

Enhancing Quality of Life with Pilgrim Rehabilitation

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



**Giovanni Miranda with Pilgrim's
Katrina Tranos, RN**

Case Study

It was in the late 1950s when Giovanni Miranda, his father, and three of his brothers all decided that the United States provided greater opportunity. Leaving Italy to work in the family business of masonry in a new land, Giovanni built his career and remained close to his family in the North Shore area. Now 84-years-old, Mr. Miranda suffers from inoperable lung cancer, and in January, he became severely weakened due to his condition and other ailments. He was taken to Lahey Clinic where medical staff provided several medications to address a variety of issues including renal failure, diabetes, and anemia. After two weeks at the hospital, he would need an atmosphere to provide a professional combination of nursing and rehabilitation services to improve his strength and quality of life. Pilgrim Rehabilitation & Skilled Nursing Care provides the finest of both worlds.

Interdisciplinary Team Treatment Plan

Mr. Miranda arrived at Pilgrim on January 24th and began a regimen of physical and occupational therapy.

Physical Therapy

- With the combination of isometric exercises, flexing and weight-training, therapists helped him regain his strength in his feet, legs and lower body.
- As his strength gradually increased, therapists worked with him on some standing exercises with assistance and balance work to help him regain his bearings.
- With assistance, Mr. Miranda is able to ambulate with a walker.

Occupational Therapy

- Upper body strengthening would be a key goal to allow Mr. Miranda to gain mobility with transferring, standing and performing other tasks.
- Therapists guided him through exercises with weights, hand-eye coordination work, and exercises for finer motor function.

Nursing

- Nursing staff meets the needs of Mr. Miranda to ensure comfort and support for his continued progression with his abilities to improve quality of life.
- Mr. Miranda was provided the proper administration of medications.

Outcome: In spite of a terminal diagnosis, Mr. Miranda has garnered new strength and is enjoying his time with his extended family at Pilgrim. He has developed a wonderful rapport with several members of the staff, in particular, Katrina Tranos, RN, who grew up in an area with many Italian families in Gloucester.

In the Patient's Own Words: "It is very, very nice here. They did a lot to make me stronger. They built me up. This is the best place for me. It's like a family."



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