

Table 4-3

Problems, Short-Term Goals, Long-Term Goals, and Interventions

PROBLEM	SHORT-TERM GOAL	LONG-TERM GOAL	INTERVENTION
<i>Impairment, activity limitation, participation restriction</i>	<i>Typically address impairments, activity limitations</i>	<i>Typically address participation restrictions</i>	<i>Pharmacological, therapeutic modalities, therapeutic exercises</i>
Unable to flex knee more than 80 degrees	The patient will be able to flex the knee to 120 degrees within 10 days.		RICE; ROM exercises; electrical stimulation; NSAIDs
Unable to walk	The patient will be able to walk using crutches with a tripod gait bearing 50% body weight on the injured limb within 7 days.		Educate patient about walking on crutches with a tripod gait
Unable to jump		The patient will be able to jump and land with proper form within 8 months.	RICE; ROM exercises; closed-chain lower extremity exercise progression; electrical stimulation; NSAIDs
Unable to participate as the quarterback of the football team		The patient will complete a return-to-running protocol within 9 months.	Return-to-running protocol

RICE: Rest, Ice, Compression, and Elevation; ROM: Range of Motion; NSAID: nonsteroidal anti-inflammatory drug.

these individuals. Functional outcome reporting designed to successfully reimburse a clinician for services provided must clearly demonstrate meaningful progress due to treatment intervention and the ability for the patient to sustain functional gains over an extended period of time, not solely when in the clinical setting. In truth, this type of reporting is essentially what athletic trainers do today when they provide coaches with injury reports on the status of athletes.

Pearl of Wisdom

Demonstrate functional limitations in written documentation to more appropriately justify treatment interventions.

Narrative

A narrative style note is less compartmentalized than a SOAP note because it simply tells a story in a short-version format. Here, abbreviations are not typically used. Instead, complete sentences are written containing clear and concise information pertinent to the client record. Narrative note writing has advantages in medical documentation; it is a style with which all readers would be familiar. The omis-

sion of medical abbreviations makes it relatively simple for the reader regardless of his or her level of medical background or experience. The major disadvantage of using a narrative writing style is that it requires the reader to search for any specifically desired information throughout the entire note. The lack of categorizing components removes the standardization of the location in which information can be found. Thus, a longer narrative note increases the difficulty of quickly locating specific pieces of information and potentially reduces the likelihood of someone reading an entire note if the information sought can be retrieved in a quicker manner. Another disadvantage of a long narrative is that a reader may unintentionally not see important information pertaining to a patient’s status. An example of a narrative style note is as follows:

The athlete has decreased pain today even though he has just run 7 miles at a moderate pace. He was treated with moist hot packs and a gentle massage to his left hamstring muscle group prior to the run, received stretching to the same muscle group after the run, followed by some ice for 15 minutes. He was instructed to continue stretching on his own and increase his mileage and intensity the next time he runs by about 10%. We will see how he feels after his next run and determine if he is ready to return to full participation with the team.