

Another wonderful outcome from
WESTGATE HILLS REHABILITATION & HEALTHCARE CENTER

Pulmonary Rehab Case Study



Mr. H. is a 68-year old male admitted to Westgate Hills Rehabilitation & Healthcare Center from St. Agnes Hospital with a diagnosis of COPD/Respiratory Failure, pneumonia and dependence of supplemental oxygen. He was severely short of breath upon admission even during a short conversation. He was using oxygen via nasal cannula at 6 liters per minute to keep the oxygen saturation levels above 88%. He had severe anxiety and depression upon admission, as well as a weak productive cough of yellow secretions. Patient was unable to walk without a walker and had extreme fatigue upon attempting to ambulate. He was smoking one pack of cigarettes per day, and was taking Duonebs PRN, a bronchodilator, to keep his airways clear of infection, wheezing and shortness of breath.

Nursing, Respiratory & Therapy Interventions

Over the course of a month, he received antibiotic therapy for pneumonia, Duonebs were changed from PRN to Q6H (every 6 hours) routinely. He was educated by our Respiratory Therapist on the use of a flutter valve to clear secretions, which proved to be very effective. His pulse oximeter was checked every shift to monitor his oxygenation and the nasal oxygen was slowly weaned over time. The Rehab Department worked with him, and he can now ambulate 150 feet without the use of his walker and climb stairs.

Today, our patient has been weaned down to 3 liters per minute to maintain his oxygenation, and his duo nebulizer treatments are at a manageable routine. His breath sounds have cleared up greatly and he no longer has a persistent productive cough. He has quit smoking, which is a huge accomplishment and speaks volumes of the relationship our Respiratory Therapist has built with him and what an impact she has had both on his pulmonary and overall health. Although he will remain with us for Long Term Care, he has met all of his goals for Pulmonary Rehab.

Way to go Mr. H!