

Occupational Therapy Acute Care Cheat Sheet

Common Diagnoses and Conditions

Stroke:

Look for hemiplegia, cognitive deficits, and sensory impairments.

Traumatic Brain Injury (TBI):

Monitor for changes in consciousness, cognitive impairments, and physical limitations.

Spinal Cord Injury:

Assess for loss of motor function, sensation, and autonomic control below the injury level.

Fractures:

Focus on mobility restrictions, pain management, and adaptive techniques for daily activities.

Amputations:

Address phantom limb pain, prosthesis training, and adjustment to altered body image.

Assessment Techniques

Physical Abilities

- **Range of Motion (ROM):** Measure joint movement and flexibility.
- **Strength:** Test muscle power using manual muscle testing.
- **Sensation:** Evaluate touch, temperature, and proprioception.

Cognitive Abilities

- **Orientation:** Assess awareness of time, place, person, and situation.
- **Attention and Memory:** Evaluate focus, concentration, and recall.
- **Executive Functions:** Assess planning, problem-solving, and decision-making.

Functional Abilities

- **Activities of Daily Living (ADLs):** Assess feeding, dressing, bathing, and toileting.
- **Instrumental Activities of Daily Living (IADLs):** Evaluate cooking, cleaning, shopping, and financial management.
- **Mobility:** Assess transfers, walking, and wheelchair use.

Safety Precautions and Handling

- **Medical Equipment:** Ensure safe maneuvering around IV lines, catheters, oxygen tanks, and feeding tubes.
- **Infection Control:** Use gloves, hand hygiene, and other protective measures as appropriate.
- **Positioning and Transfers:** Utilize safe lifting techniques and assistive devices as needed.

Management Strategies

Pain, Fatigue, and Dyspnea

- **Energy Conservation:** Teach pacing, task simplification, and prioritization.
- **Relaxation Techniques:** Utilize deep breathing, progressive muscle relaxation, and guided imagery.
- **Positioning:** Advise on comfortable and therapeutic positions to alleviate symptoms.

Activity Adaptation

- **Equipment and Tools:** Recommend adaptive utensils, dressing aids, and mobility devices.
- **Environmental Modifications:** Suggest changes in home or hospital settings to enhance accessibility and safety.
- **Task Simplification:** Teach methods to reduce effort and increase efficiency in daily tasks.

Family Education and Support

- **Condition Information:** Provide insights into patient conditions and prognosis.
- **Care Techniques:** Teach safe handling, basic care procedures, and use of adaptive equipment.
- **Support Resources:** Guide families to support groups, counseling services, and community resources.