



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



Stuart & Barbara Sprague
in the rehabilitation gym at
North Adams Commons.
(Below) Michael Bostwick,
PTA, upon his discharge
for home.



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North Adams Couple Thrives with Rehab at North Adams Commons

Case Study

Until late last year, **88-year-old Barbara Sprague** said she had never even been inside a nursing facility, never mind needing such services. However, all in the span of several weeks both she and her husband Stuart would face serious health issues that would call for rehabilitative stays at [North Adams Commons](#) – an experience that she said was “surprising,” “impressive” and even “pleasant.”

Her husband **86-year-old Stuart** arrived first at [North Adams Commons](#) on October 2nd after experiencing debilitating weakness in his legs associated with aneurysms in each leg. After a three-day stay at [North Adams Regional Hospital](#) after the episode, **Mr. Sprague** would need a daily regimen of physical and occupational therapy to help him regain his independence. Nearly completely dependent upon his arrival, unable to stand or transfer on his own, therapists helped him regain his strength to with a variety of techniques, including electrical stimulation, resistance training, and eventual standing and walking. In a wheelchair early on, upper body strengthening in occupational therapy was critical to allow him to progress in transfers, standing and ambulating with the use of a walker.

For **Mrs. Sprague**, her condition would be more complex, suffering from acute pericarditis. After being diagnosed with the issue at [North Adams Regional Hospital](#), she was sent to [Bay State Medical Center](#) on November 13th. It was further discovered that in addition to acute pericarditis, she had suffered a collapsed lung, pneumonia and pulmonary hypertension in the lung. After consultations with thoracic surgeon [Jeanne Lukanich, MD](#), it was clear that surgery was her best option. Following two procedures that drained the fluid from her lung and then to re-expand the lung, **Mrs. Sprague** would need ventilator care for 24-hours at the hospital. While her condition gradually improved at Bay State, her respiratory status and lungs were still very weak, and her heart rate and blood pressure remained high. Once again, it would be [North Adams Commons](#) that provides the combination of excellent nursing care and rehabilitation services to allow her to heal, and regain her strength and endurance.

Like her husband, **Mrs. Sprague** arrived at [North Adams Commons](#) in a seriously weakened state, but with the professional nursing staff overseeing her health and a rehab team focused on renewing her skills.

While **Mrs. Sprague** said both she and her husband received excellent services from the staff, she was most pleased that the staff was “so pleasant” and “always ready to smile.”

With accommodations to ensure that the couple could enjoy meals together, spend Christmas comfortably with their family and celebrate the season with facility holiday parties, in spite of their health challenges, 2010 will be year to remember.

“I didn’t mind being here. It was really a great experience,” said **Mrs. Sprague**. “You never know when you’ll need these services. If you need to be in a nursing facility, this is the one.”

