

## Cardiopulmonary Disease Functional Rehab Assessment

Resident \_\_\_\_\_ MR \_\_\_\_\_ Rm \_\_\_\_\_ Date \_\_\_\_\_ Therapist \_\_\_\_\_

### Functional Problem Areas

- Signs and symptoms ( dyspnea  SOB  feeling excessively fatigued ) during functional activity  
 Self Care &/or mobility tasks require increased assistance and/or excessive time to perform

### Pulmonary signs/symptoms & other observations

- Impaired chest wall expansion       shoulder girdle/upper trunk problems       Muscle wasting       Fall risk  
 Respiration Rate       cont. O2 \_\_\_\_\_/L       cyanosis  
 Dyspnea       perceived exertion for self care and/or mobility  
 Depression       anxiety  
 CHF       LE edema

### Perceived Dyspnea:

*Perceived Dyspnea Scale from ACSM guidelines 2006*

√	score	Description of dyspnea during ADLs
	0	No SOB
	0.5	Slight SOB
	1	
	2	Mild SOB
	3	Moderate SOB
	4	
	5	Strong SOB or hard breathing
	6	
	7	Severe SOB or breathing
	8	
	9	
	10	SOB requiring stop/rest

### Able to count to 15

- Level 0: on a single breath  
 Level 1: Requires 2 breaths  
 Level 2: Requires 3 breaths  
 Level 3: Requires 4 breaths  
 Level 4: Unable to count

### Aerobic Capacity

6 Minute Walk Test instructions: try to administer in a corridor of 60-100 feet in length. Take vital signs of heart rate, B/P, respiration rate, and O2 if appropriate. **Contraindications for using 6 MWT :Unstable angina in last month, MI in last month, Resting HR above 120 bpm, Systolic BP > 180 mmHg, Diastolic BP > 100 mmHg.**

- Instruct patient to tell you if they have any chest discomfort, dizziness, severe shortness of breath, unsteadiness, blurred vision, arm, leg or back pain, numbness and/or tingling anywhere. Tell him or her to walk at their own pace and try to walk as far as s/he can in 6 minutes; do not talk during the test except to let us know if you have a problem or answer questions.
- Ask the patient to rate their exertion on the Borg Rating of Perceived Exertion Scale.
- Patients can stop and rest during the 6 minutes if needed (the clock keeps time during rest)
- May modify test to 2 minute version if cannot walk for 6 minutes

Before walking:

HR: \_\_\_\_\_ BP \_\_\_\_\_ RR \_\_\_\_\_ O2 \_\_\_\_\_

BORG (perceived rate of exertion scale) scores every 2 minutes \_\_\_\_\_

*See BORG scale printed on reverse*

Total distance walked in 6 minutes \_\_\_\_\_

Rests (if taken) and time of rest \_\_\_\_\_ rests \_\_\_\_\_ mins

Signs and symptoms during walk:

### Recommendations:

- diaphragmatic breathing techniques  pursed lip breathing techniques  paced breathing techniques  
 postural correction/facilitation for respiration  chest expansion exercises  trunk/thorax mobilization  accessory muscle facilitation  positioning  
 aerobic conditioning  flexibility program  UE strengthening  LE strengthening  
 energy conservation training  work simplification training  Home exercise program  RNP/FMP

Other:

## THE BORG SCALE

0 Nothing at all

0.5 Very, very slight (just noticeable)

1 Very slight

2 Slight (light)

3 Moderate

4 Somewhat severe

5 Severe (heavy)

6

7 Very severe

8

9

10 Very, very severe (maximal)

At the beginning of the 6-minute exercise, show the scale to the patient and ask the patient this: "Please grade your level of shortness of breath using this scale." Then ask this: "Please grade your level of fatigue using this scale." At the end of the exercise, remind the patient of the breathing number that they chose before the exercise and ask the patient to grade their breathing level again. Then ask the patient to grade their level of fatigue, after reminding them of their grade before the exercise.<sup>2</sup>