

# Occupational Therapy Toolkit

## Congestive Heart Failure (CHF)

### **Functional Limitations:**

ADL, IADL, work and leisure impairment  
Functional mobility impairment  
Limited activity tolerance and endurance  
Lower extremity edema  
Dyspnea with functional activities  
Urgency incontinence  
Fall risk  
Environmental barriers  
Knowledge deficit  
Depression

### **Occupational Therapy Intervention:**

ADL, IADL, work and leisure training including but not limited to...  
Recommend and/or provide adaptive equipment

Instruct patient in donning and doffing support stockings

Reinforce weighing self. Assess if patient can access a scale safely, has a system to record weight and can recall weight guidelines

Reinforce dietary instructions during kitchen management tasks

Assess safe and easy access of toilet and BSC when taking diuretics

Teach patient safe use of oxygen during ADL's including managing O2 lines, care and use of oxygen equipment

Reinforce medication management. Assist patient in developing a system to remember medications (pill box, telephone reminders, lists, pictures)

Instruct in energy conservation techniques with application to ADL's

Functional mobility training

Teach patient to position self in bed to ease breathing on pillows or wedge

Instruct patient to elevate legs to reduce edema

Modify recliner chair handle using a length of PVC pipe to provide leverage

Attach a strap to a footstool to ease pulling it into position

Safety training in managing O2 lines

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## **Congestive Heart Failure (CHF)**

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

Provide graded UB activities and low resistive exercises to improve strength and endurance, avoid isometrics

Instruct in pursed lip breathing techniques applied during ADL tasks

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

Assist in developing self-management skills (effective communication, positive coping strategies, stress reduction, physical activity and exercise, medication management, healthy eating, and making informed decisions about medical and alternative treatments)

### **Patient Education:**

1. Home Exercise Program Face Sheet
2. Upper Body Breathing and Stretching Exercises
3. Hand Strengthening Exercises
4. Pursed Lip Breathing Technique
5. Energy Conservation Principles
6. Energy Conservation with Self Care Activities
7. Energy Conservation with Meal and Home Management
8. Stress Management and Relaxation Techniques
9. Falls Risks Assessment and Prevention Strategies
10. Home Safety and Functional Safety Assessment