



CAPABLE

Ms. D. is an 82 year old woman in the Johns Hopkins University School of Nursing CAPABLE CMS Innovations study. Initially, both of our clinicians assigned to her (a nurse and an occupational therapist) said privately that they were not sure we could do much to improve her function. She took literally 30 minutes to get from her bedroom, in which she spent her days, to the bathroom. She sat on the commode chair lid all day because she could not get out of the bed herself due to weakness and the bed's low height and there were no other chairs firm enough for her to rise from. She seemed confused and not quite alert.

Through following the CAPABLE protocol with her and working on her own functional goals, we have made surprising progress. The CAPABLE nurse made a medication chart for Mrs. D. which helped Mrs. D. realize that she had been taking all of her medicines at once in the morning, even pain medications that were to be taken throughout the day. Mrs. D. has maintained this adjustment and it has helped other changes become possible. The CAPABLE Occupational Therapist (OT) brainstormed with the participant and the participant came up with the ideas for moving around the house more easily. Our OT also installed risers to elevate the bed a bit so it requires less leg strength to arise from.

With a combination of leg strengthening through CAPABLE exercises, doing the walks down the hall way and the bed being higher, she can now get out of the bed herself. She is also now walking throughout the house. Her hallway walk takes only 7 minutes now. She is also using double railings we installed and a chair rest at the top and bottom of the stairs to go up and down the stairs. Prior to being enrolled in CAPABLE, she hadn't been downstairs in months. Although CAPABLE is squarely centered on the individual participant's goals, Mrs. D's husband is elated about the home modifications and the positive impact that it has had on his "baby" (Mrs. D.). He says that now that she is getting stronger he can now focus on his health. We found out recently that she is going with her family to Atlantic City for a few days. This is her first vacation in years.

From CMS grant 1C1CMS330970-01-00, Sarah L. Szanton, PhD, CRNP, Project Director

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