

# The Lincoln County Community Paramedicine Program



**What is Community Paramedicine?** Community Paramedicine uses the medical skills and experience of Emergency Medical Service professionals (local ambulance service personnel) to monitor and treat non-emergency patients in their own homes and at no cost.

**Why Community Paramedicine?** It's been shown that a simple check-up from a medical professional can often prevent more serious medical conditions from occurring. If your doctor is concerned about your welfare, or you need to have a safety check or to have blood drawn and can't easily get out of your house, your physician can ask the Community Paramedicine providers in your area to visit you in your home and report back.

For example: patients who have high blood pressure may be at risk of a stroke if their blood pressure rises after a medication change, but if their blood pressure is too low, they could become dizzy and fall. Falls are one the single biggest cause of both fatal and non-fatal injuries among older adults. By visiting a patient soon after their medication has been changed and checking their blood pressure, ambulance crews can help make sure patients are safe.

**Where is this service available?** The Lincoln County Community Paramedicine Program is available in:

- the Boothbay Region (Boothbay Region Ambulance Service)
- the Damariscotta Region (Central Lincoln County Ambulance Service)
- the Waldoboro Region (Waldoboro Ambulance Service)

**What services are available through Community Paramedicine?**

- Physical health assessment
- Vital signs: (blood pressure, heart rate, temperature, oxygen saturation,
- Wound assessment
- Medication compliance & reconciliation (make sure you're taking the correct pills!)
- Phlebotomy/INR (draw blood for simple blood tests and coagulation testing)
- Glucose testing
- Flu vaccine
- Home safety assessment

**How do I receive these services?** You will need a referral from your physician or care transition nurse. This new service is a coordinated effort with LincolnHealth, Miles & St. Andrews Home Health & Hospice and the 3 participating EMS providers. The Community Paramedicine referral will be sent to Miles & St. Andrews Home Health & Hospice where it will be determined if you are eligible for Home Health services. If you have a skilled nursing need and qualify for services, Home Health will arrange to visit you. If you don't qualify for Home Health services, the Community Paramedicine provider in your area will call you to schedule a visit. If you live in the Boothbay Region, the Boothbay District Nurse may provide services to you.

**Who can I call for more information?**

For a Community Paramedicine referral, please call your primary care provider.

For program information, please call Julie Carroll @ 563-4158.

