

Coping with a new health diagnosis or ongoing health issue?

The CPHS Public Health Nurse can help!

The Franklin County Cooperative Public Health Service (CPHS) has a new program that provides direct assistance to individuals and their family members to be effective managers of their own care. The Self-Management Assistance Program focuses on two areas:

Medication Management: The Public Health Nurse reviews current medications with each client. This process identifies if you are taking medications exactly the way they are prescribed and provides an opportunity to screen for adverse drug reactions and other problems. When complete, the client and their health care providers will have a complete list of current medications and supplements, with dose and frequency. The Public Health Nurse will also offer each participant a completed File of Life to post in their home for the first responders.



Symptom Management: Symptom management helps people set up workable systems to monitor their own health. Knowing how to effectively manage your symptoms can prevent unnecessary Emergency Room visits and improve quality of life for individuals dealing with COPD, Heart Disease and Diabetes. Some of the tools that are available to people learning about their symptoms include:

- education about your specific disease
- self-care checklists
- pill organizers
- blood pressure/heart rate monitors

The nurse can also provide assistance connecting people with additional services and supports that may be helpful. Client visits can be provided both in the home and in community spaces.

Who should call? Services are available to residents of Buckland, Charlemont, Conway, Deerfield, Gill, Hawley, Leyden, Monroe, and Shelburne

For more information call Public Health Nurse Lisa White, RN at 665-1400 x 114.



The Self-Management Assistance Program is a community health initiative of Baystate Franklin Medical Center. Funding is provided by both BFMC and Title 3 funds of the Older Americans Act, through Franklin County Home Care. The Cooperative Public Health Service is a health district based at the Franklin Regional Council of Governments.

More information at www.frcog.org



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