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**#1) List the precautions that need to be observed when treating a patient with MS**

* Precautions when treating a patient with MS include avoiding over fatigue, awareness of room temperature, the use of heat modalities, being aware of fluctuations in level of independence, guarding against soft tissue injury secondary to sensory loss, monitor safety issues, ad awareness of combined effects of cognitive and physical impairments.

**#4) Describe how assistive technology can be used to increase the functional level of the patient with ALS**

* Assistive technology can be used to increase the functional level of the patient with ALS because they enable a person to perform a variety of different tasks. Assistive devices can range from speech to turning on lights and appliances and they provide the patient with the chance to perform functional tasks. Assistive technology can assist with even the most simple tasks that can increase independence for an individual.

**#5) Describe the treatment goals associated with each of the diseases discussed in this chapter: MS, PD, ALS, & AD.**

* Treatment goals for MS: first is to eliminate any secondary causes of fatigue and the second is managing primary fatigue
* Treatment goals for PD: Learning new tasks and improve functional performance through focused practice of meaningful tasks.
* Treatment goals for ALS: Adapt and maintain the max level of functioning throughout course of disease. Education and providing pieces of adaptive equipment for better functioning.
* Treatment goals for AD: Safety awareness in house and preventing any unsafe situations. Help patient with abilities to perform simple ADL’s.

**#6) Describe the ways the OTA can help the MS patient cope with fatigue**

* An OTA can help the MS patient cope with fatigue by educating the patient on energy conservation, helping them improve sleep patterns, or managing symptoms that that may cause fatigue like a tremor. Any kind of compensatory strategy to prevent extra fatigue throughout the day is going to benefit a patient.

**#7) Explain how the OTA can use adaptive devices to promote independence in feeding skills for patients with degenerative diseases**

* The OTA can use adaptive devices to promote independence in feeding skills for patients with degenerative diseases through the use of proper education on the benefits of the devices. If the patients understand how to use the device and how much it can impact their lives and improve the functional task of eating, then it will motivate them. This can significantly influence therapy in a positive way. The use of adaptive feeding devices can give the patient complete independence.

**#8) Describe the techniques used by the OT practitioner to promote proper positioning and the prevention of decubitus ulcers in patients with degenerative diseases**

* Proper positioning is important for all patients to prevent decubitus ulcers, skin shearing, and even skin tearing. OTA’s can use pillows to ease the pressure on specific joints or they can teach the patient different positioning techniques. They can educate the patient on the importance of changing positions to alleviate pressure from certain places on the body that have a higher chance of getting a pressure ulcer or skin shearing.

**#9) Describe the role of the OTA in the treatment and prevention of contractures with patients with MS, PD, ALS, and AD**

* The role of the OTA in the treatment and prevention of contractures with patients with degenerative disease includes deliberate and regular limb movement. Usually active range of motion is preferred over passive range of motion. It’s also essential to move the patient through complete ROM and not just the middle ranges. The OTA can help educate the patient and their family about appropriate ROM techniques to prevent contractures.

**#10) List some of the environmental changes that the OTA may recommend in the home of a patient with AD**

* Environmental changes that the OTA may recommend in the home of patient with AD are important because they help maximize the patients functioning. They can help with eliminating clutter, provide signs to identify different rooms, and promote the use of visual cues around the house. Contrasting of colors throughout the house can also help a person with AD, for example, contrasting the color of the toilet seat and bowl with the bathroom floor can help with toileting.