



Back Home Following Heart Surgery Williamstown Commons for Rehab

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



Paul Gigliotti with Seraphine Ndegwa, OTR (left) and Shruti Saxena, PT, who works Paul on footing exercises (below)



Case Study

For 76-year-old Paul Gigliotti, of North Adams, having a healthy heart without the ability to see was not how he wanted to live his life. He set his priorities and after 24 different operations to address severe glaucoma, including the removal of his left eye, he now has adequate sight in his right eye. So, now it was on to addressing the condition that had shrunken the aortic valve in his heart, blocking blood from circulating to his extremities. On August 10, cardiac surgeon Joseph E. Flack, III, MD, of Cardiac Surgical Associates of Western Mass., performed a successful heart procedure replacing the valve. Mr. Gigliotta would spend another week at Bay State Medical Center to begin the healing process, which included the need for the heart, the rib cage, and chest incision to heal. Still, it would be some time before he would be able to stand, walk, and resume a normal independent life. Mr. Gigliotti would need goal-oriented rehabilitation in a skilled nursing environment. He chose Williamstown Commons for the best of both worlds.

Interdisciplinary Team Treatment Plan

Upon his arrival at Williamstown Commons on August 10, he gradually began a regimen of daily physical and occupational therapy.

Physical Therapy

- When Mr. Gigliotti first arrived, he was unable to walk or stand, and therapists began to work on increasing mobility in his legs with flexing of the feet and legs.
- Later, therapists worked with him on leg weights and stretching to further enhance strength and agility.
- He continued with standing and balance work, then walking with the assistance of a walker for greater distances to improve his endurance.

Occupational Therapy

- The surgery made his upper body particularly weak and therapists worked to ensure Mr. Gigliotta had the strength to transfer and to use the walker.
- Therapists worked with him on performing ADLs and other independent tasks to ensure he would be able to return to home living.

Outcome: Eager to return to life and getting back to his activities like fishing, target shooting and cooking, he went home with his wife on September 3.

In the Patient's Own Words: "This is a good place here. Everybody has been terrific, they have a great crew here, everyone works hard. I'd definitely recommend Williamstown Commons."

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