

# The Home Health Survival Kit

A printable starter pack for clinicians new to home health.

## YOUR BAG CHECKLIST

Pack to the day, restock from the car. A lighter bag is easier to keep clean.

### Infection control

- Hand sanitizer (clipped to the outside of the bag)
- Non-sterile gloves, several sizes
- Sterile gloves if you do wound care
- Masks and eye protection
- Disposable gowns / aprons
- Paper towels and disposable underpads (chux)
- EPA-registered disinfectant wipes
- Sharps container or disposal plan
- Trash and biohazard bags

### Assessment tools

- Stethoscope
- BP cuff (manual or automatic)
- Pulse oximeter
- Thermometer + disposable covers
- Glucometer, strips, lancets (if needed)
- Penlight - bandage scissors
- Tape measure / wound guide
- Watch with a second hand

### Documentation & tech

- Charting device, charged
- Phone + car charger + power bank
- Day's schedule and addresses
- Consents, teaching sheets, emergency plan

Bag technique on the back. Carry only what the day needs.

BEFORE YOU DRIVE

# The car & the first visit

## YOUR CAR: THE SUPPLY CLOSET

- Backup PPE and common supplies to restock between homes
- Water and snacks - weather gear - a change of clothes and shoes
- Phone mount and charger set up before you pull out
- All patient info locked, screen-locked, and out of sight

## THE FIRST VISIT, STEP BY STEP

### 1. Call ahead

Confirm time and address, ask about parking and pets, give a window not a minute.

### 2. Review the chart & plan the route

Know why you're going. Fit the visit into the day - admits run long.

### 3. Arrive & read the home

Park facing your exit. Scan for safety and clinical clues before you knock.

### 4. Open & set expectations

Verify identity and consent. Explain what home health is and what the goal is.

### 5. Assessment & care

Do your discipline's assessment (OASIS if you're admitting) and the skilled care.

### 6. Teach, plan, schedule

Teach one or two things well. Book the next visit before you leave.

### 7. Chart & close the loop

Document at the point of care. Flag anything urgent to the team now.

QUICK REFERENCE

# The cheat sheet

## BAG TECHNIQUE

- The bag's interior is a CLEAN zone.
- Set it on a clean barrier, never the floor.
- Hand hygiene before you reach in.
- Used items never re-enter the clean zone.
- Wipe equipment down between homes.

## STAY SAFE

- Someone always knows your schedule.
- Park facing your exit; know your way out.
- Ask for pets and weapons to be secured.
- If a visit feels unsafe, you LEAVE. Full stop.
- Phone charged and on you, not in the bag.

## CHART SMART

- Chart at the point of care - every time.
- Show skilled need: assessed, taught, evaluated.
- Paint the homebound picture; don't assert it.
- Late entries: label and date them honestly.
- What you charted = what you did.

## GET PAID RIGHT

- Real hourly = total pay / total hours.
- Count the drive and the charting time.
- Prevent no-shows with the call ahead.
- Track every mile - tag it to the agency.
- Tighter routes = more billable visits.

Keep this in the car. Read the full guides at [zigbuddy.com/home-health-101](https://zigbuddy.com/home-health-101).