

**DEPARTMENT OF PHYSIOTHERAPY – RVH GLEN SITE
STUDENT CLINICAL PROGRAM
REVIEW MATERIAL**

ROTATION: OPD Cardiorespiratory

To prepare for your placement, please review the following:

Conditions/Topics:

COPD
Asthma
Bronchiectasis
Cystic fibrosis
Restrictive Lung disorders (Ex: pulmonary fibrosis, kyphoscoliosis)
Steroid myopathy

Medications: be aware of their indications, as well as side effects and precautions in physiotherapy.

Bronchodilators / other inhaled meds (Ex: ventolin, atrovent, symbicort)
Corticosteroids (Ex: solumedrol, prednisone)
Opioids
Benzodiazepines
Beta blockers
Oxygen therapy

Assessment/Treatment:

Surface anatomy of chest
Auscultation/breath sounds
Borg Scale for dyspnea and exertion
Oxygen saturation, arterial blood gases
VAS (pain)
6 minute walk test
Airway clearance techniques including postural drainage, percussion, expiratory vibration, Huffing, Flutter valve, PEP, Acapella
Health related Quality of life questionnaires (Ex: SF 36, Baseline dyspnea index)