

What We Do

Transitional Cardiac Care is a home-based cardiac education and monitoring service. Our four-week education regimen and lifestyle management will give you all the tools you need to successfully manage your diagnosis from the comfort of your own home. Our knowledgeable Nursing staff will educate you on topics including dietary modifications, activity, stress, medication management, and diagnosis facts. We will also help you learn how to manage your daily symptoms, including when you should call a doctor or seek emergent help. We will help you make lifestyle changes such as: exercise, sleep, and creating a routine that works for you and your diagnosis.

You are not alone, let us help you take control of your heart.



**TRANSITIONAL
CARDIAC CARE**

Transitional Cardiac Care, LLC

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Transitional Cardiac Care



Take control of your **HEART**

Program Outline

30-day Post Discharge Management

- disease education
- daily symptom management
- lifestyle management
- medication reconciliation
- three-times-a-week in-home visits
- tools provided to identify exacerbation
- patient education binder



H2H - Phase 2

Hospital to Home

- assessment of disease knowledge
- exercise prescription
- establish goals
- establish follow up appointments
- identify barriers and possible solutions
- identify needed equipment for symptom management



Home Education & Lifestyle Management

Education

- disease education and management
- medication purpose and side effects
- dietary adjustments
- symptom management and recording

Lifestyle Management

- exercise
- smoking cessation
- daily activities

