



CARE Clinic

Providing patients with the support they need as they transition to home

The goals of the FMH CARE Clinic are to:

- 1) Make sure your patients are seen within one week of discharge from Frederick Memorial Hospital if your office appointments are not available.
- 2) Address any problems early post-discharge.

Our services include:

- 1) Helping patients to understand your chronic disease treatment plan and their role in self-management. Some targeted diagnoses are: Heart Failure, COPD, Diabetes and Sepsis.
- 2) Assisting patients to make follow-up medical appointments.
- 3) Obtaining health care equipment, such as blood glucose meters, scales, walkers, etc.
- 4) Removing financial barriers to obtaining medications.
- 5) Health education, including:
 - Understanding their medications and how to take them.
 - Provide printed materials and hands on instruction to promote a healthier lifestyle.
- 6) Navigating the patient through the healthcare system and connecting them with community resources.

CARE Clinic Team Members include Nurse Practitioner, Pharmacists, Nurses, and Social Workers.

The CARE Clinic is **NOT** a substitute for a primary care doctor or specialist. Our goal is to increase self-management and support you and the patient.

The CARE Clinic is located inside the **Blue Entrance (Entrance #3)** to FMH. **Free Valet Parking is available.**

To make a referral and/or schedule an appointment, please call 301-360-2574.