

❖ Worksheet Assignment 4

Patient #3: Ellanora

Name

Date

Health condition

1. **Describe Ellanora's medical history.**

This 80 year old unmarried woman had been living in an assisted living center until three days ago when she was admitted to the hospital with ischemic stroke. Her history includes congestive heart failure, arthritis and bilateral knee replacements. Patient had limited ambulation prior to her stroke.

Observe the patient and the environment

2. **List 3 observations of equipment in Ellanora's room that identify possible precautions.**

Bed rails up, seizure pads in place, aspiration precautions over the bed.

3. **Name 4 other devices (i.e., monitors, lines or other medical equipment) where the therapist must take care during intervention.**

Cardiac monitor, sequential compression devices, IV line in left upper extremity, catheter, NG tube.

4. **List 4 observations of how the therapist prepared the environment for treatment.**

Lowered the head of the bed.

Raised the height of the bed.

Lowered the bed rails.

Removed sequential compression devices.

Removed pillows.

Moved catheter to the head of the bed.

Covered the patient with a blanket.

5. **How would you describe Ellanora's posture in bed (as treatment begins)?**

Head flexed and turned away from the involved side. Facial asymmetry.

Trunk rotated toward the involved side.

Left hip flexion with external rotation and knees in slight flexion.

Left upper extremity in internal rotation, adduction and flexion.

Observations of functional activities

6. Describe how Ellanora performed each of the following activities.

How much assistance was required for each activity?

- **Rolling**

The patient was able to initiate turning her head in order to roll to the involved side.
Maximum assistance was needed to roll toward the involved side.
The therapist guided the patient to reach for the rail.
The second therapist had her reach for her hand, instead of the rail.
The therapist assisted in bringing patient's legs into flexion.

- **Sidelying to sitting**

The patient initiated head righting.
Maximum assistance was required.
The therapist assisted the patient bringing the legs over the side of the bed.
The therapist assisted the patient coming into a sitting position.

- **Scooting to the edge of the bed**

Maximum assistance was required.
The therapist used the draw sheet to help the patient scoot to the edge of the bed.

- **Sit to stand**

The patient was unable to perform sit to stand.
She was unable to move her base of support from her hips to her feet.

- **Transfer from bed to chair**

The therapist did not have the patient attempt a transfer from bed to chair.

- **Scooting up in bed (at the end of the session)**

Maximum assistance of two was required, using a draw sheet.

7. Name two improvements that were observed at the end of Ellanora's treatment session.

The patient was able to initiate active trunk extension from lateral flexion to a more upright posture.
While sitting at the edge of the bed, the patient was able to bear weight onto her right forearm.
Movements were easier, lighter and the patient demonstrated more trunk control.

Intervention of body functions and structures and functional activities

8. Describe a plan of intervention (for Ellanora's next session) based on your observations.

Delineate tasks related to impairments of body functions and structures from tasks related to functional activities.

Tasks related to impairment of body functions and structures could include:
Strengthening the trunk and lower extremities in supine and sitting.

Tasks related to activities could include:

Rolling both directions, bridging in supine, or sitting balance during self-care tasks.