SMHC Therapy Protocols Cheat Sheet

by dnormanot via cheatography.com/211138/cs/46796/

AM Routine

- White board/message for assigned floor
- Sign in
- Print list
- Highlight & prioritize (evals, ortho, IP, d/c)

Chart Review

- Orders > notes > VS > flow > pain > avatar
- Note...
- Precautions, WBS, splint/brace
- BP/VS/pain
- Prior assist level
- Last therapy session

Appt Priority

High	Joint, spine, stroke, d/c to AR
Mod	5 days/week
Low	Decreased participation, max Ax2

Common Precautions

Posterior THA	flex past 90°
	toes inward
	crossing legs
Anterior THA	extension
	toes outward
	crossing legs
Abdominal	roll & pillow
	lifting > 5-10 lbs
	pulling with UE
Sternal	straining
	pushing up with UE
	pulling with UE
Pacemaker	lifting > 5-10 lbs
	shoulder flex/aBd > 90°
	reaching back past 0°
	pushing up

*Verify WBS

Hold OT if...

- Bedrest or no activity, WB, or OT orders
- MAP < 65
- Hgb < 7
- Na < 120 or > 160
- K < 2.5 or > 6
- D-dimer < 250
- PICC in 24hrs (NWB)
- DVT/PE test (doppler, NM lung, CT chest, VQ)

*Check red values

Stroke Specific

- "Stroke Protocol" in orders
- Evals complete set of orthostatic vitals
- Must do Modified Rankin Score (flow)

CVA Localization

Posterior Cerebral Artery	Contralateral homonymous hemianopia
	Spell & write, unable to read
Anterior Cerebral Artery	Contralateral LE weakness & sensory deficits
	Urinary incontinence
Middle Cerebral Artery	Contralateral weakness of face and upper limb
	+/- aphasia (dom hemisph) or hemineglect (non-dom)
	Wernicke's (Word salad - unable to understand speech)
	Broca's (Broken articulation - can understand, not produce)

CVA Workup Assessments

- ROM
- Serial opposition
- MMT + grip strength
- UE sensation
- Ask about vision, numb or ting
- Finger-to-nose
- RAMs
- ADLs: socks, standing grooming, toilet transfer

*take orthostatic BP

Include in Eval Note

Precautions

> fall, lines/tubes, WBS, op s/p date

Pt goals

> ADLs, fx mobility/transfers, safety

Additional Screeners

- Short Blessed
- Vision (saccades, smooth pursuits, H/N)
- Clock Drawing
- SLUMS
- MoCA

Ascom

Emily G	7954

Codes

2E	1010
Therapy rooms	5328

8-Min Rule Medicare

Minutes	Units
8 - 22	1
23 - 37	2
38 - 52	3
53 - 67	4
68 - 82	5
83 - 97	6

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