Case Study: Second Chance Inpatient Rehabilitation Program

Medical History:

The patient had been experiencing significant difficulty walking. His gait had become progressively unstable, and he could no longer safely walk at home. The patient also experienced great difficulties with various activities of daily living, such as eating, dressing, and bathing. His physical condition required constant spousal attention/supervision. As a result, his spouse needed to take a temporary leave of absence from work. The patient’s condition continued to deteriorate to the point that a permanent nursing home admission appeared to be inevitable.

The patient was seen by a Good Shepherd physical medicine and rehabilitation physician who determined the patient was a good candidate for Good Shepherd’s Second Chance Inpatient Rehabilitation Program.

Treatment:

The patient was admitted to Good Shepherd Rehabilitation Hospital and underwent intensive rehabilitation for four weeks. His daily inpatient regimen included:

- Physical therapy to improve mobility and function
- Occupational therapy to gain more independence with activities of daily living
- Rehabilitation nursing to focus on bowel/bladder care and other self-management functions
Results:

After four weeks of intensive strengthening, balance and other dynamic functional activities, the patient was able to walk independently with a walker for 200 feet, was independent with all activities of daily living and could transfer independently by himself. As a result, the patient returned to his home – instead of a nursing home.

Five weeks after discharge, the patient continues to improve and is completely independent with all necessary functional activities. The patient’s spouse returned to work on a full-time basis.

For more information, contact Frank Hyland, PT, vice president, Rehabilitation Services, and administrator, Good Shepherd Rehabilitation Hospital at fhyland@gsrh.or or 610-776-3223.