

[Name of HH Agency]

OCCUPATIONAL THERAPY DISCHARGE SUMMARY

Phone:

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

Fax:

11/05/14

PATIENT:

DOB:

Reason for Discharge

goals met

Occupational Therapy Goals Achieved

- 1 Patient's endurance will improve as evidenced by patient being able to sustain bathing from sitting for 10-15 minutes safely within 4 weeks.
- 2 Patient will be in safe physical environment as evidenced by no falls and no injuries within 4 weeks.
- 3 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.

Occupational Therapy Goals not Achieved

- 1 Patient/PCG will be competent/Independent with HEP to include: Upper Extremity Thera Ex with/without resistance, Trunk Control Exercises, Sitting/Standing Body Mechanics during self-care tasks within 4 weeks. 11/05/14
Patient able to perform energy conservation techniques with mod verbal cues with an emphasis on pacing and pursed lip breathing; conservative pain management to include breathing techniques, positioning, & diversion. Fall prevention strategies: having clutter free pathways, use of night lights, use of grab bars and proper use of AD. 11/03/14
Patient is able to perform toilet transfers with Supervision and using good body mechanics. Fall risk factors in the bathroom were discussed as part of transfer training with patient able to provide a fair return verbal demo.
- 2 Patient will improve UB/LB dressing to Supervision with/without assistive equipment within 4 weeks. 10/21/14
Patient was able to donn/doff UE garments from a sitting position using a fair endurance. Patient was able to go to her bedside drawer and get her UE garments. Afterwards, she was able to fold 3 shirts and 3 sets of socks. She was able to arrange and pair up her socks. She was unable to retrieve a shirt that fell to the floor.
- 3 Patient will improve UB/LB bathing to Supervision with/without assistive equipment within 4 weeks. 10/23/14
Did simulated bathing in the bathroom with patient standing in the shower. Patient was able to enter/exit her shower with CGA with patient having a fair+ trunk control. Patient able to demonstrate how to wash her feet with min assist due to Cervical Spine Pain.
- 4 Patient will report decrease pain to 1-2/10 in Right UE Shoulder to improve functional performance in seated dressing and bathing within 4 weeks. 10/16/14
Rendered Bilateral UE thera ex with an emphasis on ROM (mobility) and strengthening with patient in supine and sitting position; rendered gentle stretching at end range of shoulder ROM; explained to the patient that she needed to practice good posture as a part of her HEP to help in the prevention of further shoulder pain (7/10 during tx session).
- 5 Patient will be competent with fall recovery principles and fall 11/03/14
Patient/PCG was seen today for fall recovery

prevention principles to include staying hydrated, removing throw rugs, having adequate lighting in each room, taking her meds 1x/yr to her MD, vision checked 1x/yr within 4 weeks.

& fall prevention discussion & education. Went over the sit to stand sequence. 10/23/14 Patient/PCG educated with regards to fall prevention strategies in the home to include using her AD properly, knowing where the furniture is in the room, ensuring that no items are left on the floor such as toys, ensuring that her throw rugs were securely fastened or removed, and using proper body mechanics during all transitional movements.

Functional Test Scores

Timed Up and Go

10/14/14 11/05/14

1-10 = Freely mobile, lowest risk of falling, 11-19 = Mostly independent, moderate risk of falling, 20-29 = Moderately impaired, higher risk of falling, >30 = Severely impaired, highest risk of falling

19

14

Functional Status at Discharge

N/A

Post Discharge Needs

continue with HEP

Explained to patient that this would be the therapy discharge visit with emphasis made for the patient/PCG to ask questions regarding the HEP. Explained that she needed to follow up with her physician, maintain her current diet and medication regime as well as to monitor for signs/symptoms which would warrant calling 911 and or her physician. Patient/PCG Acknowledged instructions given as part of the treatment session.

COMPLETED AND ELECTRONICALLY SIGNED BY _____, OT

PATIENT'S SIGNATURE:

