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## Millenium Home Health Care Chosen for Elite National Competition

April 1, 2014-Millenium Home Health Care (DE) is leading the way in targeting new methods to reduce Acute Care Hospitalization (ACH). Debra Grott, RN, and Executive Director for Millenium Home Health in Smyrna, DE, will compete amongst an elite group of providers at the American Case Management Association's (ACMA) national conference in Chicago this April. Grott will go up against three top collaborative teams from around the country, each sharing their methodology for reduced ACH. The winner, to be chosen by a conference committee, will have the honor of sharing their presentation with everyone at national conference on the final day.

This presentation opportunity is the result of Millenium Home Health's extensive collaboration with Nanticoke Memorial Hospital, Seaford, DE. In 2013, Millenium was chosen by Nanticoke to be part of an elite coalition of experts working together to draft a comprehensive plan to reduce ACH. Their findings were compiled into a presentation that achieved top recognition at the regional level at the Baltimore ACMA conference last September, which led to this invitation to compete at the national conference.

Nanticoke Memorial Hospital is a 109 bed rural hospital that services approximately 140,000 residents. The hospital was recently recognized by Quality Insights of Delaware for its efforts to improve patient care by reducing its readmission rates. Nanticoke attributed these accolades to its group collaboration with Millenium health professionals, which sets the precedence in home healthcare services' role in results-driven preventative after-care.

The coalition, which along with Millenium included Genesis Healthcare and Compassionate Care Hospice, set specific goals that included developing a risk assessment to identify patients that had an increased chance of rehospitalization, emphasis on the importance of discharge instructions and patients understanding of them, the importance of follow-up appointments and overall communication between physicians, medical staff and the patients.

Grott says that Millenium's key components, like frontloading visits starting within the first 24-hours and encompassing the first five days after discharge (the time of highest risk for readmission) is an example of the vital components within its successful program. A strong communication plan with doctors during that initial period after discharge further supports addressing patients' aftercare needs, while avoiding additional ER visits and readmissions.

"Being chosen as one of four competing for this opportunity is a great honor," Grott says. "It is extraordinary for Nanticoke to have reduced its rehospitalization rate down to 3.1 percent and be recognized for their efforts at this national level. Millenium is excited to have been a part of this collaboration."

Overall goals for the Nanticoke coalition were:

Reduce readmissions, improving compliance, improving patient satisfaction, improving education and improving discharge communication. For more information on directives to reduce ACH, visit our website at [www.mhomehealth.com](http://www.mhomehealth.com)