

Internship Fieldwork

Brief description of fieldwork site/organization (mission and goals)

Home Heart Health (HHH) is an organization partnering with the Visiting Nurse Service of New York (VNSNY), with a mission to empower patients, families, and communities to live heart healthy lives.¹

While cardiac patients can achieve significant improvements in an inpatient setting, this restoration may dissipate when patients are discharged from the hospital. Cardiac rehabilitation has been proven to optimize patient health and improve symptom management, yet participation rates at outpatient cardiac rehabilitation centers remain low. Many cardiac patients discharged from the hospital are homebound, and therefore unable to attend outpatient cardiac rehabilitation for several weeks. Because of this gap in care, patients may not be able to optimize their health condition for the rigors of outpatient cardiac rehabilitation and integration into the community. Home care clinicians lack training opportunities for specialized cardiac competencies, and therefore, have a limited ability to deliver specialized cardiac rehabilitative care to patients.

The goal of HHH is to develop a patient-driven home-based cardiac rehabilitation model. To achieve this goal, HHH will design standardized, evidence-based guidelines for delivering cardiac rehabilitation in the home, and implement and evaluate a pilot model. HHH will train teams of nurses and physical therapists at the VNSNY to deliver this cardiac specialized intervention with home care patients throughout New York. The primary aims of the study protocol are to evaluate the feasibility and components of a home-based cardiac rehabilitation program, and changes in patient clinical and functional status throughout the program.

In addition to research, HHH has a larger vision of impacting communities throughout New York. We plan to host a series of community outreach events and workshops to promote heart healthy lifestyles through education and empowerment for community's members in a variety of settings, such as senior centers, schools, and universities. Educational community outreach topics may include nutrition support for heart healthy diets, and exercise and its relation to the heart. The community outreach will also include a social media component.

Fieldwork will take place in a variety of sites. The office-based work will take place at VNSNY Center for Home Care Policy & Research. Established in 1993, by the VNSNY, the Center for Home Care Policy and Research has become recognized as the pre-eminent research center for home care and is the only of its kind in the nation.² Home care visits and interviews will take place in patients' homes in Manhattan. Community Outreach events will take place in a variety of community sites in Manhattan.

Citations

1. <http://www.homehearthealth.org/>
2. <http://www.vnsny.org/research/projects/index.html>

Possible Deliverables

Our intern will have the opportunity to participate in the development of the program, community outreach events, and research implementation. This position is for a creative, motivated individual with a passion for healthcare and willingness to learn.

The intern will be responsible for a variety of project specific tasks which include but are not limited to:

- Recruitment and screening of potential study participants
- Conducting in person interviews and observations with study participants at home
- Data entry
- Interactions and reminders with home care team of nurses and physical therapists
- Literature reviews
- Development of community outreach events and educational materials

The intern may also be responsible for the following tasks based on level of experience and interest:

- Graphic design and website enhancement
- Social media through blogs, Facebook, etc.

Professional development the student can anticipate while at fieldwork site:

- Attend weekly project meetings
- Attend monthly meeting with home care clinician team
- Become familiar with IRBnet
- Gain exposure to patients in community and home settings

If interested, please contact:

Jodi L. Feinberg, RN, BSN
Jodi.Feinberg@vnsny.org

Or

Melissa Trachtenberg
212-760-3112
Melissa.Trachtenberg@vnsny.org