



HEALTH AND WELLNESS SERVICES

*AN IMPORTANT INFORMATIONAL GUIDE TO
HEALTH SERVICES AVAILABLE IN INDEPENDENT
LIVING*

General Information

- ❖ Wellness Office is located on 3rd floor “B” wing in the Wellness Center
- ❖ The Wellness Nurse is available for regular office visits **Monday through Friday 8:30 – 10 am**
- ❖ Additional hours are available by appointment
- ❖ Direct line: 484-288-2589
- ❖ Confidential fax line: 610-380-4752

Wellness Nurse Responsibilities

- ❖ The Wellness Nurse in the IL Community responds to medical emergencies, emergency first aid and provide education to the IL residents.
- ❖ The Wellness Nurse has open office hours to assist with blood pressure monitoring, refer physicians, answer medical questions, to name a few.

Emergency vs Office Visit

- **Emergency**
- Chest discomfort
- Loss of consciousness
- Difficulty breathing
- Excessive bleeding
- Sudden confusion or slurred speech
- Sudden inability to speak or move an extremity
- Fall

- **Office Visit**
- Blood pressure check
- Health related questions
- Listen to chest/lungs
- Personal Solutions information
- Medical forms
- Physician referral

What to do in an Emergency

- ❖ Push Life Alert pendent
- ❖ After activating the system, the front desk is alerted and the nurse is notified.
- ❖ You will receive a phone call from the front desk to verify the emergency. If you are not able to answer the phone it is ok as the nurse is still on the way. The nurse has an emergency key to the condo so you do not have to unlock the door.
- ❖ In the event of choking, respiratory distress, fainting or suspected heart attack, push button on pendent to activate Life Alert then immediately call 911.

What to do for a Wellness Office Visit

- Just come to the Wellness Office during “walk-in” hours: Monday thru Friday 8:30 – 10:00am.
- Outside of Walk-In hours nurse may not be in office so an appointment is recommended.



When to Call the Doctor

- ❖ Feeling ill
- ❖ Not feeling better after treatment
- ❖ Possible reactions to new medications
- ❖ New onset of weakness
- ❖ Temperature greater than 99.5 for 24 hours
- ❖ Nausea/vomiting/diarrhea lasting more than 24 hours
- ❖ Earache
- ❖ New onset of pain or continued pain after treatment
- ❖ Difficulty with urination or constipation
- ❖ New Onset of confusion

Need a Doctor?

- FVB has several medical professionals expand their practice to include visits to the FVB Wellness Office. A list of physicians and services has been provided in this packet. Please call the physician office directly to make an appointment.
- Some specialties include Primary Care Physicians, Podiatrist, Audiologist, Dermatologist, and Lab
- We are always working to provide medical specialty services on-site

My Doctor Recommends Medication

- Wellness Nurse does not administer medications.
- Wellness Nurse does not have medications in stock.
- Residents take responsibility for their own medications and may utilize the pharmacy of their choice.
- The Wellness Nurse can recommend several local pharmacies that deliver to FVB to increase convenience.

Some Medical Supplies to Keep in Your Condo

- Pain/Fever reducer as recommended by physician
 - Examples: Tylenol, Advil, Motrin
- Upset stomach as recommended by physician
 - Examples: Pepto Bismol, Ginger Ale, Kaopectate, Gas X
- Minor injuries
 - Examples: Band-Aids in various sizes, Wound Seal, Neosporin
- Cough/congestion as recommended by physician
 - Examples: Mucinex, Robitussin

Before Stocking Up

- ❖ Discuss with your doctor the proper over the counter medications for you.
- ❖ Prescription medications may interact with over the counter medications.
- ❖ It is important not to share medications.
- ❖ Don't buy in bulk.
- ❖ Do not use medications that have expired.

Medication Disposal

- West Brandywine Police Department has partnered with FV and installed a medication disposal box on-site
- The green disposal box is located on the first floor “B” wing next to the Fitness Center
- Medications may remain in their bottles for disposal
- No hydrogen peroxide, inhalers, over the counter lotions or ointments, needles or other sharps
- Prescription ointments are accepted

Wellness Tray

- If you are being treated by a physician for an illness or have been recently discharged from the hospital or The Inn, notify the Wellness Nurse.
- Your evening meal can be delivered to your condo with the delivery charge waived for up to 3 days.

Medical Records

- All Village residents are urged to complete a **Resident Emergency Information** form which will be updated annually or when new information is offered.
- Please include a copy of insurance cards and advance directive if applicable
- All information is confidential and kept in the Wellness Office and one on the refrigerator in your condo.
- This essential form contains pertinent information and should be kept updated by the resident or family member.
- Access to this information allows for easy transitions during emergencies as well as notification of the proper emergency contacts
- If you need to update the information please obtain a new form from the Wellness Office.

More than Wellness

- Sometimes care is needed outside the scope of the Wellness Nurse: medication assistance, assistance walking, wound dressings and bandage changes, diabetes management, injections
- FVB can still provide these services to you through other Healthcare Services

Personalized Living

- PL Office located on 3rd floor D/E Wing across from elevator
- Facilitates medication management, offers individual support and assistance with coordination of in condo assistance
- If Village resident needs more assistance but is able to stay in Independent Living with support, services can be scheduled through PL.
- PL Office: 484-288-2736

Frequently Asked Questions

- Will the Wellness Nurse come and take my blood pressure?
 - Blood pressure monitoring is something that can be addressed during Wellness Office hours. If your physician states your blood pressure needs to be monitored on a regular basis, it is always best to invest in an automated blood pressure cuff to keep in your condo for daily monitoring. The Wellness Office holds a Blood Pressure Clinic the last Monday of each month from 1:30 – 2pm in the Wellness Office.
- I don't feel well. Should I call the nurse?
 - It is always best to **call your primary care physician's office when you don't feel well**. They know your medical history and can make recommendations for medications or appointments to be seen. The Wellness Nurse is not aware of your medical history and can only recommend notifying your doctor. For a chronic illness that may need periodic Wellness visits, a contract can be obtained through the Personalized Living office.
- Can I walk in when the doctor is here?
 - Visiting physicians are not FVB staff and will not take walk-in patients. You must be an existing patient of the visiting physician and make an appointment through their office.

Frequently Asked Questions

- Can the Wellness Nurse remove my stitches?
 - This is not a service the Wellness Nurse can provide.
- Can the nurse change my dressings after I had a procedure?
 - The Wellness Nurse can educate you on the materials needed as well as the process on how to change the dressing on your own.
- Can the Wellness Nurse perform wound care and medication administration if they are a RN opposed to and LPN?
 - In the Independent Living community in the state of Pennsylvania skills such as these cannot be performed regardless of the nurse's level of licensure.
- I fell in my condo but didn't get hurt. Should I let the nurse know?
 - Absolutely. Notifying the nurse of a fall allows the nurse staff to monitor for any signs of injury or distress that may appear later from the fall.
- If I report my falls then I will have to go to "the other side".
 - Reporting falls or injuries to the nurse provides information that may be an indication of another medical issue. The nurse can collaborate with the healthcare team to ensure available services are being utilized. Reporting your falls does not mean that you need to move through the continuum.