

# Coping with a new or ongoing health issue?

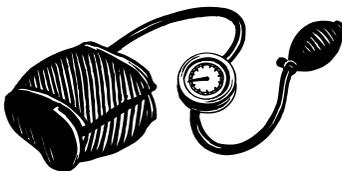
## The CPHS Public Health Nurse can help!

The Franklin County Cooperative Public Health Service (CPHS) is a health district serving ten towns in Franklin County. The CPHS provides help to people who are living with health issues and their family members.

**Medication Management:** Public Health Nurse Lisa White reviews current prescriptions with each client. This process makes sure you are taking medicines exactly the way they are prescribed and checks for dangerous drug reactions and other problems. When finished, you and your health care providers will have a complete list of your medications and supplements, with dose and frequency. The Public Health Nurse will also offer each person a completed File of Life to post in their home for first responders.



**Symptom Management:** Symptom management means helping people set up workable systems to keep track of their own health. Knowing how to manage your symptoms can prevent unneeded Emergency Room visits and improve the quality of life for people dealing with COPD, Heart Disease and Diabetes. Some of the tools that are available to help people help themselves include:



- information about your specific health issue
- self-care checklists
- pill organizers
- blood pressure/heart rate monitors

The nurse can also help connect people with other services and supports that may be helpful. Visits can happen both in the home and in community spaces.



**Who should call?** People who live in the towns 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**

*These services are a community health initiative of Baystate Franklin Medical Center. Funding is provided by both BFMC's Determination of Need funds 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.frcoq.org](http://www.frcoq.org)*