Patient Goals

1. Independent bed mobility 7 of 7 days at home.
2. Independent transfers to and from all surfaces.
3. Ability to complete job duties with less pain and stiffness.
4. Independent ability to exercise on a daily basis with less pain.
5. Independent gait on level and stairs for home and community functions with minimal pain.
6. Independent self-care including the ability to bathe in the tub and dress his lower body.

Exercises for the OT and PT Student

Case #17: Howard Longo

1. Using the Nagi scheme of disability, present the active pathology(ies), impairments, functional limitations, and disabilities for this case.
2. Do you think the patient's goals are realistic? Why or why not? If not, what strategies would you use to help the patient focus on more realistic goals?
3. Write an assessment and plan for the patient case(s) assigned. Include appropriate short-term and long-term goals.
4. Present a thorough plan of care for the case (ie, what specifically would you do with this patient and why?)
5. Design a treatment session lasting 30 minutes for this patient.
6. If both occupational and physical therapy were involved with this patient, what would you see as the role for each discipline to provide an appropriate, comprehensive treatment program? Consider the concepts of cotreatment and expert consultation in your answer.
7. Based upon the pathology that the patient exhibits and the individual impairments and functional limitations, do you think the patient will ever become totally "able" again? If not, which disabilities may remain?
8. What compensatory strategies might you teach the patient in this case?
9. What type(s) of DME (orthotic, prosthetic, or adaptive equipment) might you prescribe and why?
10. What would you propose as an appropriate treatment frequency and length of stay for this patient in your treatment setting? Provide the rationale for your answer.

Exercise for the Assistant Student

Case #17: Howard Longo

1. Using the Nagi scheme of disability, present the active pathology(ies), impairments, functional limitations, and disabilities for this case.
2. Design a treatment session lasting 30 minutes for this patient.
3. If both occupational and physical therapy were involved with this patient, what would you see as the role for each discipline to provide an appropriate, comprehensive treatment program? Consider the concepts of cotreatment and expert consultation in your answer.
4. Based upon the pathology that the patient exhibits and the individual impairments and functional limitations, do you think the patient will ever become totally "able" again? If not, which disabilities may remain?
5. What compensatory strategies might you teach the patient in this case?
6. What type(s) of DME (orthotic, prosthetic, or adaptive equipment) might you prescribe and why?
7. Which portion(s) of the plan of care would you delegate to an aide/tech? Provide your rationale for your answer.
8. What environment(s) would you use to address this patient's values?
9. Who is this patient? What roles and activities are important to him?