

## SPITEX BERN

offers four core services:

- nursing services
- household management services
- SEOP (Oncological and palliative care outside hospital)
- Kidspitex

The needs of the individual are clarified precisely. The services are provided on a decentralised basis, around the clock, from 5 locations and by 12 businesses.

## SPITEX BERN

settles nursing services at different rates, in accordance with four different categories:

- clarification and consultation
- technical nursing
- basic nursing care, complex
- basic nursing care, easy

The differentiation between easy and complex basic nursing care is effected in the context of the clarification of needs by the staff of SPITEX BERN.

Financing of the approved nursing services is effected as follows: the respective health fund pays 90% and the patient contributes 10%.

The rates for household management services are calculated in accordance with the instructions issued by Gesundheits- und Fürsorgedirektion des Kantons Bern (≈ Public Health Office of the Canton of Bern) and are oriented on taxable income plus assets.

- Household management services are only paid for by health funds if the respective person took out additional cover for household assistance.

- Support via supplementary services of AHV/IV is possible, on application

Please request our current price list or check our website at [www.spitex-bern.ch](http://www.spitex-bern.ch).

## SPITEX BERN

in figures:

- In 1997, the Outpatient Service Association of the City of Bern (Verein für ambulante Dienste der Stadt Bern) was created through the merger of Home Nursing Bern (Hauspflege Bern) and the Nursing Association (Verein für Krankenpflege)
- 4,000 members support the Outpatient Service Association of the City of Bern
- We provide care to 1,724 people of all ages: the ill and handicapped, and people in need of help
- We have 326 employees

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The offices of SPITEX BERN:

- SPITEX BERN Wittigkofen-Elfenau
- SPITEX BERN Ostring-Schosshalde
- SPITEX BERN Sulgenbach-Kirchenfeld
- SPITEX BERN Spitalacker
- SPITEX BERN Wankdorf
- SPITEX BERN Lorraine-Wyler
- SPITEX BERN Länggasse Nord
- SPITEX BERN Länggasse Süd
- SPITEX BERN Fischermätteli
- SPITEX BERN Bümpliz Süd
- SPITEX BERN Bümpliz Nord
- SPITEX BERN Bethlehem

- SPITEX BERN SEOP
- SPITEX BERN Kidspitex

Account details for donations:  
Raiffeisenbank  
3011 Bern  
30-507790-7  
To the benefit of SPITEX BERN  
Account no. 33355.49



SPITEX  
Assistance and care at home

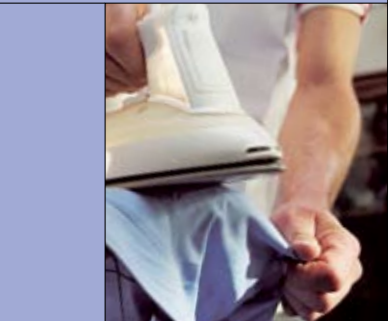
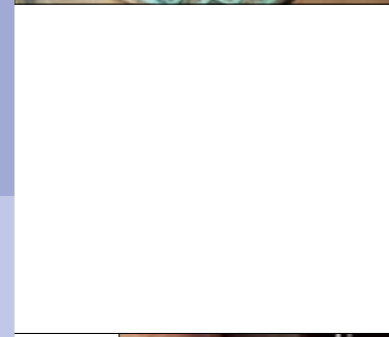
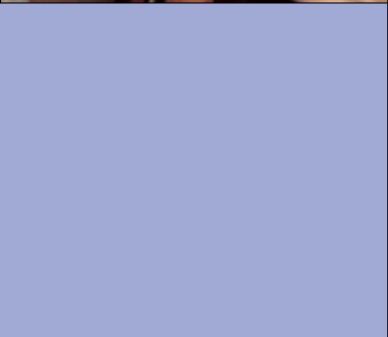
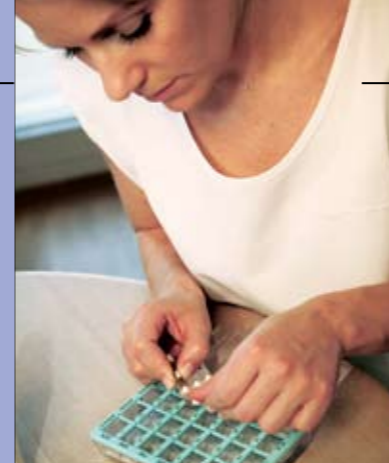
At home and  
in good hands



Day-to-day living has just  
become easier, thanks to  
SPITEX BERN

**SPITEX BERN**

is a non-profit organisation with a public mission. The quality of life of ill, handicapped or convalescing persons of all ages is maintained and improved with the involvement of existing resources and they are enabled to remain within the comfort of their own home.



# Let SPITEX BERN help make your daily life easier



## WHAT WE OFFER

We offer a wide range of services that are provided by qualified health and nursing staff, house-keepers, nursing assistants and household assistants.

In co-operation with you and your physician, we normally clarify your needs during our initial visit.

We offer 24-hour nursing services. Why shouldn't you benefit from our all-night service, too?

## NURSING SERVICES

### Basic nursing care

- Assistance with dressing and undressing
- Help with eating and drinking
- Assistance with oral and personal hygiene
- Putting to bed, positioning
- Physical exercises, mobilisation
- Prevention of bed sores, skincare (skincare, relief of pressure, proper nutrition)
- Bandaging of legs, putting on and taking off of compression stockings
- Help with having a bath or shower

### Technical nursing

- Monitoring of vital parameters (pulse, blood pressure)
- Measurement of blood and urine sugar levels
- Administration of medication
- Wound care
- All types of injections

### Clarification

- Clarification of the level of nursing care and assistance required with physicians, relatives, etc.
- Clarification with other institutions (e.g. Pro Senectute) that are already involved or are becoming involved with nursing care

### Instruction

- Instructions on how to handle equipment and other aids
- Instructions on how to perform tasks such as the self-injection of insulin or how to handle urethral catheters

### Consultation

- Counselling and support in all stages of life/dying at home
- Health advice
- Contact point for questions regarding relatives as care providers

- Advice if problems arise with regard to excretions and the use of incontinence products

### Basic psychiatric care

- Support and consultation in the event of psychiatric illnesses

We monitor our nursing services on a regular basis, in close co-operation with the family physician, to guarantee optimum care. The nursing services are provided as prescribed by the physician and are paid for by statutory health insurance.



## HOUSEHOLD MANAGEMENT

### Nutrition

- ✦ Shopping
- ✦ Menu planning
- ✦ Cooking according to dietary regulations
- ✦ Preparation of meals

### Housekeeping

- ✦ Tidying up
- ✦ Dishes
- ✦ Waste disposal
- ✦ Cleaning work
- ✦ Household organisation
- ✦ Housekeeping after childbirth
- ✦ Window cleaning
- ✦ Plant care
- ✦ Accompaniment outdoors
- ✦ Pet care

### Laundry

- ✦ Machine washing
- ✦ Washing by hand
- ✦ Freshening up of clothing
- ✦ Ironing
- ✦ Shoe care
- ✦ Mending

Household management services are only partially covered by additional health cover.

## SEOP (ONCOLOGICAL AND PALLIATIVE CARE OUTSIDE HOSPITAL)

SEOP provides comprehensive care, security and orientation to cancer patients at home. The specialist team for oncology and palliative care can be contacted 24 hours a day, 7 days a week.

### Clarification/Co-ordination

- ✦ Clarification of needs
- ✦ Planning of the transfer from hospital to home
- ✦ Organisation and co-ordination of relatives and other care providers involved
- ✦ Placement of support volunteers

### Performance of specialist tasks

- ✦ Administration of infusions and nutrient solutions
- ✦ Administration of blood transfusions
- ✦ Administration of chemotherapy
- ✦ Handling of catheter systems (port)
- ✦ Exchange of medication pump systems

### Consultation/Instruction/Support/Control

- ✦ Advice and support with regard to questions pertaining to the illness
- ✦ Control and consultation with regard to complaints
- ✦ Support and assistance in crises and during the dying process

### Psychosocial care of clients and their families

- ✦ Registration of needs and provision of support
- ✦ Organisation of psychosocial support and services

### Training and consultation

- ✦ Provision of expertise to schools, Spitex and other care providers

Request our specialist brochure!

## KIDSPITEX

Outpatient nursing care for children provides support and nursing to children in their familiar surroundings and enables the rapid discharge of the children from hospital and their return to the comfort of their families.

### Basic nursing care

- ✦ Support with or complete provision of basic nursing care
- ✦ Support and relief in complex nursing situations

### Technical nursing

- ✦ Changing of all types of bandages
- ✦ Injections, infusions and administration of medication
- ✦ Outpatient chemotherapy
- ✦ Handling of Port-a-Caths
- ✦ Pain and fluid therapy
- ✦ Enemas and colonic irrigation
- ✦ Stoma care, insertion of gastric tubes
- ✦ Administration of food via gastric tubes

- ✦ Inhalation therapy, respiration therapy, administration of oxygen and tracheostoma care

### Clarification of needs

- ✦ Nursing advice and instruction
- ✦ Emotional support of terminally ill children and their families
- ✦ Consultation with regard to the organisation and co-ordination of the different institutions and care providers involved

### Clarification of needs

- ✦ Comprehensive clarification of needs at home and in co-operation with the referring organisation (hospital, physician, etc.)
- ✦ Support with clarification and organisation, to link the different institutions and care providers involved

Request our specialist brochure!