

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



**John Siwek with Hillcrest
Commons' Kathleen O'Leary,
PTA, (below) walking on the
stairs.**



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Renewing His Strength with Rehabilitation at Hillcrest Commons

Case Study

It's been 10 years since Jon Siwek had a remarkable recovery from a stroke that left him without any movement on the right side of his body. It was the excellent and committed staff at Hillcrest Commons Nursing & Rehabilitation that helped Mr. Siwek regain his abilities and independence in a short three months. Now 82 years old, Mr. Siwek began having trouble at home alone experiencing frequent falls and generalized weakness. Also suffering from Type 2 Diabetes, Mr. Siwek has a history of COPD, coronary artery disease and overcame bladder cancer. For the latter, he gets along today with the use of a Foley Catheter and his baseline condition includes the use of a walker or cane for ambulation and the use of scooter to get around in the community. On November 24th, he was taken to Berkshire Medical Center after another fall. After stabilizing during the hospital stay, Mr. Siwek would need a concerted effort with a professional team to help him regain his strength. He once again would come to Hillcrest Commons.

Interdisciplinary Team Treatment Plan

After arriving at Hillcrest Commons on November 30th, Mr. Siwek began a full regimen of physical and occupational therapy and also nursing care to support his recovery.

Physical & Occupational Therapy

- Unable to stand without assistance upon arrival, therapists guided Mr. Siwek through isometric exercises to increase strength in his feet and legs.
- Gradually, as his strength increased, he was able to stand and eventually walk with the assistance of a walker for increasing distances to improve his endurance.
- Progressing further, Mr. Siwek began climbing stairs with assistance to further improve his strength, agility and ability to get around his own home.
- Upper body strengthening with weights, hand-eye coordination exercises and more, improved his ability to transfer and ambulate with the use of a walker.

Nursing

- Nurses ensured that Mr. Siwek was administered proper medications, insulin, and maintenance of the Foley Catheter.
- Nursing staff contributed to helping Mr. Siwek readapt to potentially living at home with appropriate support with transfers and mobility in his room.

Outcome: Mr. Siwek continues to progress and regain his strength in the hopes of returning home. In the meantime, the staff at Hillcrest is providing the professional support and range of activities to provide a high quality of life.

In the Patient's Own Words: "I'm working really hard and the staff is so supportive. Everyone is very positive, I'm getting better every day."

