

# Touchpoints Rehab *at Chestnut*

*An East Windsor Skilled Nursing Facility*



## COMPLEX CARE CASE STUDY

- 83 year old presented to the ER with worsening shortness of breath, treated with IV diuretics.
- Discharged with PO diuretics and GDMT medications
- Admitted to Touchpoints at Chestnut on April 2, 2024, with acute decompensated heart failure and comorbidities: Stage 3 CKD and DM
- Experienced progressively increased edema and anasarca during stay
- Received 2 doses of IV Lasix, increased Torsemide to 100mg PO twice daily
- Prescribed multiple courses of Metolazone and Aldactone
- Encountered episodes of hypokalemia and elevated BUN/Creatinine, required potassium supplementation
- Developed cellulitis, treated with PO and IV antibiotics, closely monitored renal function
- Improved fluid volume status, weight, renal functioning, and electrolytes towards end of stay
- Completed antibiotic course for cellulitis without significant adverse effects
- Discharged 9lbs lighter
- Scheduled follow-up appointments with PCP, nephrologist, and cardiologist
- Enrolled in heart failure-specific home care program
- Home care agency reported overall good condition three days post-discharge



### **FIVE STAR REVIEW:**

**"All stay cooks, aides, maintenance, nurses were excellent. The staff went above and above their duties."**