

CELEBRATE SUCCESS

QUALITY OUTCOMES EVERYDAY

WE ARE PLEASED TO SHARE THE FOLLOWING PATIENT SUCCESS STORY.

Albert Capistran



Setting: Houston, TX in early March 2020. The presence of COVID was well-known across the country but standard measures on how to fight and protect against it were not yet in place. **Albert Capistran, a Houston Fire Department EMT**, received a call to transport a COVID patient to the hospital. Days later, he found himself with a fever that wouldn't break and his O2 sats kept dropping. He went to the Emergency Room where they medicated him and sent him back home. After 4 more days of no improvement, he went back to the hospital where they admitted him to the IMCU and started him on hydroxychloroquine. Over the next month, Albert was in a fight for his life. He was transferred to the ICU and started on a non-rebreather mask. His doctors did everything they could not to intubate because, at that time, the survival rate of COVID patients once they were intubated was very low. For 45 minutes out of every 1 hour, he was "proned" (placed on his stomach). While in this position, his O2 sats increased to 100%, getting the desperately needed oxygen into his blood and circulating throughout his body. Thankfully, he began to improve. He was transferred out of ICU and was ultimately discharged home with his family. He had lost 44 pounds while in the hospital and now lacked the basic strength to climb the stairs to his bedroom at night. Home health therapists and nurses worked with him at home for the next 1-2 months to start his road to recovery. Once he was strong enough, he graced us with his presence here at PAM Rehabilitation Hospital of Humble for Pulmonary Rehab. Valencia and Adriana welcomed him and got him checked in for every visit. Fe and Rosemary, his physical therapists, developed the exercise plan to bring strength and purpose back to his limbs. Jeanne, our Cardiopulmonary Manager, provided the breathing treatments that got his lungs back in shape and helped him breathe with ease. The entire team overall provided not just the medical and physical treatments to heal his body but also the mental and emotional support to motivate him to keep pushing! Today, Albert is back at work at Summerwood Firehouse 105. He made a full recovery with no evidence of scar tissue in his lungs! He runs for 30 minutes every day at a 6.5mph pace on the treadmill and is working towards his goal of 15% body fat. Way to go, Albert!!!

