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### Interprofessional Collaboration in Healthcare: Case Studies Lab

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## Interprofessional Collaboration Healthcare

### Case Studies

1. Pt is 62 y/o male presenting to PT in acute care setting 1-day post op R THA. Pt is mod A for supine to sit, mod A for sit to stand, max A for stand to sit. Pt ambulates 10' with RW with mod A. Pt has PMHx of HTN and high cholesterol. Pt was independent in all ADLS prior to surgery, with the exception of use of straight cane for ambulation. Pt lives with his 63 y/o wife who has MS in a one story detached home.
  - a. What vital signs would you assess on this pt?
  - b. What medications would you expect this pt to be on based on his current status and his PMHx?
  - c. What would be your D/C plan for this pt based on the above information?
  - d. Write 2 goals for the pt based on his current level of function.
  - e. Provide 3 interventions for the pt in acute care setting using sets, reps, intensity.
  
2. Pt is 45 y/o female presenting to PT in outpatient setting s/p R RTC repair for partial thickness tear 1-week post op. Pt has PMHx of Type II Diabetes and HTN. Pt is a 5<sup>th</sup> grade math teacher. Pt also coaches her 10 y/o daughter's basketball team.
  - a. How would you expect pt to present to PT?
  - b. What objective measurements would you expect to be taken at initial evaluation?
  - c. Which functional outcome measurement would you have pt fill out at their initial evaluation?
  - d. What interventions would you prescribe for the pt at 1-week post op? At 6 weeks post op? At 12 weeks post op? Use sets/reps/intensity for exercises.
  - e. What must you be mindful of the pt developing due to demographics and type of surgery?
  - f. What exercises would you want to prescribe for the pt in the chronic phase to return to function as a teacher and as a basketball coach?
  
3. Pt is 14 y/o female presenting to PT in outpatient setting with diagnosis of L PFPS. Pt is a cheerleader (side base) at her high school and also has to navigate 4 flights of stairs in between classes throughout the day.
  - a. What are predisposing factors to PFPS?
  - b. Which functional outcome measurement would you have pt fill out at their initial evaluation?
  - c. What objective measurements would you assess for this pt?
  - d. Use EBP to develop 5 interventions for a pt with PFPS; use sets/reps/intensity for exercises. Cite peer reviewed articles.
  - e. What would you discuss with pt in terms of pt education?

4. Pt is 36 y/o female presenting to PT in outpatient setting with diagnosis of R lateral epicondylitis with symptoms beginning 3 weeks ago. Pt is a bartender in a restaurant and currently works 6 days per week, 10-hour shifts.
  - a. What is the cause of lateral epicondylitis?
  - b. What objective measurements would you assess for this pt?
  - c. What functional outcome measurement would you have the pt fill out at their initial evaluation?
  - d. What types of interventions would you prescribe for this pt?
  - e. What would you discuss with pt in term of pt education?