of\\_In\\_Home.6.aspx](http://journals.lww.com/jgpt/Fulltext/2012/07000/A_Randomized_Trial_Comparing_2_Types_of_In_Home.6.aspx)

## STEP 1

### Setting a course.

A successful home pulmonary intervention begins with a thorough assessment of the patient's situation by Paradigm's Registered Nurses and licensed therapists. Our professionals will come to your home to look for contributing factors and determine a plan of action:

Identify health habits that may be making the disease worse

Check for environmental factors that may contribute to symptoms

Comprehensively review medications

Assess nutritional needs

Create a customized therapy program suited to that patient's goals

## STEP 2

### Change is in the air.

Paradigm's Proactive Pulmonary Plan includes patient-specific education on the things that affect the pulmonary condition and quality of life:

Proper use of medications

Nutritional strategies

Identifying and managing symptoms such as dyspnea, anxiety, and low energy

*Our RNs and therapists will implement the patient's custom therapy program to help enhance endurance, mobility, and functional strength.*

## STEP 3

### Getting a second wind.

As in any successful healthcare program, the patient can do a lot to help ensure their individual therapy program is successful—and thier life afterward is more enjoyable.

Continue seeing the physician and strictly follow recommendations and orders

Stop smoking

Drink plenty of water

Eat several small meals a day (rather than a few large meals)

Move, move, move

# Service Areas

Paradigm provides home care throughout the following Texas counties:

Anderson	Franklin	Morris	Titus
Camp	Gregg	Rains	Upshur
Cherokee	Henderson	Rockwall	Van Zandt
Collin	Hopkins	Rusk	Wood
Dallas	Houston	Smith	Wise
Denton	Kaufman	Tarrant	

## TYLER OFFICE

777 South Broadway, Suite 200, Tyler, TX 75701

t: 903.581.1223 | f: 903.581.1253

## DFW OFFICE

2000 N Central Expressway, Suite 209, Plano, TX 75074

t: 972.422.0033 | f: 469.736.0068

Traditional Medicare pays 100% for all physician-ordered home healthcare. Call **888.581.1223** for your **IN-HOME EVALUATION** today.

## Recognized among the top in Healthcare

Year after year, Paradigm HomeCare has consistently been recognized and distinguished among the top home health agencies in the U.S. for efficient delivery of high-quality patient care, improved patient outcomes, reduced hospital and ER visits, and overall patient satisfaction.

**Please visit [www.medicare.gov/homehealthcompare](http://www.medicare.gov/homehealthcompare) to view our ratings and scores.**

