

CURRENT CONDITION

COPD/pneumonia

GOALS

1. Pt. will demonstrate productive cough in seated position, 3/4 trials.
2. Pt. will ambulate 150ft with supervision, no assistive device, on level indoor surfaces.

S

Pt. reports not feeling well today, "I'm very tired".

O

Auscultation findings: scattered rhonchi all lung fields. Chest PT was performed in sitting (ant. and post.). Techniques included percussion, vibration, and shaking. Pt. performed a weak combined abdominal and upper costal cough that was nonbronchospastic, congested, and non-productive. The cough/huff was performed with VC. Pectoral stretch/thoracic cage mobilizations performed in seated position. Pt. given towel roll placed in back of seat to open up ant. chest wall. Strengthening exercises in standing - pt. performed hip flexion, extension, and abduction; knee flexion 10 reps x 1 set B. Pt. performs HEP with supervision (in evenings with wife). Pt. instructed to hold tissue over trach when speaking to prevent infection and explained importance of drinking enough water.

A

Pt. continues to present with congestion and limitations in coughing productivity. Pt. has been compliant with evening exercise program, which has results in increased tol to therapeutic exercise regime and an increase in LE strength. Amb. not attempted to 20 to pt. report of fatigue. Pt. should be able to tolerate short distance ambulation within the next few days.

P

Cont. current exercise plan including CPT; emphasize productive coughing techniques; increase strengthening exer reps to 15; attempt amb. again tomorrow.

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Table of Contents Mental Health Progress Notes Documentation

1. Understanding the eBook Mental Health Progress Notes Documentation
 - The Rise of Digital Reading Mental Health Progress Notes Documentation
 - Advantages of eBooks Over Traditional Books
2. Identifying Mental Health Progress Notes Documentation
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Mental Health Progress Notes Documentation
 - User-Friendly Interface
4. Exploring eBook Recommendations from Mental Health Progress Notes Documentation
 - Personalized Recommendations
 - Mental Health Progress Notes Documentation User Reviews and Ratings
 - Mental Health Progress Notes Documentation and Bestseller Lists

5. Accessing Mental Health Progress Notes Documentation Free and Paid eBooks
 - Mental Health Progress Notes Documentation Public Domain eBooks
 - Mental Health Progress Notes Documentation eBook Subscription Services
 - Mental Health Progress Notes Documentation Budget-Friendly Options
6. Navigating Mental Health Progress Notes Documentation eBook Formats
 - ePub, PDF, MOBI, and More
 - Mental Health Progress Notes Documentation Compatibility with Devices
 - Mental Health Progress Notes Documentation Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Mental Health Progress Notes Documentation
 - Highlighting and Note-Taking Mental Health Progress Notes Documentation
 - Interactive Elements Mental Health Progress Notes Documentation
8. Staying Engaged with Mental Health Progress Notes Documentation
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Mental Health Progress Notes Documentation
9. Balancing eBooks and Physical Books Mental Health Progress Notes Documentation
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Mental Health Progress Notes Documentation
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Mental Health Progress Notes Documentation
 - Setting Reading Goals Mental Health Progress Notes Documentation
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Mental Health Progress Notes Documentation
 - Fact-Checking eBook Content of Mental Health Progress Notes Documentation
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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