

### Self-Management Support & Resources

VSA is committed to providing patient-centered care and involving the entire care team in conducting patient visits and follow up. Managing illnesses and changing behavior can be challenging and here at VSA, we acknowledge you may be managing the broad range of factors contributing to your health. You were provided screening questions to assist us in identifying potential barriers in meeting your self-care needs and establishing treatment goals before, during and after your surgery. Our goal is to provide you with the necessary resources, if applicable, to assist you in managing your health as effectively as possible.

**Q: Do you have multiple medical issues (i.e. diabetes, hypertension, kidney disease, liver disease, lung disease etc.), including any mental health diagnoses, OR current self-care barriers that may affect your ability to care for yourself after a surgery is performed?**

**A:** The U.S. Department of Health and Human Services; Agency for Healthcare Research and Quality recommend MedlinePlus as a resource for easy-to-read materials, as well as lists of directories and organizations.

<https://www.nlm.nih.gov/medlineplus/>

If you should require assistance to help care for yourself after surgery, please see your Primary Care Physician (PCP) for an order for home services. Please also find below links to home care resources.

<https://www.homewatchcaregivers.com/northern-virginia/sterling/types-of-home-care/after-care>

<http://www.brightstarcare.com/fairfax/range-of-care/post-op-and-rehabilitative-care/>

**Q: Are there any social issues/barriers that may impede your ability to care for yourself after surgery is performed?**

**A:** Many of the hospitals in which VSA surgeons operate at provide Case Management support. Please find below the contact information for each hospital.

Inova Fair Oaks Hospital: (703) 391-4772

Inova Alexandria Hospital: (703) 504-3580

Inova Loudoun Hospital: (703) 858-8017

StoneSprings Hospital Center: (571) 349-5422

Inova Fairfax Hospital: (703) 776-3663

Inova Mt. Vernon Hospital: (703) 664-7555

Reston Hospital Center: (703) 689-9270

Sentara Northern Virginia Medical Center: (703) 523-0985

**Q: Are there any financial issues/barriers that may impede your ability to care for yourself after surgery is performed?**

**A:** If you require financial assistance for medical care or prescription drugs, these state and federal programs may be able to help:

- [HealthCare.gov](http://www.healthcare.gov) helps you find insurance options, compare care, learn about prevention, and understand the Affordable Care Act, contact them on the web at [www.HealthCare.gov](http://www.HealthCare.gov) or call 1-800-318-2596
- [State human/social service agencies](#) offer direct aid and referrals to other organizations in Virginia call 804-786-7765
- [State Medicaid offices](#) offer help to low-income people. For a complete listing call 703-324-7500 or visit [www.dss.state.va.us](http://www.dss.state.va.us)
- [State Children's Health Insurance Programs \(SCHIP\)](#) help insure children of working families who cannot afford health insurance or don't get it through their work. Please call 1-855-242-8282 for more information.

- [Benefits.gov](http://www.benefits.gov) allows you to complete a confidential questionnaire and receive a list of programs that may help, visit [www.benefits.gov](http://www.benefits.gov) on the web or call 1-800-333-4636
- [Local Social Security Administration \(SSA\) offices](#) help those on Social Security and Medicare. You may also call the SSA at 1-800-772-1213.
- [Disability.gov](http://www.disability.gov) provides information and resources for people with disabilities, available through online access only at [www.disability.gov](http://www.disability.gov)

For Medicare recipients in need of help, contact the [Centers for Medicare and Medicaid Services \(CMS\)](#) at 1-800-633-4227.