



SANS SOUCI

REHABILITATION & NURSING CENTER

Patient's Age: **88-years-old**

Admission Date: **2/5/18**

Admitted From: **St. John's Riverside Hospital**

Discharge Date: **3/12/18**

Discharged To: **Home**

Length of Stay: **36 days**

Reason for Stay: **Compression Fracture**

How did this patient hear about Sans Souci? **Patient was at Sans Souci after a previous procedure**

Ms. Rose Chiaverini arrived at Sans Souci with a wedge compression fracture, experiencing intense pain from the muscles and joints associated with the spine, or "dorsalgia." She also had a history of falls, affecting her ability to remain functionally independent in her home. Upon her admission to Sans Souci, Ms. Chiaverini required extensive assistance to be able to achieve all of her activities of daily living, or ADLs, and her functional mobility tasks. She was unable to maneuver in a safe manner and required skilled occupational and physical therapy services to help her maximize her functional performance with these important aspects of her life. In addition, Ms. Chiaverini exhibited balance deficits, which affected her functional mobility and ambulation.

Throughout her stay at Sans Souci and the rehabilitation program she undertook, she utilized the physical and occupational therapy programs to enable her to perform functions that she would need to do back at home. With regard to the pain element and its effect on her ability to progress in therapy, spinal precautions were provided to minimize exacerbation of pain symptoms and prevent further injury of her lumbar spine. She was also instructed on proper use of a "thoracolumbosacral orthosis" brace, which is a corrective brace used for the spine, when getting out of bed.

The occupational therapist introduced adaptive equipment and compensatory strategies to enable her to achieve greater independence with her ability to dress herself. Physical therapy consisted of education on effective strategies for improved posture and gait in addition to her therapeutic exercises. Ms. Chiaverini was very receptive to treatment and participated daily. She reported diminishing pain as the days went on, and achieved near independence with all her long term goals. Rose was eager to return home to all of her friends in her building and the surrounding neighborhood, and she was sorely missed while she was away.

All of us here at Sans Souci were so excited to see her return home, and to go back to enjoy her daily activities!