

Occupational Therapy Toolkit

Pulmonary Disease

Emphysema
COPD
Pneumonia
Lung cancer
Sarcoidosis
Occupational lung diseases

Functional Limitations:

ADL, IADL, work and leisure impairment
Functional mobility impairment
Limited range of motion (chest and shoulders)
Impaired upper body strength
Limited activity tolerance and endurance
Dyspnea with functional activities
Memory impairment
Environmental barriers
Knowledge deficit
Fall risk
Other symptoms and conditions - Cubital tunnel syndrome, depression, anxiety

Occupational Therapy Intervention:

ADL, IADL, work and leisure IADL training including but not limited to...
Instruct in energy conservation techniques with application to ADLs

Use of adaptive equipment to reduce the need to stand, bend and reach

Reinforce dietary instructions during kitchen management tasks

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

Provide graded UE, neck and trunk activities and progressive resistive therapeutic exercises that incorporates breathing techniques

Provide breathing and stretching exercise that incorporates breathing techniques and teach coordination of breathing with movement during ADL tasks

Instruct in pursed lip and diaphragmatic breathing, heart rate and dyspnea self monitoring with application to functional tasks

Instruct in respiratory panic identification causes and alleviation techniques

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Assess and monitor blood pressure, heart rate, respiratory rate and O₂ saturation in response to functional activities

Assess home safety and accessibility and provide environmental modifications and adaptations, including ventilation and environmental irritants

Teach stress management and relaxation techniques to decrease tension, fear and control anxiety

Educate regarding falls risk and prevention strategies

Teach compensatory techniques for memory impairment

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)

Educate patient and caregivers in the disease process, the availability of community resources and encourage participation in support groups

Patient Education:

1. Causes of Respiratory Panic and Distress
2. Respiratory Panic and Distress Control Technique
3. Pursed Lip Breathing Technique
4. Diaphragmatic Breathing Technique
5. Levels of Shortness of Breath
6. Stress Management and Relaxation Techniques
7. Energy Conservation Principles
8. Energy Conservation with Self Care Activities
9. Energy Conservation with Meal and Home Management
10. Coordinating Your Breathing with Activities
12. Upper Body Breathing and Stretching Exercises
13. Hand Strengthening Exercises
14. Falls Risks Assessment and Prevention Strategies
15. Home Safety and Functional Safety Assessment