

Progress Note

SMT: JD Hogue

Session Date: 10/9//14

Site: CVCU

Session #: 5

Client: Person 1

I. **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 relaxation

II. **Patient Progress**

This client was an elderly white man, who was also hard of hearing He reported some anxiety about going home. SMT made sure that Client could hear the singing, but client did not respond to the music. Client had no change in relaxation or anxiety.

Client: Person 2

I. **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 relaxation

II. **Patient Progress**

Client was a middle-aged white man. He did not report any problems, but he stated that he did not know what his doctor was going to do. Client had a strong positive affect the entire session. Client ended the session when his doctor entered the room, but Client also stated to his wife that he enjoyed listening to the music.

Site: Advocate BroMenn - Rehab

Session #: 5

Client: Person 3

I. 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.

II. Patient Progress

PT Staff wanted Client to walk and climb stairs. SMT played while Client walked and climbed the stairs. Client walked a total of 300 to 350 feet, which was 150 to 175 feet twice. He also climbed up and down the set of five steps twice. In between activities, Client told the stories about how he fell off boats and how he lost his finger. Client slurred his words, making it difficult for SMT to understand.

SMT Progress

I am beginning to see that I need some 60s and 70s rock and roll in my repertoire. I also noticed that I had some serious pitch issues while singing to the first person. I have also realized that part of the reason I keep forgetting lyrics is that I focus on the client or something in the room, and then my entire focus goes to the client and not what I am doing.

I. Notes for Next Session

The MT Supervisor mentioned that I am making progress compared to the first few weeks of the semester. She has also mentioned that I need to perfect the more popular songs in my repertoire. For the first client, she stated that I could have put a chair next to the client and played in the chair. I could have also done some sensory integration, where I had the client feel the guitar while I played.

II. In the next session:

I need to work on my existing repertoire while adding more songs to it.