**Pg. 687 #3, 4, 6, 7, 10, 14**

**#3) Explain the significance of the coronary arteries in heart disease and heart attacks**

* The significance of the coronary arteries in heart disease and heart attacks is high. The coronary artery is a primary component to the heart because if it is blocked then it may not give enough oxygen to the heart which will cause additional issues. This is why the coronary artery is a large part of heart disease and heart attacks because it is a main supplier to the heart to stay alive.

**#4) Identify symptoms of cardiac distress. Explain why modifying activity in response to them is important**

* Symptoms of cardiac distress are angina (chest pain), dyspnea (shortness of breath), nausea, fatigue, ataxia, dizziness, confusion, orthostatic hypotension, and more. If an OT practitioner recognizes these symptoms during therapy, it is important to modify activity because it will prevent additional harm to the patient. It is important for the OT practitioner to understand the patient’s limitations associated with cardiac distress. The therapist should not make symptoms any worse or cause a person’s heart to be overworked due to lack of modifying an activity.

**#6) Using the MET chart, identify a safe self-care task for a person who can function at 2.5 MET**

* Seated warm shower

**#7) If the patient could perform a seated sponge bath but could not stand because of a secondary disability, which activity would you choose to promote progress in rehabilitation?**

* Since individuals learn how to manage and improve their health through rehabilitation then this means the OT practitioner would choose to promote progress through rehab for standing. The OT practitioner can find alternative ways for the patient to shower in a way that still allows a person to find therapy useful and focus on improving deficits. Grading exercise is a vital part of therapy because it ensures the therapist is aware of all factors involved with the patient and their diagnoses.

**#10) Name the breathing techniques used in pulmonary rehabilitation and their purposes**

* Pursed Lip breathing and Diaphragmatic breathing. Pursed lip breathing helps to prevent tightness in the airway and allows the person to breath in through their nose and out through pursed lips. This technique increases the use of full diaphragm and helps gain air and slow down heart rate. Diaphragmatic breathing is a breathing pattern to also increase use of diaphragm. It helps to improve chest volume and usually people are instructed to lay supine and inhale slowly with a book on their abdomen and then exhale until the book falls. Other techniques include positioning like bending forward at the waist and supporting upper body by leaning on a table or on knees.

**#14) What are cerebral signs? What do they signify, and why is this important? What action would you take if a patient were to suddenly develop cerebral signs?**

* Cerebral signs include ataxia, dizziness, confusion, and fainting. All of these signs are because the brain is not getting enough oxygen. Therefore, it is important for the OT practitioner to be aware of these signs, so they are able to recognize them in therapy and change therapy if they need to prevent any other harm. If the therapist notices any cerebral signs then they should stop the activity, have patient rest, seek medical treatment if symptoms are still going, report signs to team, and modify the activity in the future to prevent cerebral signs from appearing again.

**Pg. 697-698 #4, 5, 12, 14, 22, 23**

**#4) What safety concerns would you have with a patient who has a chemotherapy-induced neuropathy?**

* Safety concerns for a patient who has chemotherapy-induced neuropathy include perception of hot, cold, sharp, dull, and position sense. This also includes burning pain which can cause the patient to be uncomfortable and cannot tolerate to touch anything on the hand and foot. Lastly, the patient may not be able to recognize where their arm or leg is in space because they have proprioception loss.

**#5) List and describe the common effects of radiation therapy**

* The common effects of radiation may vary depending on the location of the radiation but usually include fatigue, sensory loss or weakness (neuropathy), dysphagia, radiation burns, and fibrosis.

**#12) What approach could be used in counseling a cancer patient who cannot return to previous life roles?**

* A support approach could be used to help a cancer patient who cannot return to previous life roles because this treatment uses substitution actions or equipment to help with functionality. The OT practitioner can provide any pieces of adaptive equipment or splints depending on the needs of the patient and the goal of improvement of functionality.

**#14) List one restorative goal for a cancer patient (any diagnoses)**

* A woman with breast cancer in the early stages and is receiving treatment then a restorative goal could be for her to invest in healthy behaviors and promoting wellness.

**#22) Describe an activity that could be helpful for a patient who is coping with issues of death and dying**

* An activity that could be helpful for a patient who is coping with issues of death and dying could be creating a memory or remanence book with close friends and family of the patient. This is a good activity for the patient because it makes them happy and it helps them remember happy memories, but it is also a book for the family too.

**#23) From an OT perspective, what are the common functional problems of patients with cancer?**

* From an OT’s perspective common functional problems of patients with cancer include severe fatigue and overall energy levels. There are going to be more functional problems depending on the severity, location, and type of cancer. Also, if a person is undergoing chemotherapy or even radiation they may be more at risk for problems effecting overall functionality.

**Pg. 707 #1, 2, 5**

**#1) Describe the stages of HIV disease relative to their impact on occupational performance**

* HIV first starts as a mononucleosis-like syndrome with fatigue, high fever, and swollen lymph glands. Then a person may be asymptomatic for years and eventually developing persistent generalized lymphadenopathy (PGL). The last stage is characterized by clinical medical symptoms leading to the diagnosis of full-blown AIDS.
* Stage 1 is asymptomatic and has persistent generalized lymphadenopathy.
* Stage 2 involves mod. unexplained weight loss, recurrent ulcers, fungal nail infections
* Stage 3 is uninvolved chronic diarrhea for longer than 1-month, persistent fever, severe bacterial infections, severe weight loss, and more
* Stage 4 is HIV wasting system, chronic herpes simplex infection, HIV encephalopathy, symptomatic HIV associated nephropathy or symptomatic HIV associated cardiomyopathy, and more.
* All of these stages impact occupational performance because even in the first stages a person is showing signs of fatigue and this alters their daily activities. The later stages affect more factors of the body which alter more factors of life.

**#2) Describe the physical, psychosocial, and environmental factors to consider when working with adults with HIV**

* The physical factors to consider when working with adults with HIV include difficulty negotiating steps, and visual motor impairments that can affect driving, shopping, and traveling in the community. The psychosocial factors include stigma and discrimination against people with HIV can affect their overall views and even relationships. Environmental factors include where the person comes from which includes any population, group of people, cultural, status, and more.

**#5) Describe and explain how wellness approaches in OT guide clinical interventions for adults with HIV. How might you develop a wellness and prevention program for this program?**

* Wellness approaches for OT include meaningful activities that promote strengthening, exercise, good nutrition, rest, and is overall client centered. An OTA could develop a wellness and prevention program by specifically incorporating an occupation-based and meaningful activity. For example, stacking cones is not going to promote overall wellness for a previous weightlifter so therefore the therapist needs to figure out how to incorporate strengthening based off of interests.