

Treatment Plan  
MUS 298

**SMT:** JD Hogue

**Initial of Client:**

**Diagnosis:** All Diagnoses

**Age:** All Ages

**Gender:** All Genders

**Location of Sessions:** Cardiovascular, Pediatrics,  
and Rehabilitation Unites

**Individual/No. in Group:** 1

**Length of Session:** On the unit for 2 hours doing 1-on-1 sessions for at least 50 min of cumulative patient contact.

**CURRENT STATUS:**

**Physical rehabilitation.** Physiatrics is a type of medicine that treats disorders that create temporary and permanent impairments (GSPG, 2014). Physiatrics commonly treats problems from carpal tunnel, neck pain, back pain, sports injuries, work injuries, herniated discs, pinched nerves, arthritis, stroke, brain injuries, and concussions (AAPMR, 2014), and it focuses on physical mobility and cognitive impairments (GSPG, 2014). Physical therapy, therefore, works on improving range of motion, strength, endurance, posture, balance (ABMC, 2014 a), movement, pain reduction, function restoration, and disability prevention (APTA, 2014).

**Pediatrics.** Advocate BroMenn's (2014 b) pediatrics center treats children who need specialized and special care. They help children in the emergency department, lab, X-ray department, and surgery. Pediatrics, specifically, deals with children from birth to you adulthood and is concerned with their physical, emotional, and social health (APB, 2009). Wilson, Busse, Gilchrist, Vohra, Boon, and Mills (2005) determined the characteristics of pediatric patients at a naturopathic clinic. The average age of the patients was 6.5 years with roughly equal proportions of boys to girls. Skin disorders, gastrointestinal problems, psychiatric/behavioral disorders were the most common conditions.

**Cardiovascular care.** According to the American Heart Association (AHA, 2014), cardiac rehabilitation is the treatment of people recovering from heat attacks, heart surgery, and percutaneous coronary intervention procedures. These patients need to increase physical fitness, decrease cardiac symptoms, improve health, and reduce the possibility of future heart problems. The people who undergo cardiac rehabilitation are people who have had a heart attack, a heart condition (i. e., coronary artery disease), and a heart procedure or surgery (i.e., coronary artery bypass graft).

## **SUMMARY OF IDENTIFIED STRENGTHS AND NEEDS:**

### **Strengths**

**Physical rehabilitation.** Clients are typically cognitively and emotionally sound, but some of the clients may have cognitive issues that are being addressed by the other therapists on the unit. They can respond on topic when asked a question, follow directions, and are generally cooperative. They may be experiencing a little stress and anxiety because of the situation, but generally, they generally have a positive affect.

**Pediatrics.** I have only seen one child on this unit. He was a typically functioning 2-year old. Generally speaking, these clients will function at different levels, even at the same age. From child to child, the strengths will change.

**Cardiovascular care.** The people in this unit are typically cognitively aware and can remain on topic. Because they remain seated the entire time, it is impossible to properly assess for physical skills.

### **Needs**

**Physical rehabilitation.** Clients need more help with physical problems. They may have intense pain issues, limited range of motion, balance problems, or endurance problems.

**Pediatrics.** As each child will arrive on the unit with different issues, the needs of each child will be different. They might have needs in emotional, cognitive, and physical domains.

**Cardiovascular care.** The clients typically need more help in the emotional domain. They have higher anxiety because of surgery and they also report some pain, as well.

## **GOALS AND OBJECTIVES:**

**Goal:** To reduce perception of pain.

**Objective:** Client will decrease the amount of pain he or she feels from the beginning of the session to the end of the session.

**Rationale:** Reducing pain will help the client feel better, participate in treatment more, and have overall better progress during treatment.

**Data Collection Method:** Self-Report on a 1- 10 scale

**Treatment Strategies:** Interventions to obtain this objective could include singing, and playing an instrument

**Goal:** To increase range of motion

**Objective:** Client will increase his or her range of motion he or she has from the beginning of the session to the end of the session.

**Rationale:** Increasing range of motion helps keep client nimble and flexible, which can help prevent falls.

**Data Collection Method:** Degrees of rotation on a circle

**Treatment Strategies:** Interventions to obtain this objective could include playing an instrument and moving the body to music.

**Goal:** To increase endurance

**Objective:** Client will increase his or her endurance he or she has from the beginning of the session to the end of the session.

**Rationale:** Increasing endurance will help the client last long during treatments, which will help the client obtain better physical outcomes faster.

**Data Collection Method:** Time spent doing the exercise, the number of sets and reps the client completes, or the distance client walks.

**Treatment Strategies:** Interventions to obtain this objective could include playing an instrument and moving the body to music.

**Goal:** To improve mood

**Objective:** Client will change his or her emotional state from strong negative emotions to weak negative emotions or from weak positive emotions to strong positive emotions.

**Rationale:** Changing affect to be less negative/more positive will improve the client's reactions to treatment and will help speed up the healing process.

**Data Collection Method:** Self-report on emotion scales from 1 – 5

**Treatment Strategies:** Interventions to obtain this goal could include singing, playing an instrument, discussing song lyrics.

**Goal:** To increase relaxation

**Objective:** Client will increase his or her relaxation from the beginning of the session to the end of the session.

**Rationale:** Relaxation is imperative for increasing healing rates and obtaining greater success rates from surgery.

**Data Collection Method:** Self-report on a 1- 5 scale

**Treatment Strategies:** Interventions to obtain this objective could include progressive muscle relaxation and listening to music.

**Goal:** To improve coping skills

**Objective:** Client will state at least one healthy coping skill he or she can do in daily life to maintain his or her physical and mental health.

**Rationale:** An understanding of coping mechanisms will provide tools the client can use to speed up the healing process.

**Data Collection Method:** Frequency; The number of statements Client makes that involves coping strategies

**Treatment Strategies:** Interventions to obtain this goal could include instrument playing, song discussions, and lyric analysis

**Goal:** To improve memory recall

**Objective:** Client will state at least one memory he or she had while listening to the song.

**Rationale:** Memory recall is an important life skill that helps the client survive and alter emotion.

**Data Collection Method:** Frequency; The number of statements Client makes that involves different memories.

**Treatment Strategies:** Interventions may include song discussions.