Cheatography

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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