

[Name of HH Agency]

OCCUPATIONAL THERAPY PROGRESS NOTE

Phone:

EPISODE: 10/14/14 - 12/12/14

Fax:

10/14/14 10:00AM - 11:00AM 60 MIN

PATIENT:

DOB:

Homebound Status

- needs assistance for all activities
- needs assistance to ambulate
- leaves home with taxing effort
- leaves for med appointments only
- dependent on assistive device
- residual weakness
- severe pain

Vital Signs

BP 132/69 (Left arm sitting)	TEMP	PULSE (Radial) 71 (Reg)	PULSE (Apical)	RESP 19 (Reg)
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Pain	Pain Interferes	Pain location Right Shoulder Pain	Pain Intensity (0-10) 8	Frequency All of the time
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- sharp
 burning
 dull
 shooting
 cramping
 radiating
 throbbing
 aching

Aggravated by

Activity requiring Shoulder ROM

Relieved by

Resting

Patient Satisfied w/Pain Control: yes

Cognitive Status

- No problems (oriented x 4)

Additional Observations

- None at this point

Fall Risk Prevention

- fall precautions maintained

Occupational Therapy Interventions Performed

Intervention	Intervention Details
1 OT Evaluation	
2 ADL Instruction	
3 Muscle Re-Education	
4 Establish Home Exercise Program	
5 Energy Conservation Techniques, Joint Protection Principles, MFR Rx, Fall Prevention Strategies, Work Simplification Tech's	
6 Massage: Bilateral UE Shoulder, C/S x5-10 Min's as needed for alleviating pain and promoting joint ROM to facilitate self-care tasks	
7 Discharge Planning	

Progress toward Occupational Therapy Goals

Goal	Goal Progress
1 Patient/PCG will be able to verbalize and provide a good return demonstration of conservative pain management techniques: Resting, Positioning, Breathing, Diversion, Imagery, Massage, Relaxation Techniques to promote self care tasks within 4 weeks.	Instructed with regards to positioning and explained to the patient/PCG that the position of comfort is NOT always to the best position for her. Explained that she should change her body position once every two hours and that for circulation reasons that she should move throughout the day. Explained the concept of not remaining stagnant.

Occupational Therapy Goals Achieved

No newly achieved goals

Instructions

- patient
- caregiver

Patient was told the proper time to contact the _____ HHC Skilled Nurse versus the proper time to contact 911 versus their Physician. Patient also taught on what to do in the event of fall, which included contacting 911 if they are not able to get up or if they felt acute pain greater than 6/10. Patient was able to verbalize emergency instructions given and said that they know where the Hollywood HHC phone numbers are in case of an emergency.

Supervision

- N/A

Coordination

- MD
- RN/LPN
- OT

Patient/PCG

Discharge Planning

- discussed expected date of D/C
- discussed continued care needs
- discussed additional resources need
- discussed assessed progress
- notified case manager

Plan for Next Visit

ADL Training, UE Thera Ex, Muscle Re-Education, Perceptual Motor Training, Fine Motor Training, Adaptive Equipment Fabrication/Training, PCG Education: Establish HEP, Energy Conservation Techniques, Safety Awareness Protocol, Proper Body Mechanics, Joint Protection Principles, Conservative Pain Mgmt, Fall Precaution/Fall Recovery, Functional Training, Emergency Protocol, Discharge Planning.

Visit Code

OT Visit (G0152)

Place of Service

- Patient's home/residence

SIGNATURES:

COMPLETED AND ELECTRONICALLY SIGNED BY _____, OT

PATIENT'S SIGNATURE: