

Occupational Therapy Toolkit

Cardiac Surgery

Coronary artery bypass graft
Aortic or mitral valve replacement or repair
Cardiac transplant

Functional Limitations:

ADL, IADL, work and leisure impairment
Functional mobility impairment
Limited range of motion
Impaired upper extremity strength
Limited activity tolerance and endurance
Pain
Edema LE
Depression
Environmental barriers
Knowledge deficit
Fall risk

Occupational Therapy Intervention:

ADL, IADL, work and leisure training including but not limited to...
 Recommend and/or provide adaptive equipment and alternative methods to compensate to reduce the need to bend forward, twist or overreach (don/doff bra, toilet hygiene, shoes and socks, support stockings)

 Instruct in energy conservation techniques

 Instruct in sternal precautions during ADL tasks

 Reinforce dietary instructions during kitchen management tasks

Functional mobility training
 Train in proper transfer techniques and bed mobility skills as they relate to ADL and IADL tasks while adhering to sternal precautions

Instruct in UE active ROM exercises to prevent stiffness and as a warm-up to walking exercise. Limit shoulder flexion and abduction $<90^\circ$ for the first 2 weeks

Instruct in balancing rest and activity, signs and symptoms of overworking the heart, self-pulse monitoring, Perceived Rate of Exertion and progression of activities

Assess and monitor blood pressure, heart rate, respiratory rate and oxygen saturations during functional tasks

Occupational Therapy Toolkit

Cardiac Surgery

Teach stress management and relaxation techniques

Educate regarding falls risk and prevention strategies

Assess home safety and functional safety and provide environmental modifications and adaptations

Promote wellness by reinforcing lifestyle changes (stop smoking, lower high blood cholesterol, control high blood pressure, maintain diabetes control, follow a regular exercise plan, achieve and maintain ideal body weight, control stress and anger)

Patient Education:

1. Self-Monitoring of Heart Rate
2. Sternal Precautions
3. Daily Activities and Sternal Precautions
4. Activity Guidelines Following Cardiac Surgery
5. Stress Management and Relaxation Techniques
6. Energy Conservation Principles
7. Energy Conservation with Self Care Activities
8. Energy Conservation with Meal and Home Management
9. Falls Risks Assessment and Prevention Strategies
10. Home Safety and Functional Safety Assessment

Therapist Resources:

1. Cardiac Contraindications/Precautions for Therapy