



Clinical Case Study **Nursing Home-Rehab Department**

Patient:

Patient is a 76 year-old-female. Status was post surgical intervention due to the abdominal wall abscess on 02/24/09; admitted to our facility on 03/03/09.

Medical History

Past medical history was significant for hypertension, diabetes, stroke with residual left facial droop. Upon the admission, patient had fair strength in all extremities, demonstrated fair sitting balance, poor standing balance, and required maximal assistance in all aspects of bed mobility, required maximum assistance of 2 persons for all transfers and was not able to initiate standing without maximum assistance of 2 persons.

Goals of Therapy

Physical therapist's goal for this patient was to bring her back to independent ambulation with an appropriate assistive device. Patient's treatment consisted of various mat activities geared toward improving her core muscle strength, and targeting pre-transfer and pre-gait activities. However, patient's progress was severely hindered by a sudden onset of anxiety she demonstrated toward any upright position. She was not able to maintain unsupported sitting position, and required minimal assistance of one person to keep her from falling backward.

Therapy Modality

I employed the Total Lift Bed by VitalGo to get patient accustomed to an upright position with her consent. (03/12/09). The procedure was explained to the patient before we initiated her first treatment.

1. Patient was transferred to the bed with maximal assistance of 2 therapists.
2. I employed four (4) straps: One (1) chest strap; and, three (3) straps over her lower extremities to secure the patient in bed.
3. I elevated the bed to 30 degrees and reviewed patient's status by using Berg's scale of perceived exertion. Patient graded her level of work as "light",

I maintained eye contact with the patient at all times and maintained a continued conversation to assess any changes in her level of alertness.
4. Patient seemed to tolerate first elevation without any signs of distress and I continued raising the bed by about 10 degrees every 15 minutes. The entire treatment was performed bedside and took about 1.5 hours to complete.

Results

At the end of the treatment, the patient was able to come to a full standing position and commented: "Wow, I did it!" She was left in standing for about 10 minutes and then the bed was gently lowered into 30 degrees recline position.

The patient received one more follow up session (03/13/09), as per protocol above. Patient tolerated the second treatment well. Patient was left sitting edge of bed without any external support with supervision. During the following treatment on 03/16/09, the patient was able to tolerate 15 minutes of continues standing in a stand-up table and initiated standing in the parallel bars with maximum assistance of 1 person.

As of today, 03/17/09, patient continues standing in the parallel bars with one person assistance and is able to lift her heels of the ground, one at a time, with the verbal cues form the therapist. According to the patient, her initial session on the Total Lift bed was a "major point when I felt I could do it!"

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