



**Visiting Nurse Program**  
**1922 - 2006**

***Portsmouth 1943 – 1969, 2005 +***

# MISSION

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- ◆ Improve quality of life by promoting good health practices and continuity of care.
  - Serve Navy and Marine Corps Active Duty, Retirees, and Family Members
  - Provide Health Education and Resource Referral

# TYPES OF CONTACTS

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- ◆ Home Visits
  - Maternal / Newborn
  - Follow-up of Medical/Surgical Patients
  - Follow-up of Patients with Chronic Health Problems
  - Pediatric Follow-up for failure to thrive (FTT), asthma, normal growth and development, diabetes, etc.
- ◆ Hospital Visits
- ◆ Classes

# TYPES OF SERVICES PROVIDED

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- ◆ Instruct on postpartum and newborn issues, including repeated infant weight checks
- ◆ Demonstrate and teach self-care of dressing changes, injections, glucose monitoring, nebulizer and metered-dose inhalers, etc.
- ◆ Monitor vital signs, review medications, and assist in compliance with doctor's orders

# LIMITATIONS

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- ◆ No duplication of services
- ◆ Hands-on nursing only for teaching purposes
- ◆ Patient participation is always voluntary
- ◆ No involvement with abuse or neglect cases
- ◆ No weekend / evening / holiday coverage

# SOURCES OF REFERRALS

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- ◆ Direct Referral from Military or Civilian Health Care Provider (MD, Nurse, Social Worker, New Parent Support Program, etc.)
- ◆ “Routine” Maternal/Newborn Contacts
- ◆ Direct Request from the Patient
- ◆ Referral from NMCRS Caseworker - with Client’s Permission

# ESSENTIALS FOR CONTACT

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- Must Have Specific Reason for Visiting - not “to check things out”
- Must have physician’s orders for all **follow-up visits** (except routine maternal/newborn patients)

# CURRENT STAFFING

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- ◆ 1 Visiting Nurse Coordinator
- ◆ 40 Paid Positions
- ◆ 27 Program Locations
- ◆ 2 Local Visiting Nurses in Portsmouth
  - ◆ 2 additional Visiting Nurses in Norfolk

# Local Visiting Nurses

- Phone - 757-953-5693
- Fax - 757-953-0824



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# HOW THE VISITING NURSE CAN HELP YOU

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- ◆ Help patients identify and effectively use available resources
- ◆ Identify problems early and get patients in for assessment/treatment
- ◆ Provide good public relations for MTF - free service

# OTHER SERVICES PROVIDED BY NMCRS

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- ◆ Interest-free loans and grants for emergencies
- ◆ Information on education loans and grants
- ◆ Layettes for new babies

