



Patient's Age: **76**

Admission Date: **12/29/17**

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

Discharge Date: **2/14/18**

Discharged To: **Home**

Length of Stay: **48 days**

Reason for Stay: **Rehabilitation Post-Fracture**

How did this patient hear about Sans Souci? **Social Worker in Hospital**

Ms. Marcella Clemente came to our community in December following a slip and fall on snow and ice in front of her home. Subsequently she sustained a left femoral intertrochanter fracture, requiring surgical repair via intermedullary nailing. She began as weight bearing as tolerated on her left leg. She had high pain levels with all functional activity, which was only resolved with rest. She displayed impaired balance with unsteadiness on feet coupled with pain, presenting high risk for falls. As a result, functional endurance was low and she required frequent rest breaks. She required extensive assistance to transfer out of bed and at the time she was unable to ambulate. She was motivated from the first day she arrived, stating she wanted to be able to take care of herself and her goal was to return to her "independent lifestyle" and she was eager to return to her social life within her community.

She began pain management and range of motion exercises in preparation for functional ambulation, strengthening and dynamic balance. Although progress was initially slow, Ms. Clemente kept up her good spirit and continued to be motivated. Her activity tolerance progressed and pain levels decreased. She began functional ambulation training as tolerated. After two short weeks she was able to ambulate on level surfaces with minimal assistance. However, progress continued to be limited secondary to residual left leg muscle weakness and tightness. After approximately 3 weeks, she was able to ambulate on a variety of surfaces, such level surfaces, carpets, and uneven surfaces. She began stair training with good results. By the beginning of February she was walking with limited assistance on and off the unit, with supervision.

Ms. Clemente understood the importance of hard work and perseverance. Her motivation and determination was remarkable. Prior to her discharge in mid-February, she was able to perform all self care tasks with independence and with the use of her

rolling walker; she was able to independently ambulate in the facility. Ms. Clemente was excited to return to her “normal” life and proud of herself for all of her hard work during her time spent at Sans Souci. Ms. Clemente carries a reputation as a Rehab Super Star, and we are so excited to see her return home with her family!