

The Chronic Disease Management Program offers classes and screenings for your health:

Cardiac Rehab Nutrition Class offered on the fourth Tuesday most months from 2 p.m. until 4 p.m. in the HCMC Private Dining Room. Call 731-644-3463 for reservations.

Shopping Smart is offered quarterly. This class discusses smart food choices and how to read food labels. Class takes place at Paris Kroger. Call 731-644-3463 to obtain dates and to register for the classes.

Chronic Disease Management Screenings are offered monthly in Cardiac Rehab. To find out dates and times call 731-644-8215.

Living Well with Chronic Conditions is a 2-hour-a-week, six-week workshop offered in partnership with UT Extension Service. Call 731-644-3463 to obtain dates and register for the classes.

Take Charge of Your Diabetes is a 2-hour-a-week, six-week workshop offered in partnership with UT Extension Service. Call 731-644-3463 to obtain dates and register for the classes.

Journey for Control of Diabetes classes are 2-hour-a-week, three-week workshop offered for those who are newly diagnosed as well as those who have suffered with diabetes for a long time. These classes are interactive, conversation-style classes that allow participants to discuss their issues with diabetes together. Call 731-644-3463 to obtain dates and register for these classes.

Tina Umstead, LPN

Chronic Disease Nurse Case Manager
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731-644-8215

Amy Odom

Pharmacy Assistant
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731-644-8215

Hours:

Pharmacy Assistant available
Tuesdays and Thursdays, 8 a.m. to 4:30 p.m.
or by appointment;

Nurse Case Manager available
Mondays, Wednesdays, and Fridays,
8 a.m. to 4:30 p.m. or by appointment



PARIS AND HENRY COUNTY
HEALTHCARE FOUNDATION

Paris and Henry County Healthcare Foundation, Inc.

*A link to chronic disease
management in West Tennessee*

Delta Rural Health Initiative



PARIS AND HENRY COUNTY
HEALTHCARE FOUNDATION

Access to Care

The Delta Rural Health Initiative is a collaborative effort of multiple healthcare and social service organizations located in West Tennessee. The services offered through the Network are comprehensive in design and focus on heart disease, stroke, diabetes, cancer, hypertension and the risk factors associated with these diseases.



The Disease Case Management program through the Paris Henry County Healthcare Foundation assists chronic disease patients with individualized services that can include health education, screening, physical fitness programs and prescription assistance.



Chronic Disease Case Management

Through health education, a nurse case manager helps patients manage their diseases. This program targets patients who are insured or uninsured. Patients are case managed by an LPN Case Manager with assistance from RN Community Educator, Registered Dietitian and RN Certified Diabetes Educator.

Our Chronic Disease Manager will help develop a customized plan based on each individual patient's needs. Case Managers focus: on the following:

- ***Understanding chronic diseases***
- ***Nutrition education***
- ***Stress management***
- ***Recognizing depression***
- ***Physical activity plans***
- ***Medication management***
- ***Stroke prevention***
- ***Blood pressure management***
- ***Diabetes management***
- ***Goal setting***

Services Offered

Our team helps the patient accomplish the goals set by their case manager with a variety of services.

Health Assessments are conducted for program participants and include height, weight, blood pressure, glucose, cholesterol, HgbA1C and BMI screenings. These are offered at monthly screenings or on a one-on-one basis.

Care Plan Development is managed by the Nurse who will work with the patient's primary care provider to set goals that focus on behavioral and nutritional lifestyle changes, physical activity, self monitoring and clinical services.

Pharmacy Assistance Program allows patients to obtain medication at a reduced cost or no cost at all. Through monitoring or medication, we provide assistance to patients with their medication needs and monitoring medication intake to insure that patients are following the guidelines that primary care providers prescribe. Our Pharmacy Technician is available to assist with this program.

Group Education

is used as a supplement to the individual sessions provided by the LPN Case Manager, which focuses on peer education. Physical activity and nutritional education are available to patients.

