



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

## **A “Pleasant Experience,” Renewed Strength at North Adams Commons**

### **Case Study**

While she would often visit her husband Stuart at [North Adams Commons](#) as he received skilled nursing care and rehab following an illness in the hospital, 88-year-old Barbara Sprague never anticipated that she would need the facility’s services as well. But, it would be her condition that proved most 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 M. 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.



**Barbara Sprague with North Adams Commons’ Casey Hempfen, OTR, (below) working on arm strengthening**



### **Interdisciplinary Team Treatment Plan**

After arriving at [North Adams Commons](#) on November 23rd, Mrs. Sprague began daily rehabilitation along with skilled nursing care, which was essential in overseeing her healthy recovery from her illness and surgery.

### **Physical & Occupational Therapy**

- Unable to stand comfortably on her own, or walk without assistance, therapists helped Mrs. Sprague regain her strength with weight training and leg flexing.
- Modalities such as the **OmniCycle** and electrical stimulation boosted her leg strength along with standing and walking with assistance for greater distances.
- Upper body strengthening and hand-eye coordination was critical to allow Barbara to be mobile with a walker, and to negotiate use of her oxygen tank.

### **Nursing**

- Administration of antibiotics and other medications reduced any possibility of an infection or reoccurrence of pneumonia.
- Nursing team worked with Mrs. Sprague on the use of her oxygen tank.

**Outcome:** Mrs. Sprague regained her independence and was discharged on January 4<sup>th</sup>, and returned to [North Adams Commons](#) often to visit her husband who came home a few weeks later on January 31<sup>st</sup>.

**In the Patient’s Own Words:** “They were all so nice, everyone has a smiling face, even the housekeepers. Everyone was absolutely great here.”

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