

Sunita Paltoo
Journal 4

Today in clinical was an eventful day at Blythedale Hospital. I had the opportunity to live a life in my patient shoes. I had a teenager who went through a traumatic event which triggered his Guillain Barre syndrome. My patient is developmentally delayed, and he does not reach any of the milestones within his age group. My patient is a great artist he loves to color and draw. He does suffer with anger issues but he's learning how to control it. During his time here he was bedridden and gained a lot of weight from snacking, he has now been put on a diet and has lost 100 pounds organically. During this time, he also develops ballerina feet which made it difficult to walk, three months ago he had the operation he currently uses a cast and he's starting to gain mobility.

Following my patient around to his OT/PT appointments helped me gain perspective of what the therapies do. Occupational therapy focuses on gaining functionality to do everyday living. The patient was able to stand up and urinate today with the assistance of the OT specialist which he has not done in a few years usually the patient will use a urinal. The patient also learned how to tie his shoelaces, which was amazing. The OT specialist had him stand and do the hand bike to build strength in the upper part of the body. I found it interesting that in between activity patient will do sit-ups for 5 minutes, strengthening the core is the first step to good balance. After OT, the patient headed to school.

The school is an interesting setting. It's like regular school, just smaller classes so the teachers can help the patient with understanding. My patient was slightly frustrated because he missed his finance class which he was looking forward to. The patient is currently involved with gardening, it's one of his favorite hobbies and helps calm his mind into a better place when he's feeling overwhelmed and angry. We were able to sit into English class where they discuss the characters in the book, "Harbor Me" by Jacqueline Woodson. I like the concept of school for these kids because it gives them the opportunity to socialize and know they're not in this alone.

About 15 minutes into class the patient was pulled out for PT, patient goal with PT was to focus on getting him ready to walk working on his posture, have him walk around the PT room and up and down steps. One very interesting game played was wacko mole, patient was able to not use any supportive device to whack mole with hammer as it lights up. I don't think patient even realized he was able to stand so long independently, it showed patient is able to support his weight and has the eye and hand coordination to walk independently, but due to his injuries and being off his feet for such a long-time patient naturally gravitate towards assistance.

Deuteronomy 31:6 "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you." Worries and anxieties can plague us at times because of things we went through in the past or maybe because of people in our lives. Let us hold on to the Lord because He will always be there for us, calming our hearts and minds and telling us that we can count on Him. Praying my patient has the courage to continue to push forward and progress.