

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



Betty Horsfall at Williamstown
Commons

Williamstown Commons
Nursing & Rehabilitation Center
25 Adams Road
Williamstown, MA 01267

T: 413-458-2111

F: 413-458-3263

www.williamstowncommons.org

“I Would Recommend” Williamstown Commons

Case Study

For 78-year-old Elizabeth “Betty” Horsfall, of North Adams, respiratory challenges that stem from emphysema have continued to necessitate medical attention and rehabilitation. Over the past few years, she has been admitted to the hospital five times for various breathing troubles. Each time, Williamstown Commons Nursing & Rehabilitation has been there to help her regain her strength, independence and her quality of life. In fact, about half of those who receive care at Williamstown Commons do go home after being provided services. Last fall she was admitted to the critical care unit (CCU) at North Adams Regional Hospital after suffering cardiac arrest and a bout with pneumonia. Once again, she would need the specialized combination of nursing and short-term rehabilitation services to help her regain a greater level of independence. Again, Williamstown Commons was her choice.

Interdisciplinary Team Treatment Plan

Upon her arrival at Williamstown Commons, Betty began daily physical and occupational therapy to begin to rebuild her strength.

Physical Therapy

- Physical therapists led Betty through exercises with the use of weights on her legs to help improve her strength.
- Standing and walking work commenced gradually with Betty’s respiratory challenges that made increasing endurance important.

Occupational Therapy

- Upper body strength exercises with light weights done gradually also helped improve her endurance with her respiratory challenges.
- OT Therapists worked with Betty on improving her activities of daily living (ADLs) to allow for better transferring, and other essential tasks.

Nursing

- Nursing staff helped Betty learn energy conservation techniques, including pacing herself in order to shortness of breath.
- Staff also educated Betty to recognize early signs and symptoms of respiratory distress to help avoid or respond to another episode.

Outcome: Betty regained her strength and was discharged on April 30th, with oxygen to be used as needed. She will continue to have regular checkups with her primary care physician William Kober, MD, of Northern Berkshire Family Practice.

In the Patient’s Own Words: “I’ve always found them very helpful and aware of my needs. I would recommend Williamstown Commons.”