



Case Study and Reflection – ICU

Mrs. X is a 59 year old female who was transferred to the JGH ICU on May 15, 2017 after a Mitral Valve Annuloplasty (MVA) surgery, due to post-op complications of acute kidney injury (AKI), hypoxemia, respiratory failure, delirium, atrial fibrillation, and low-level intestinal ischemia. Mrs. X remained on ECMO until May 25, 2017 (10 days), and remains intubated. She is also receiving food through a nasogastric tube. Mrs. X's prior medical history includes: Lupus, HTN, CVA, APLS, acoustic neuroma, and breast cancer (2008).

Mrs. X lives with her husband in a house in Outrement which has 3 stairs to get in, 3 more between the entrance and the main level, and 10 to reach the bedroom and bathroom. She was independent for all ADLs prior to her surgery, and received the help of her husband for most IADLs. She did not drive due to a previous diagnosis of epilepsy. Some of her interests include scrapbooking and painting.

Mrs. X is able to communicate briefly using yes or no responses, along with some minor gesturing. She is able to follow instructions well, and her passive ROM of upper and lower extremities is WNL, however active ROM is zero in her hips and knees, minimal in her ankles and toes, zero in her shoulders, and elbows, and minimal ($\frac{1}{2}$ to $\frac{3}{4}$ movements) in her fingers and wrists. She is able to sit in the hospital chair if her feet, trunk, neck and head are well-supported, however reports feeling dizzy after short periods in the chair.

Mrs. X was referred to OT for a functional evaluation and discharge planning.

Reflective Exercise

- 1) What are your initial concerns regarding Mrs. X?
- 2) What are your thoughts on Mrs. X's current living situation (ie home environment, social environment, etc.)?
- 3) What additional information would help you to better understand Mrs. X? Prepare a brief summary of your plan for your initial interview and evaluation of Mrs. X.
- 4) What goals would you propose to work on with Mrs. X? Write out some examples using the SMART format.
- 5) What type of interventions would you plan for to help Mrs. X achieve her goals?
- 6) What are different discharge possibilities given Mrs. X's current condition and care needs?