

Cardiopulmonary Goals

Incentive Spirometry/Diaphragmatic Breathing Pattern

- state patients volume at evaluation and the normal for patient's sex and age, also oxygen sat level and respiratory rate at rest and following a specific activity.

1. Patient will demonstrate increased inspiratory volume from ____ at eval to ____ in order to promote improved oxygenation for greater activity tolerance.
2. Patient will demonstrate decreased RR to 12-18 breaths/min with decreased episodes of anxiety and fear due to improved SPO2 following ____ (incentive spirometry , diaphragmatic breathing, patterned breathing instruction).
3. Patient will demonstrate independence with appropriate techniques for incentive spirometry use as part of a HEP/FMP.
4. Patient will consistently demonstrate improved diaphragmatic vs. ancillary breathing pattern to promote normal RR for increased therapeutic activity (list specific activity/ies) tolerance with improved timeliness task and decreased fatigue.
5. (If pt not on O2 prior to most recent admit, obtain a weaning order from MD). Patient will decrease supplemental O2 from ___L to ___L while (state a specific activity or challenge maintaining SPO2> ____%).

COUGH PRODUCTIVITY/ SECRETION CLEARANCE

1. Pt will demonstrate improved cough productivity following (percussion/vibration/postural drainage) as part of a therapeutic exercise program to improve SPO2 and progress activity tolerance.
2. Pt/caregiver will effectively demonstrate stabilization/splinting techniques to promote airway clearance with minimal discomfort.

TESTS/MEASURES

1. Pt will demonstrate increased timed walk from 4 minutes at eval to 8 minutes, at his or her own pace to be able to amb to and from the dining room for meals.
2. Pt will report Grade III dyspnea, improvement from report of Grade IV from time of eval , to be able to complete toileting task in his/her room.