RCM HEALTH CONSULTANCY



REGISTERED NURSE CARE, ON YOUR TERMS

# Private Registered Nurse Services

A registered nurse who knows your history, speaks for you in the system, and provides care where you are. Choose the level of support that fits your needs, add a focused care package, or book individual clinical services.

**At Home**
Visits in your home or retirement residence

**At the Bedside**
Your own nurse during a hospital or nursing home stay

**Virtually**
Video check-ins and remote monitoring, anywhere

TIER 1

## Essential

**A clear picture of your health and a nurse checking in.**

- Comprehensive nursing health assessment with written summary
- Scheduled wellness check-ins, in person or virtual
- Medication review and reconciliation
- Home safety and falls-risk assessment
- Medical record review and health history summary
- Health system navigation guidance
- Health teaching after a new diagnosis

**IDEAL FOR**
Independent adults, seniors living alone, and families who want reassurance.

TIER 2

## Advocate

**A nurse at your side through appointments, admissions, and transitions.**

EVERYTHING IN ESSENTIAL, PLUS

- Nurse advocate at medical appointments
- Care coordination across specialists, pharmacy, and home care
- Chronic disease and remote monitoring with escalation
- Bedside advocacy during hospital admissions
- Discharge planning and transition support
- Medication setup and ongoing management
- Caregiver training and family updates

**IDEAL FOR**
Patients managing chronic conditions or several specialists at once.

TIER 3

## Concierge

**A dedicated registered nurse managing your care from end to end.**

EVERYTHING IN ADVOCATE, PLUS

- Dedicated RN as your single point of contact
- Priority access and extended-hours availability
- Hands-on clinical care at home (see page 2)
- Cognitive screening and dementia care support
- Long-term care and retirement home selection
- Advance care planning facilitation
- Regular reports for family members at a distance

**IDEAL FOR**
Complex cases, frail seniors, and families coordinating care from afar.

## Focused Care Packages

Time-limited support for a specific life event. Available on their own or added to any tier.

### Surgical Recovery

Before and after surgery, so the first days home go smoothly.

- Pre-surgery preparation and home setup
- Post-operative visits: dressings, drains, pain, mobility
- Wound care follow-up
- Liaison with the surgical team

### Hospital-to-Home Transition

Bridging the gap from discharge to a safe, stable recovery.

- Bedside advocacy before discharge
- Discharge planning with the care team
- First-week home visits
- Medication reconciliation and follow-up booking

### Senior Independence

Helping older adults stay safely and confidently at home.

- Regular wellness checks
- Falls-risk and home safety review
- Medication management and nursing foot care
- Cognitive screening over time

### Palliative & End-of-Life Support

Comfort, dignity, and guidance for the patient and family.

- Symptom monitoring and comfort care
- Coordination with palliative teams
- Advance care planning
- Private duty and overnight nursing

### New Parent Support

Expert nursing guidance from pregnancy through the newborn weeks.

- Prenatal education
- Postpartum recovery checks
- Newborn care teaching
- Breastfeeding guidance

### Medical Travel Companion

A registered nurse who travels with you for treatment, at home or abroad.

- Pre-travel health and medication planning
- In-transit monitoring and care
- Advocacy at the receiving facility
- Records handoff on return

## Clinical Services, Individually

Book as needed, or include within the Concierge tier.

- Injections and medication administration
- Wound care
- Catheter, ostomy, and tube care
- IV therapy and infusion support
- Mobile specimen collection
- Nursing foot care
- Private duty and overnight nursing
- Health coaching

Controlled acts are performed on the order of an authorized prescriber, in accordance with College of Nurses of Ontario practice standards.

## How It Works

1. **Consultation**
   A conversation about your needs and goals.
2. **Nursing assessment**
   A registered nurse assesses health, home, and supports.
3. **Personalized care plan**
   We recommend a tier, package, or services that fit.
4. **Ongoing care and review**
   Care is delivered and the plan adjusted as needs change.

## Speak with our team

Arrange a consultation for yourself or a family member.

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