

SOAP Note for COPD/pneumonia

Current condition: COPD/pneumonia

Goals 1. Pt. will demonstrate productive cough in seated position, 3/4 trials. 2. Pt. will ambulate 150ft with supervision, no assistive device, on level indoor surfaces.

S: Pt. reports not feeling well today, "I'm very tired".

O: Auscultation findings: scattered rhonchi all lung fields. **Chest PT** was performed in sitting (ant. and post.). Techniques included **percussion**, vibration, and shaking. Pt. performed a weak combined abdominal and upper costal cough that was non-bronchospastic, congested, and non-productive. The cough/huff was performed with VC. Pectoral stretch/thoracic cage mobilizations performed in seated position. Pt. given towel roll placed in back of seat to open up ant. chest wall. Strengthening exercises in standing - pt. performed hip flexion, extension, and abduction; knee flexion 10 reps x 1 set B. Pt. performs HEP with supervision (in evenings with wife). Pt. instructed to hold tissue over trach when speaking to prevent infection and explained importance of drinking enough water.

A: Pt. continues to present with congestion and limitations in coughing productivity. Pt. has been compliant with evening exercise program, which has results in increased tol to therapeutic exercise regime and an increase in LE strength. Amb. not attempted to 2⁰ to pt. report of fatigue. Pt. should be able to tolerate short distance ambulation within the next few days.

P: Cont. current exercise plan including CPT; emphasize productive coughing techniques; increase **strengthening exercises** reps to 15; attempt amb. again tomorrow.