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**Therapy Case Study**

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BACKGROUND

A 49 year old gentleman with motor neurone disease

He was referred to St Gemma’s for support with symptom management

Whilst fully mobile, he was beginning to recognise reducing power in his arms, specifically fine motor tasks with hands

Weakening of swallowing muscles resulted in gradual weight loss



GOALS

Physiotherapy –

1. Maintain strength, movement and mobility for as long as possible
2. Provide strategies for falls prevention in the home environment

Occupational therapy: -

1. Maintain independence and function in daily activities for as long as possible

Dietetics

1. To maintain adequate nutritional intake (& prevent further weight loss) taking into account swallowing difficulties and patient choice

Art

1. To assist in creating piece of work to give to his daughter

OUTCOMES

1. Independence retained for as long as possible within remit of disease progression
2. No falls experienced
3. Timely provision of equipment
4. Patient and family felt supported and involved in care planning
5. Streamlined care from community to hospice and vice versa

INTERVENTIONS

Summary: to provide both short term interventions alongside advice and education to the patient with a progressive disease to help come to terms with future decline yet live for the moment and achieve goals important to him and his family. Integration with specialist services in hospital and community is also a key aspect of holistic care

Physiotherapy

1. mobility practice & ongoing assessment for walking aids needed
2. Exercise regime to maintain strength where possible and range of movement of joints
3. Balance/proprioception training

Occupational therapy: -

1. Assessment of home environment and provision of equipment to maintain independence for as long as possible

Dietetics

1. Liaison with patient, family, St Gemma’s nursing & kitchen team to ensure appropriate diet whilst staying at St Gemma’s
2. Liaison with community dietitian to ensure streamlined care from home to St Gemma’s

Art

1. Creative therapy sessions to produce piece of work