



NEWS RELEASE

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“Living With Heart Failure” Focus of Hospital Health Night Lecture

ROME – If you find that living with heart failure keeps you from daily activities or doing the things you enjoy because you are tired and short of breath, learn how to manage your condition and improve your quality of life at Health Night. In observance of American Heart Month, Rome Memorial Hospital’s Critical Care Coordinator Richard Simpson, RN, CCRN, will present “Living with Heart Failure” at 7 p.m. Thursday, Feb. 2 in the hospital’s classroom.

Heart failure is a chronic, progressive condition in which the heart can't pump enough blood to the rest of the body. The "failing" heart keeps working but not as efficiently as it should.

“During the lecture, I will define what heart failure is, its cause, and how it can be treated,” said Simpson. “In most cases, heart failure can be managed by taking medications, and making healthy changes in habits such as diet and exercise. The help of families and friends can be beneficial as well,” he added.

Although heart failure is one of the most common reasons people 65 years and older are admitted to the hospital, the condition is not limited to seniors. Lifestyle factors such as smoking, a diet high in fat and cholesterol, being overweight and physical inactivity can contribute to heart failure.

Simpson began his career Rome Memorial Hospital as a critical care nurse in 1979. He has 22 years of experience as a critical care educator.

Following his presentation, Simpson will introduce Rome Memorial Hospital’s new discharge liaison, Michele Batterson, RN, BSN who has been a critical care nurse and supervisor at the hospital for over 16 years. Batterson makes telephone calls to patients after they leave the hospital to be sure they are managing well at home. Batterson offers patients an opportunity to ask questions about obtaining and taking medications, or to ask for help with follow-up doctor visits. Batterson also helps educate heart failure patients about their condition while they are in the hospital or healthcare facility.

A question and answer session with Simpson and Batterson will follow the presentation.

Health Night is a monthly lecture series, sponsored by Rome Memorial Hospital. Advance registration is not required. Refreshments will be served.

Rome Memorial Hospital's classroom is located on the second floor of the hospital. Please enter the North James Street entrance of the hospital. There will be signs to direct you to the classroom.

Rome Memorial Hospital is a proud sponsor of the American Heart Association's Rome Indoor Run/Walk and Expo Feb. 4 at Rome Free Academy.

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