Every patient looks forward to leaving the hospital and going home, yet the transition is not always easy. Medications and treatments, once provided by hospital staff, must now be self-administered and managed, and general care and treatment become the responsibility of the patient or a new home-care provider. Unfortunately, without help at home patients can sometimes land back in the hospital.

But at Oroville Hospital, the goal of the staff is to see that once patients go home they can get back to their daily routine – and get better. Nancy Ross, a registered nurse, is the director of Oroville Hospital’s Golden Valley Home Health Care program. She sees her service here as a continuation of the values and ethics she was raised to embrace.

“Even as a child I wanted to do something helpful,” she says, explaining that she grew up in a Catholic household where she adopted a sense of duty and service that would eventually blossom in the best possible colors. Ross decided that helping people was her destiny. “So I signed up for the Ohio National Guard, and later the Army Reserves, where I did six years of service training in nursing.”

Finally, she moved to California, gravitated north, became an RN, and joined the team at Oroville Hospital. Here, Ross has polished and streamlined the Home Health operations at Golden Valley, a subsidiary of Oroville Hospital that, among other things, serves some rural areas in Butte County that no other medical institution will. Medical problems most commonly taken from hospital to home by long-term patients are diabetes, pulmonary illnesses, and heart disease. Sometimes a person comes home to a different reality. “Prior to a heart attack a person might not pay sufficient attention to their diet or getting recommended levels of exercise,” says Ross, now a 13-year veteran at Oroville Hospital. “We’re there to help them adjust to a new lifestyle.”

“Our goal is to keep patients independent, and at home.”

Ross says this process is actually easier outside of the hospital. In the comfort of home, she explains, a patient can learn to incorporate medical self-care and essential lifestyle changes into the rhythm of his or her daily life. Through this process, Ross and her team provide care ranging from cognitive and functional therapy services and IV therapy to ostomy and wound-care services.

“Our patients want to return to their prior level of functioning or better as an independent person. It is our goal to help them accomplish this by providing the resources and support they need to remain safely in their homes.” Ross says, “Our goal is to keep patients independent, and at home.”

When home care services are what you need, contact your doctor or call us, Golden Valley Home Health Care at (530) 534-5431.