

Patient Instructions

ANNMARIE HUBER at 03/05/24 1139

COMPLETE DECONGESTIVE THERAPY - LYMPHEDEMA

*Lymphedema, once present, is a lifelong condition. Lymphedema will worsen - it never improves or goes away. However, you can control the rate of its progression.

It takes 4 steps completed daily - it decrease the burden on your affected area.

- 1) Proper skin care
- 2) Manual lymph drainage (not massage)
- 3) Lymphedema compression
- 4) Decongestive exercises completed with lymphedema compression on

Skin/Nail care

A) Use cleansers and lotions that match the pH of the skin (5.5). These have been tested are in proper pH level.

Cleansers

Aveeno skin cleansers
Bath & Body Wash - Rainbow product
Bodycology bubble bath
CeraVe
Cetaphil
Coconut Butter Scrub
Dial (white)
Differin
Dottera body wash
Dr. Teal's body wash
Dove
Dove for Men Care
Equate body wash
Essentials body wash
Fruit of the Earth Aloe Vera
Ivory
Johnson's baby cleanser
Oil for Life
Oil of Olay
ProCure epsom salt scrub
Pure'Gentle wipes
Suave for men
Suave Seabreeze body cleanser
Village Natural Therapy body wash
White Rain body wash

Lotions

Angel of Mine
Aquaform
Aveeno lotion
Avon Skin So Soft
Bag Balm
Bali body lotion
Bath and Body Works ultra shea body butter
Bath and Body Works ultra shea body cream
Be Enchanted lotion
Beekman whipped body cream
Bodycology
Burt's Bee Lotion
CeraVe
Ceres Recovery Lotion
Cetaphil
Clinicals facial serum
Clinique Moisture Surge
Curl Mlx body butter
Dr. Teal's body lotion
Equate baby oil
Equate - Eczema relief
Eucerin lotion
Fruit of the Earth - Vitamin E skin care cream
Gold Bond Ultimate
Hempz Herbal Body moisturizer
Jergen's
Johnson's baby oil
LMNOOP
Lubriderm
Major Ammonium Lactate 12%
Mane 'n Tail HoofMaker
Maybelline Dream BB Fresh
Natural Inspirations nourishing hand and body lotion
Nivea Body Lotion
Neutrogena Body Lotion
O'Keeffe's Skin Relief
Perfect Purity Fresh Aloe Vera
Renew Intensive Skin Therapy
Renewal Moistizer
Sene Derm body lotion
Sene Gence hand cream
Skin care Cosmetics night cream
Spa Naturals Coconut Oil
Sweet Escape body cream
Tashi BB Cream/Daily Moisture
Udderly Smooth
Vaseline lotion
Xtra Care
Whole Blends Smoothing Oil

B) Use the appropriate skin cleanser and lotion each day.

C) When caring for your nails - do not trim to close to the "quick"; do not cut

and/or trim cuticles. You need to avoid occasions when the skin could be damaged.

D) Avoid situations where skin may be punctured or injured. Examples include: avoiding blood testing from affected area, avoiding blood pressure testing on affected area, avoiding bruising for affected area, avoiding sunburn for affected area.

Self Manual Drainage (skin drainage)

Diaphragmatic Breathing - Breathe in, through your nose, and fill the entirety of your lungs. Your stomach should protrude a bit. Hold 2 seconds. Breathe out slowly, as if blowing through a tiny straw. You should breathe out twice as long as it takes you to breathe in. Repeat 5 times. (If you want to perform breathing for a longer time - that is appropriate - do not create dizziness.)

OT Evaluation

ANNMARIE HUBER at 03/05/24 0740

SKY LAKES OUTPATIENT REHAB
2200 BRYANT WILLIAMS DR SUITE 3
KLAMATH FALLS OR 97601
Dept Phone: 541-274-6406
Dept Fax: 541-274-6711

Outpatient Occupational Therapy Evaluation Lymphedema Evaluation

SKY LAKES MEDICAL
SKY LAKES OUTPATIENT REHAB
2200 BRYANT WILLIAMS DR SUITE 3
KLAMATH FALLS OR 97601
Dept: 541-274-6406
Fax: 541-274-6711
Loc: 541-882-6311

Occupational Therapy Plan of Care

Patient name: Andrea Michele
Armstrong
Date of birth: 10/27/1963
MRN: 200154376
Gender: female

Insurance: Regence BCBS PPO

Referring Provider: Sara Jeanne
Marchessault
PCP: MELONIE PARRISH

Onset Date: 11/15/23
Referral Date: 11/15/23
Primary/Referral Dx: Lymphedema of
upper extremity, bilateral; Lymphedema of
both lower extremities; Fibrosing
dermatitis; Localized swelling, mass and
lump, upper limb, bilateral; Localized
swelling, mass and lump, lower limb,
bilateral; lipedema

Visits from SOC: 1

Chief Complaint: Loretta had to care for self

ASSESSMENT:

Patient presents with Stage 1 lipedema and Stage 0 lymphedema.
Patient is appropriate for Lymphedema/Occupational Therapy to learn to manage conditions.

History Review/Occupational Profile:

History review: Expanded based on subjective interview and review of multiple documents in EMR

Occupational Profile:

Physical - (per performance deficits)

Cognitive - Patient is alert and oriented to person, place and time. Patient can follow multiple level commands.

Psychosocial - Patient desires to sustain her independence with minimal to no pain.

Occupational/Performance Deficits:

Tests: goniometry, dynamometry, MMT, clinical assesement, functional outcome tests

Performance deficits:

Impaired maintaining a body position d415

Impaired dressing d540

Body structure:

Structure of the upper extremity s730

Structure of the lower extremity s750

Structure of areas of skin s810

Body function:

Impaired sleeping function b134

Sensation of pain b280

Impaired other functions of the skin b810

Clinical Decision Making:

Co-morbidities: Presence of undiagnosed, multiple deep tissue bumps–painful to touch

Evaluation modification/assistance: None

Treatment options:

Treatment Interventions CPT codes: Therapeutic exercises/Home Program 97110; ADL training 97535; Manual lymph drainage 97140; Skin Care/Precautions instruction 97530

Determination of level of evaluation complexity is: low,

Profile and history - moderate

Occupational/Performance Deficits - low

Clinical Decision Making

Co-morbidities - high

Evaluation modification/assistance - low

Treatment options - moderate

PLAN:**OT Treatment Goals**

Short Term Goals	STG Outcomes
STG 1: Instruct patient in proper skin/nail care for lymphedema affected areas	Outcome 1: Partially Met
STG 2: Instruct patient in self manual lymph drainage techniques	Outcome 2: New
STG 3: Instruct patient in deep	Outcome 3: New

tissue/fibrotic techniques	
STG 4: Recommend lymphedema compression garments—make proper recommendation	Outcome 4: New
STG 5: .	Outcome 5: N/A
STG 6: .	Outcome 6: N/A
Long Term Goals	LTG Outcomes
LTG 1: Instruct patient in decongestive exercises with lymphedema compression garments in place	Outcome 1: New
LTG 2: .	Outcome 2: N/A
LTG 3: .	Outcome 3: N/A
LTG 4: .	Outcome 4: N/A
LTG 5: .	Outcome 5: N/A
Goals Reporting Period	NA - New goals established

Justification for Care: Pt. will require skilled therapy intervention to achieve the goals listed above.

Rehab Potential: Good

Treatment Interventions CPT codes: Therapeutic exercises/Home Program 97110; ADL training 97535; Manual lymph drainage 97140; Skin Care/Precautions instruction 97530

Frequency: # visits per week: 1

Duration: # calendar days: 70, or sooner if discharge criteria are met.

Certification Period: From: 03/05/24

Certified to (Recert or Discharge due): 04/09/24

Continue OT per established plan of care.

Patient/Caregiver goals reviewed and integrated with rehab treatment plan.

SUBJECTIVE:

Patient reports that she was able to complete a medical evaluation by international specialist for lipedema/lymphedema. With the numerous tests, patient reports that inflammatory process was noted. Therefore, specialist recommended pursuing lymphedema treatment.

Patient notes that the process of diagnosing her numerous lumps is in limbo. Was seen by a dermatologist - who recommended that patient be seen by general surgeon for biopsy. She has not been seen by general surgeon yet.

PMHX: Allergies, medications, medical/surgical history reviewed with patient.
Significant findings include: HTN, heart palpitations

Chief Complaint: Chief Complaint: Loretta had to care for self

Precautions: None given/none indicated

Pain Level:

	03/05/24 1000
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Pain Level	
Current Status	Severe (pain significantly limits participation in therapy)

* Patient confirmed that this information - obtained on 12/12/2023 is still accurate.

Basic ADLs

Washing oneself (d510): Independent

Caring for body parts (d520): Independent

Toileting (d530): Independent

Dressing (d540): Patient notes she is progressively having to buy larger pants and loose clothing to accommodate her changing size. Patient notes she has compression stockings—but they do not make a difference. They do tend to bite at knee level which creates more pain

Eating (d550): Independent

Drinking (d560): Independent

Sleeping (b134): Patient notes that she cannot lie on her right side due to the weight of her left leg. She can only lay on her back and left side. These positions also create other discomfort for her body.

IADLs -patient notes that individual activities are not difficult. It is the prolonged positions of sitting or standing that began create pain and at times a sense of numbness. Patient notes that she is accomplishing these by performing the task for a period and then resting to allow her limbs to recover.

Writing (d170): Independent

Driving (d475): Independent

Acquisition of goods and services (d620): Independent

Preparing meals (d630): Independent

Doing housework (d640): Independent

Caring for household objects and others (d650): Patient resides with husband and service dog.

Remunerative Employment (d850): Patient notes she is employed as a research lab technician at Jeld Wen. Patient notes that her physical demands include sitting for prolonged periods of time and having to ascend and descend stairs. Patient notes that navigating the stairs is becoming more difficult and reluctantly is using the elevator for safety.

Recreation and Leisure (d920): Patient notes that she works on walking 5 to 6 miles a day, on days she cannot do this she completes her elliptical exercise machine at home.

OBJECTIVE:

Chart Review: Patient provided medical chart notes from Consultation with Karen Herbst, M.D. - 2/7/2024

Impression/Plan:

3. Agree with you still seeing a MLD therapist. My order is below with all codes to help in continuing with this therapy - the therapist can help you get a pump.
5. Lymphedema

Occupational Therapy

1.. complete decongestive therapy to include manual lymph drainage of the arms, chest, abdomen, pelvis and legs; wrapping as needed; skin care and Kinesiotape as needed. Modalities as indicated to decrease pain and restriction, improve tissue extensibility, facilitate healing and decrease effusion

2. Please use deep techniques to reduce fibrotic structures of the tissue, breaking

down fibrosis and scar to improve flow

3. Please decompress the lymph nodes and sure flow
4. Teach self MLD and deep tissue techniques
5. Consider sequential pneumatic compression pump

Integument:

Pitting edema: Not present

Color: Normal, symmetrical

Temperature: No elevated temperature

Texture: Slightly dry

Fibrotic Tissue: None present for the dermal layer. (Patient still demonstrates multiple, subdermal lumps that are present throughout body and painful.)

Nails: Clean and clear

Skin folds: No additional skin folds

Stemmer Sign: Negative for bilateral feet; skin can be pinched on dorsum of hands

Papillomas/cysts: None present

Wounds: None present

Circumferential Measurements: Baseline measurements taken

	03/05/24 1100
Right Upper Extremity Circumference	
Mid-arm (1/2 way between Axilla/Antecubital Fossa)	40
Antecubital Fossa	29
Widest portion forearm	27.5
Musculotendinous junction of flexors	23.5
Ulnar Styloid	17.5
Widest portion Metacarpal	21
Left Upper Extremity Circumference	
Mid-arm (1/2 way between Axilla/Antecubital Fossa)	39
Antecubital Fossa	29
Widest portion forearm	27
Musculotendinous junction of flexors	22
Ulnar Styloid	27.5
Widest portion Metacarpal	21

	03/05/24 1100
Right Lower Extremity Circumference	
1/2 way between Inguinal level and Popliteal level (cm)	67
Popliteal Fossa	43
Muscle mass Gastrocnemius	42
Musculotendinous Junction of Gastrocnemius	41
Malleoli	27
TMT Junction	23
Left Lower Extremity Circumference	
1/2 way between Inguinal level and Popliteal level (cm)	77
Popliteal Fossa	56
Muscle mass Gastrocnemius	47
Musculotendinous Junction of Gastrocnemius	43
Malleoli	27.5
TMT Junction	22

Patient Education: Patient instructed in the basic anatomy/physiology of the lymphatic system. Instructed in the 4 steps (skin/nail care, manual lymph drainage, compression, decongestive exercises) of Complete Decongestive Therapy (CDT). Noted the 2 stages of CDT – intensive and self-maintenance.

HEP: Patient instructed in the recommended skin cleansers and lotions. Patient instructed in nail and skin care. Patient instructed in diaphragmatic breathing and demonstrated correctly.

Clinical Findings / Problems List

#	3/5/2024
1.	Lipedema/lymphedema–antibiotic

Thank you for this referral.

ANNMARIE HUBER, OTR/L, CHT, CLT
3/5/2024

Please sign below if you agree with the provided plan and return to the fax number listed above. Modifications/precautions are appreciated.

I certify the need for these services furnished under this plan of treatment and while under my care.

(Provider signature)

(Date)

(Time)

(Patient Name: Andrea Michele Armstrong)

(TOTAL minutes: 60 minutes)