

*Providing care with  
promptness, sensitivity,  
respect compassion, and  
integrity.*



**Norma Teece (right) with  
Linda Manor's Jeanne  
Preivity, PT**



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Facility**

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## ***Resuming Her Very Active Life after Rehab at Linda Manor***

### **Case Study**

With countless stories to tell during her days at her vacation home at Burke Mountain near the Canadian border in Vermont, skiing the Alps in several different countries, or taking in all the sites and sounds of the 1992 Winter Olympics in Albertville, France, **78-year-old Norma Teece** rarely sticks with the typical itinerary. As a long-time ski instructor, hiker, snowshoer and gardener, having her physical independence is a critical piece of her quality of life. For her day job, Norma was a licensed practical nurse (LPN) for 29 years at **Noble Hospital** in Westfield and knows good care when she experiences it. She would interface with a variety of different providers and medical professionals after being diagnosed with a cancerous mass on her pancreas six years ago. After consultations and treatments to address the growth, the ultimate solution for Norma would be the insertion of a gastrostomy-jejunostomy (GJ) tube to receive the nutrients she would need to keep going. The successful surgery was performed at **Massachusetts General Hospital** by **Donald P. Lawrence, MD**, but Norma was a long way from regaining her independence and she would need rehabilitation and training to learn how to use her GJ-Tube independently, and regain strength to eventually allow her to once again lead an active life. After an unsatisfactory stay at a different nursing and rehabilitation in the Northampton area, she chose **Linda Manor Extended Care Facility** for a top-notch combination of rehabilitation and skilled nursing care.

### **Interdisciplinary Team Treatment Plan**

Upon her arrival at Linda Manor on October 14<sup>th</sup>, Norma began a daily regimen of physical and occupational therapy, and specialized nursing care to help her adapt to living independently.

### **Physical Therapy & Occupational Therapy**

- Early physical therapy included a significant amount of balance work, at first with the use of a walker, and then without an assistive device as she progressed.
- Endurance work included ambulating on level surfaces then progressing to uneven surfaces, ambulating for increasing distances and on stair management.
- Upper body strengthening with the use of weights improved her ability to ambulate with her walker and also to readapt to independent activities in her home.

### **Nursing**

- The professional nursing staff administered care the proper use of the GJ Tube.
- Norma received proper training to allow her to use the GJ Tube independently, ultimately transitioning to liquid foods from only supplemental nutrition.

**Outcome:** Norma was discharged November 21<sup>st</sup> with renewed strength with hopes to eventually get back to her physically active way of life.

**In the Patient's Own Words:** "I think everyone has been great. The therapists are truly professional and knowledgeable. They teach and they motivate."

