

Michelle Wofford:

I've been active, going to the gym, as long as I can remember. I started having chest pain when I was working out to the point where I couldn't really even enjoy simple things that I like to do. I was thinking, I'm 42. I'm too young for this. It was a good thing to find the blockage when they found it. It could have been very traumatic, might not be sitting here today.

Chileshe Nkonde Price, MD:

Michelle had a very, very complex coronary lesion, however, and we've gotten so good at taking care of these events. After you have a stent delivered, even a complex stent, you don't have a prolonged admission within a Kaiser Permanente facility. You come and meet your home cardiologist.

Michelle Wofford:

I really didn't know what to expect after this, and I remember telling my husband, "What if I eat the wrong thing and all of a sudden I have this major heart attack?" I was scared.

Chileshe Nkonde Price, MD:

If you have major cardiac surgery, the healing and recovery from that event takes several weeks. So with the home-based cardiac rehab program, we're actually able to extend care, healing and recovery into those critical moments for patients and their families. And I think that's the key. Eight weeks, they're receiving telephone appointments from their cardiac care team? That's unparalleled in any cardiac rehab program. We're equipping patients with a wearable device, where we're able to monitor their steps, we're able to monitor their heart rate, and all that information is being analyzed by our nurse case managers.

Azure Looney, RN:

My role as case manager is engaging with the patient during those eight weeks, to listen, answering their questions regarding their medications, questions regarding their exercise regimen.

Michelle Wofford:

The reassurance came from knowing that I could call her if I had any questions. I don't know that that's available anywhere else that you go.

Azure Looney, RN:

We have a clinical dashboard, so we can monitor our patients so we can see what they're doing at home.

Michelle Wofford:

Knowing that I had to talk to Azure every Friday, it gave me some accountability. The team that I had with Dr. Price and Azure, it was a different level of involvement than what I'm used to. It gave me hope. I had this extreme thing happen to me, and it's not the end for me. I can still live my life as I did before it happened.