



## Following Quintuple Bypass, Renewed Strength at Williamstown Commons

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



**Thomas Moore with Gerry Makowski, PTA, and Williamstown Commons Administrator Michelle Wuest**



### Williamstown Commons Nursing & Rehabilitation

25 Adams Road  
Williamstown, MA 01267

T: 413-458-2111  
F: 413-458-3156

[www.williamstowncommons.org](http://www.williamstowncommons.org)

### Case Study

He knew that something was wrong, he could feel it. But, he just didn't know what it was. After 65-year-old Thomas Moore, of North Adams, took himself to the emergency room at North Adams Regional Hospital, Oscar Rodriquez, MD, ran tests and discovered that Mr. Moore had in fact suffered a "silent" heart attack and time was of the essence. Five arteries were blocked and he was in danger in experiencing further life-threatening cardiac arrest. He was immediately transferred to Bay State Medical Center and cardiac specialist Joseph E. Flack, III, MD, conducted the quintuple bypass surgery by removing arteries from his leg, arm and another section of the heart. Following the nine hour surgery, Mr. Moore would have a long way to go before reacquiring the strength to renew his independent life. Due to its reputation in the community for excellent rehabilitative care, he and his daughter chose Williamstown Commons to help him get back on his feet.

### Interdisciplinary Team Treatment Plan

After arriving at Williamstown Commons on September 28, Mr. Moore began a regimen of physical and occupational therapy that included specialized modules to address some of his particular challenges following surgery.

### Physical Therapy

- Due to the healing of incisions in his leg, he was unable to walk for a week after surgery. Early on, therapists improved his strength with weights and stretching.
- As his leg healed, he began ambulating with the use of a walker and on stairs for greater agility. He gradually increased endurance by walking for greater distances.

### Occupational Therapy

- Due to incisions in his left arm, he experienced pain and symptoms of carpal tunnel. Therapists used the E-Stim module to reduce pain and increase movement.
- Because of the sensitivity to his cardiac situation, staff check key indicators like blood pressure, to ensure he stays on the right track.
- Light upper body work on hand-eye coordination was blended into his regimen to gradually increase his upper body abilities, weakened significantly by surgery.

**Outcome:** Mr. Moore continues to regain his strength with some changes in his health that will impact his lifestyle. Also, the tests at the hospital revealed an extremely high sugar level and diagnosed Type 2 Diabetes, a change that staff at Williamstown Commons is helping him adapt to.

**In the Patient's Own Words:** "The staff is always giving me hope. I definitely would recommend Williamstown Commons. I wouldn't hesitate."

